

5 reasons to move more in Cornholme & Portsmouth

Boost Your Health – Moving outdoors improves both your physical fitness and mental wellbeing, even with just a short stroll.

Enjoy Nature – Fresh air, trees, and open spaces can reduce stress, lift your mood and improve your sleep.

It's Free and Flexible – It can be a cost effective way to move in a way that suits you – walk, jog, wheel, play, or simply stretch.

Connect with Others – Being outdoors is great for spending time with family, friends, or meeting new people.

Feel Energised – Just a little movement can give you more energy and leave you feeling more uplifted throughout your day.

When we move, we're stronger.

Using your local area to be active

When we move, we're stronger.

Whether it's stepping outside in to parks and green spaces or visiting local community groups, we are increasingly surrounded by opportunities to be and stay physically active in Cornholme and Portsmouth.

For other ideas and tips to keep moving, visit www.active.calderdale.gov.uk

Help your friends and family

Moving makes us stronger. Sometimes, a bit of encouragement is all we need. Help and inspire others to feel the benefits of moving more by sharing photos or stories of yourself being active in your local area – or even better, invite your friends and family to join you! The more we move, the healthier, happier, and more connected we'll all be.

And finally, for your information:

This leaflet highlights spaces and routes that have been carefully chosen to be as accessible and enjoyable as possible, with the aim of inspiring you to take that first step towards new ways of being active. However, please be aware that some routes may include uneven surfaces, inclines, or areas with limited accessibility. These suggested walks are intended as a general guide only, and we recommend using your own judgement and taking appropriate care when exploring them.

Feel free to follow the routes as suggested, or adapt and create your own 1-mile walks using local streets, pavements, and green spaces to keep your experience safe, comfortable, and enjoyable.



Cornholme & Portsmouth

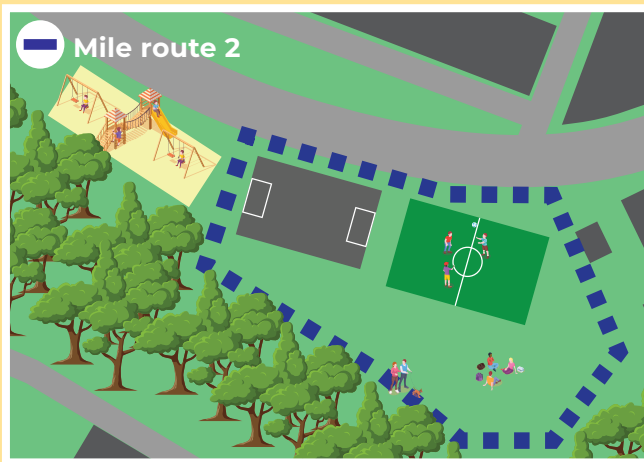
Helping you to move more around your local area



When we move, we're stronger.



Calderdale
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Key

-  **Mile route 1** - Beginner Level, 1 mile along the A646 between Portsmouth Rec and Vale Community Garden.
-  **Mile route 2** - Beginner Level, 160m a lap of Portsmouth Rec, 10 laps a mile.
-  **Start point of the Mines, Mills & Missionaries walk.**
Download the full route from activecalderdale.org/mmmc

Places of interest

-  **The Old Library** - home to Community groups & events as well as access to a Community Garden
www.oldlibrarycornholme.org.uk
-  **Vale Baptist Church** - host to various physical activity classes, community groups and events.
www.valebc.org.uk
-  **Cornholme Primary School**

Parks & Green Spaces

- 1. Vale Green Space:**
Community Garden
Picnic benches
Dog friendly
Accessibility paths
- 2. Obadiah Woods:**
Access to public right of way
- 3. Hirst Street Playground:**
Community space
Play equipment
Picnic Bench
- 4. Portsmouth Recreation Ground:**
MUGA: Space for Basketball, Football, Netball & Cricket
Playground
Football Pitch
Woodland trails
Picnic benches
Community Noticeboard
Dog friendly

