



Colorado Way roundabout (Waymarker 1)



Bridleway at end of Flass Lane (Waymarker 3)



Gate towards Racecourse entrance (Waymarker 4)



Path over railway line (Waymarker 7)

Health Notes

Remember cycling can:

- Make you feel good
- Give you more energy
- Help you sleep better
- Help you reduce stress
- Keep your heart strong
- Reduce blood pressure
- Help manage your weight
- Improve your life expectancy

Wakefield District Cycle Rides

7

Glasshoughton & Pontefract Park

Circular ride from Xscape



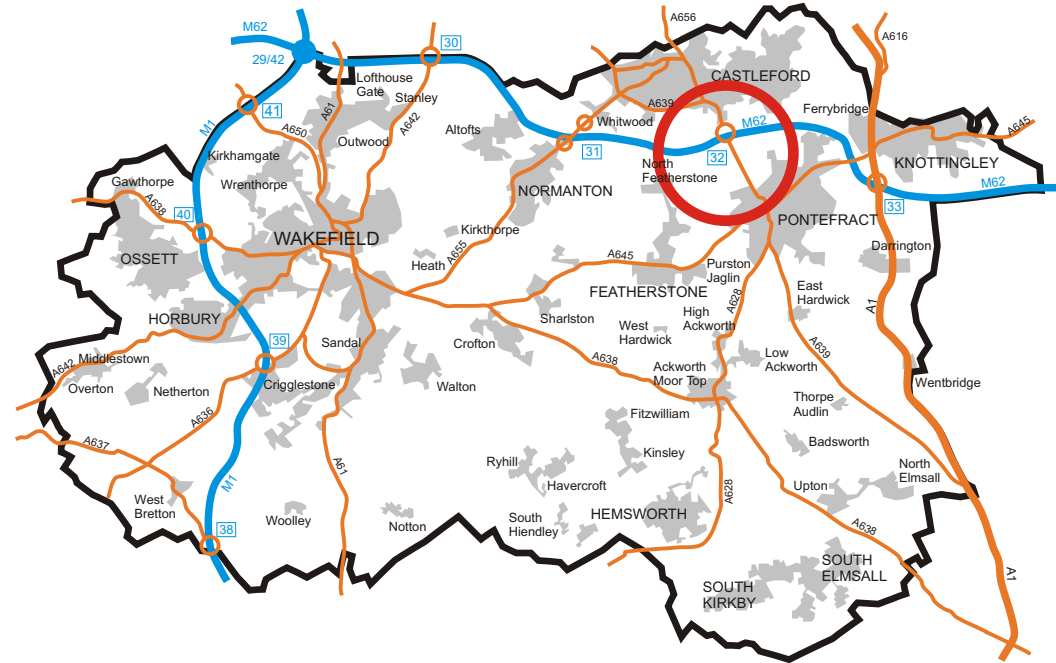
Allow 50 mins



The route starts with some cycling along a sometimes busy main road, until reaching the railway level crossing. The remainder of the route is off-road, with the highlight being a section of the longest race course in England.



8.2 km / 5.1 miles



- 1 From Xscape car park (i.e. near Evans Bike Shop), cycle towards Colorado Way, at Glasshoughton Railway Station, cross over Colorado Way, and turn right. **(Waymarker 1)** Continue up Colorado Way, crossing over the first roundabout, and then at the second roundabout.
- 2 Follow the signs for Leeds, turning left, and travel to the railway level crossing.
- 3 Turn left into Flass Lane. At the end of the lane, take the brideway sign to the left. **(Waymarker 3)**
- 4 Continue along the brideway until reaching the motorway bridge. Cycle over the bridge, and bear left, to cycle on the track, parallel to the M62. Part way down, the track becomes narrower, and bears right. (In summer, it can be somewhat overgrown). Follow this track to the 'A' frame, at where pass through a gate, and onto the Racecourse. **(Waymarker 4)** There is a wide, tarmac cycleway, which goes around this side of the racecourse.
- 5 On reaching the car park, double back retracing the route. Return to the gate.



Key	
1	Waymarker
- - -	Walk Route
.....	Path Route
➔	Direction
P	Parking
—	Road
⊠	Pylon

- 6 Turn right after passing through the gate, to the motorway tunnel. Turn left, to pass through the tunnel, and then continue to the crossing over the railway line. **(Waymarker 7)**



Pontefract Race Course (Waymarker 6)

- 7 At the crossing dismount, and take care in crossing the railway line. Continue along the cycle track, until you reach the retail park, (outside 'B&Q'). Cycle through the car park to return to Evans Bike Shop.



Pontefract Race Course