



How Far Can You Go?

Build your fitness and improve your health with **3-2-1 Walks** from Active Calderdale. Choose from three easy-to-follow routes and see how far you can walk in a week or a month. Tick off the kilometre boxes below after each walk!

				5					10
				15					20
				25					30

What Have I Seen?

How many of these can you spot during your walk? Some are harder to see than others! Tick off the ones you spot!



1 km Route Guide

- 1** Start: From the Space @ Field Lane, turn left out of the gate and follow Burnallsall road to the junction with Sherburn Road.
- 2** Turn right on to Sherburn Road
- 3** Then take the first right on to Arnecliffe Crescent. Follow Arnecliffe Crescent until it re-joins Sherburn Road.
- 4** Turn right on to Sherburn Road
- 5** Then take the first right on to Burnallsall Road, which you then follow until your return to the Space @ Field Lane.



- This route is ideal for wheelchairs, with dropped curbs at all junctions.
- A 10 minute walk at a typical adult walking pace.

3-2-1 Walks was developed for Active Calderdale by Calderdale Forum 50 Plus
calderdaleforum50plus.com



If you're struggling to take that first step out of the door, Staying Well may be able to help you: Call 01422 392767

www.stayingwellhub.com



3 Walks Rastrick

Are you looking to get active, begin walking or improve your physical and mental health? Why not try one of our three short, easy to follow self-guided walks?

- **1km, 2km or 3km routes**
- **Easy to read maps**
- **Clear route instructions**
- **Walk with friends**
- **Get fit, feel better**



Build up your distance steadily and log your walks as you go. You'll be getting fitter and feeling the benefits very soon.



All walks start and finish at
The Space @ Field Lane,
 Burnallsall Rd, Rastrick HD6 3JT





3km Route Guide

- 1 Start: From the Space @ Field Lane, turn left and follow Burnshall Road to the junction with Sherburn Road.
- 2 Turn right onto Sherburn Road.
- 3 Just before the first houses on the left, turn left on to a path. Go through a gap in the low wall, by the red bin and cross the first field.
- 4 By the large metal gate, turn right onto the clear path across the fields to your right.
- 5 Look out for the metal "kissing" gate - pass through this.
- 6 Make sure you follow the path bearing off to the right after the gate.
- 7 Follow this path as it gets funnelled between green metal fences.
- 8 Cross a children's playground, next to the school on your right.
- 9 Emerge on to the road, signposted "Oaklands" next to Rastrick High School and turn right. Follow Field Top Road (which becomes Holly Bank Road).
- 10 At the junction at the top, opposite the Co-op, turn left.
- 11 Then turn first right onto Malham Avenue.
- 12 At the end of Malham Avenue, turn left onto Burnshall Road, which you then follow until your return to the Space @ Field Lane. Why not pop in for a hot drink or a snack?



- This route may be muddy after heavy rain and is not suitable for wheelchair users.
- A 30 minute walk at a typical adult walking pace.



2km Route Guide

- 1-4 Follow the 3km route guide (map on the left) through points 1, 2, 3 and 4.
- 5 Just before the metal "kissing" gate, turn right in to the narrow brick-wall passageway onto Ridge Hill.
- 6 Turn right, then veer left to follow Foxcroft Drive to the bottom.
- 7 Turn right on to Field Top Road.
- 8 Follow Field Top Road (then Holly Bank Road) to the junction at the top, opposite the Co-op, turn left.
- 9 Then turn first right on to Malham Avenue.
- 10 At the end of Malham Avenue, turn left on to Burnshall Road, which you then follow until your return to the Space @ Field Lane.



- This route may be muddy after heavy rain and is not suitable for wheelchair users.
- A 20 minute walk at a typical adult walking pace.