

Active Wakefield Cycle Rides

Pontefract Park Challenging



A circular route through Glasshoughton, Cutsyke, Altofts, Normanton & Featherstone

wakefieldcouncil
working for you

Benefits of Cycling

Cycling, whether it's a day-to-day activity or an occasional adventure, is a great way to help keep you and the rest of your family healthy as well as;

- Getting you fit
- Being an excellent low-impact exercise
- Reducing your risk of many health-related issues
- Saving you money
- Helping the environment
- A great way to spend time and explore with your family

The best way to build your fitness on the bike is to ride for at least 150 minutes every week. For example, you could cycle to work a few days a week, or do a couple of shorter rides during the week with a longer ride at the weekend.



So get on your bike and you'll soon feel the benefits.

Active Wakefield Routes

A circular cycle route, suitable for the more experienced cyclist and those open to a challenge. The route follows parts of the Wakefield Wheel cycle pathway and encounters on- and off-road cycling around the Wakefield District.

Challenging Level

Longer routes using road and off-road tracks, encountering some hills suitable for the more experienced cyclist.

(approximately 120 minutes)

Contacts

☎ 01924 307348

@ healthimprovement@wakefield.gov.uk

🌐 www.wakefield.gov.uk/cycling

📘 Follow us on Facebook-Cycling-Active Wakefield

Cycling Safety Tips

- Wear a helmet
- Carry a bottle of water
- Ride to your own ability
- Make eye contact with motorists when possible
- Look behind you before you turn, overtake or stop
- Use arm signals before you turn right or left
- Obey traffic lights and road signs
- Don't ride on the pavement unless there's a sign that says you can
- Don't cycle next to another person on busy or narrow roads
- Don't use headphones or a mobile phone while cycling
- Be mindful of others especially pedestrians and horses

Hazard Awareness

- Be aware of moving and stationary vehicles at all times – especially around junctions / roundabouts
- Be aware that motorists often misjudge the speed of cyclists and may change lane and manoeuvre without signalling
- Watch out for doors opening from parked cars

Cycling in Wakefield

Active Wakefield Leisure Routes

Across the district we have Leisure Route maps to suit all abilities – please see our website for further details www.wakefield.gov.uk/cycling

The Wakefield Wheel

Identified and promoted by the Wakefield District Cycle Forum (www.cycling-wakefield.org.uk), this is a circular ride of around 40 miles and contains short sections where you might need to walk with your bike. It also has links to a series of shorter circular routes in the Wakefield area. Some of the routes may be muddy and uneven (particularly in wet weather) and are more suited to mountain bikes rather than road bikes.

The Wonders of Wakefield

Another Wakefield District Cycle Forum route, it is a picturesque 21-mile, mostly traffic-free cycle trail passing by some of the most important sites of historic and cultural interest in the District. It contains short sections where you might need to walk with your bike. It has been signed in both directions but if cycling it for the first time you are advised to ride in an anti-clockwise direction.

West Yorkshire Cycle Route

A 150-mile partially signed touring route mainly on quiet roads and country lanes around the West Yorkshire Boundary. In the Wakefield area it takes you through Castleford, Pontefract and Hemsworth. There are railway stations within a few miles of the route so you can travel for day rides to and from individual sections.

Trans-Pennine Trail

The Wakefield arm of the cycling and walking recreational route, which runs from coast to coast and connects the Mersey and the Humber, forms part of the National Cycle Network Route 67. Other arms link to Chesterfield and York. The Wakefield arm runs from the Barnsley Boundary at Cold Hiendley, through Walton and Heath, passing Stanley Ferry Aqueduct and Bottomboat, and then onwards towards Leeds.

For further information, please see www.transpenninetrail.org.uk



or contact the Trans-Pennine Trail office on 01226 772574 or at info@transpenninetrail.org.uk



Wakefield Wellbeing

The Health Improvement Team is supporting people to live healthier lives by eating well and moving more.

Being physically active every day is good for our health and wellbeing – combine this with a healthy diet and you can reduce your risk of major diseases such as heart disease and cancer.

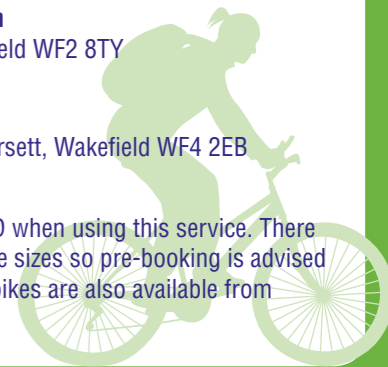
To find out more about other activities in the District, like us on Facebook 'wakefield wellbeing' or contact us on healthimprovement@wakefield.gov.uk or ring 01924 307348

Cycle Hire

Across Wakefield we have several locations where you can hire bikes:

- **Pugneys Country Park**
Asdale Road, Denby Dale Road, Wakefield WF2 7EQ
Tel: 01924 302360
- **Thornes Park Stadium**
Horbury Road, Wakefield WF2 8TY
Tel: 01924 302385
- **Anglers Country Park**
Haw Park Lane, Winterset, Wakefield WF4 2EB
Tel: 01924 303980

Please bring some photo ID when using this service. There are a limited number of bike sizes so pre-booking is advised for large groups. Adapted bikes are also available from Thornes Park Stadium.



Useful Contacts

British Cycling
www.britishcycling.org.uk



Ride Social
www.letsride.co.uk

ridesocial

'Ride Social' is Britain's biggest social cycling community, helping you get together with like-minded cyclists and ride your way. The Ride Social website, powered by British Cycling, lets you organise your own bike rides using your favourite routes.

Wakefield District Cycle Forum
www.cycling-wakefield.org.uk



This is a voluntary organisation that promotes all types of cycling throughout the Wakefield District, organising numerous rides and skills courses throughout the year.

Cycling UK - The National Body for all cyclists
www.cyclinguk.org



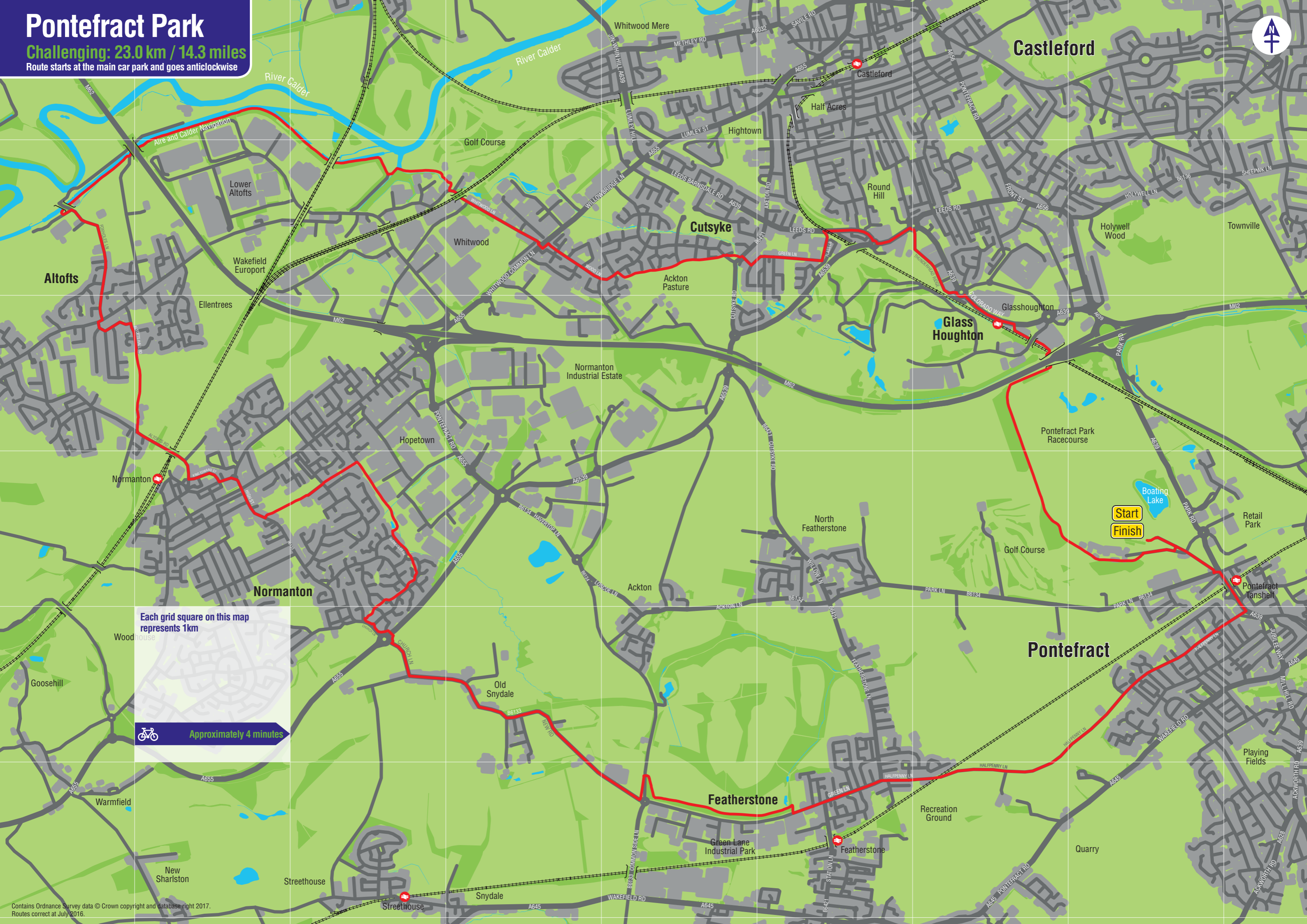
Sustrans - The sustainable transport charity working to promote cycling, walking and public transport www.sustrans.org.uk




Find a cycling club near you at
www.britishcycling.org.uk/clubfinder

Pontefract Park

Challenging: 23.0 km / 14.3 miles
Route starts at the main car park and goes anticlockwise



Each grid square on this map represents 1km

 Approximately 4 minutes