

ACTIVE
LEEDS
for health

Walking in LS25 / LS26

A guide to getting outside, exploring
nature & staying active in our community
and surrounding area.



Garforth & Kippax

Our aim is to provide access and information to short and accessible walks that are within easy reach of the Garforth and Kippax local area, to support and encourage local residents to be physically active.

Why Walking?

Walking is a simple, inclusive and low cost activity that requires minimal equipment – you only need some comfy shoes.

It is one of the easiest ways to become more physically active and it can also help to support and maintain a healthy lifestyle.

The benefits of a daily walk:

- lowering blood pressure
- helping to maintain a healthy weight
- reducing stress
- improving sleep & mental wellbeing

...and so much more

It also contributes towards achieving the government recommended physical activity guidelines by completing 2.5 hours of moderate intensity exercise per week.



*“An early-morning walk
is a blessing for the
whole day.”*

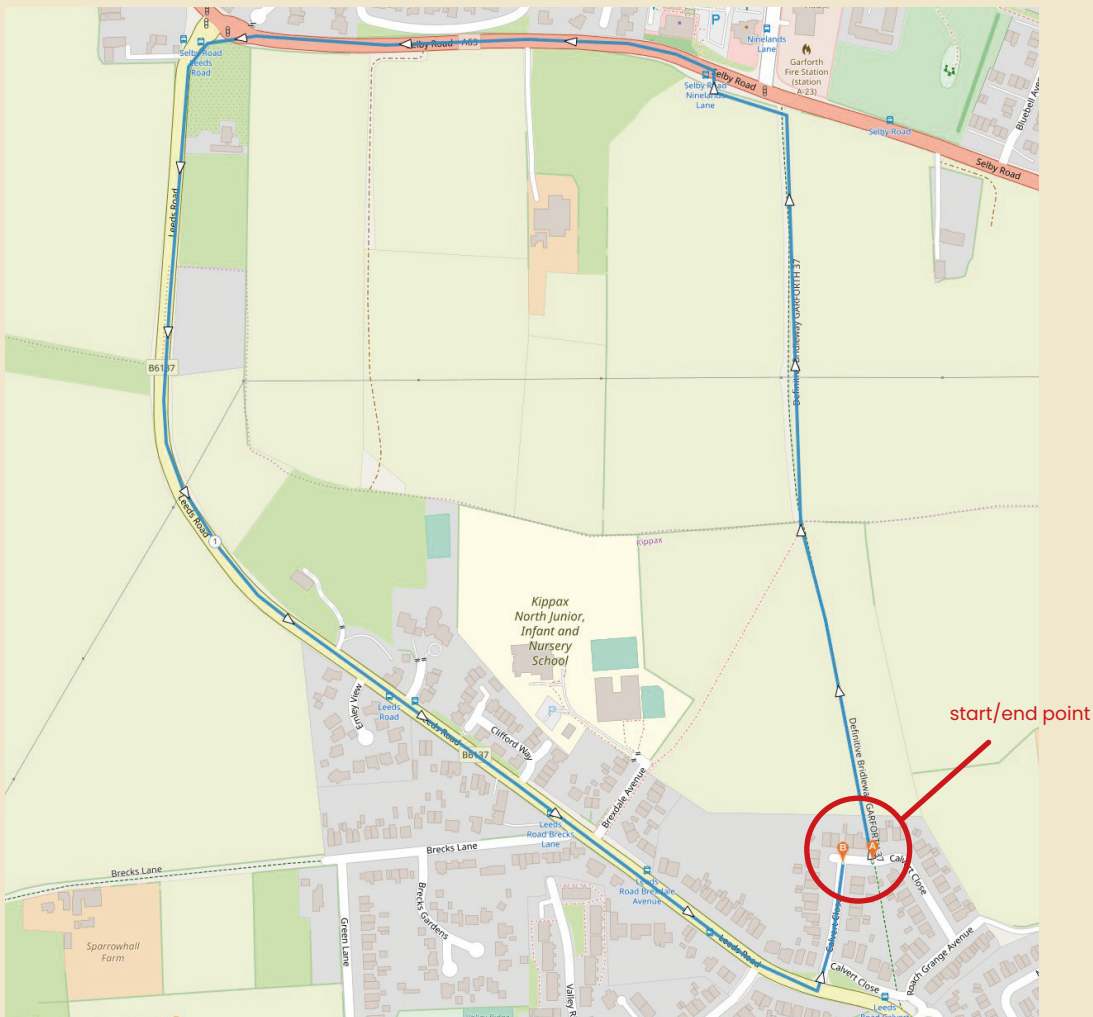
- Henry David Thoreau

Other top tips...

1. You don't need any specialist equipment, but a good pair of comfortable shoes is advised.
2. Walk at your own pace – you should still be able to hold a conversation whilst walking.
3. Add variety to your walking routes to help you motivated – this booklet provides a range of different routes for you to try.
4. Worried about getting lost? This booklet provides clear directions for the routes we have selected. You can also download the Love Exploring App and find each of these routes through the app.
5. Download the Active 10 app to track your walking progress.

“Walking: the most ancient exercise and still the best modern exercise.”

- Carrie Latet

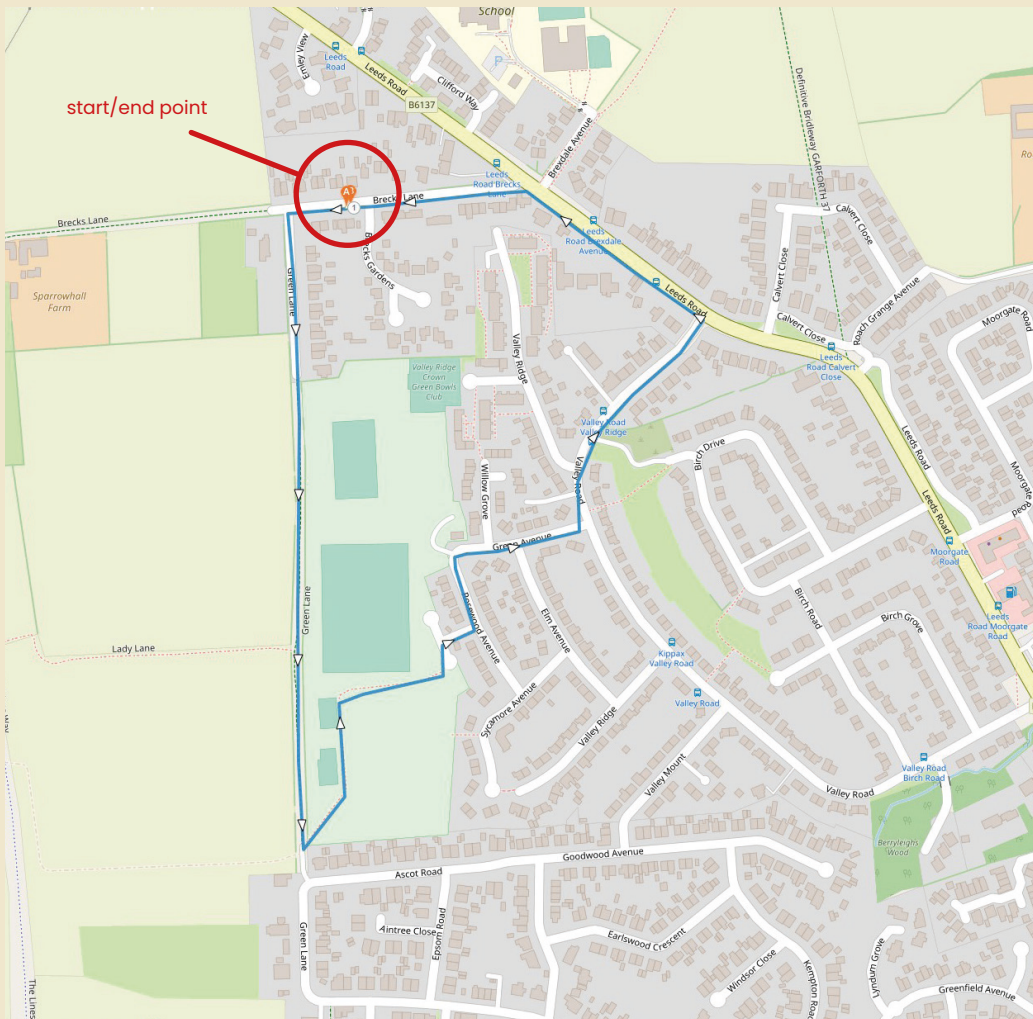


Route 1: Calvert Close

Circular Route

Length: 1.5 Miles

1. Start at Calvert Close, look out for the ginnel/alleyway and go down here.
2. Follow the foot path until you reach the traffic lights.
3. Cross the A63 to a pub called by the Crusader and turn left.
4. Walk along the A63 heading towards the next set of traffic lights.
5. Cross the road and turn left up towards Kippax. Make sure to stay on the path.
6. Cross two roads until you reach Calvert Close again.



Route 2: Brecks Lane

Circular Route

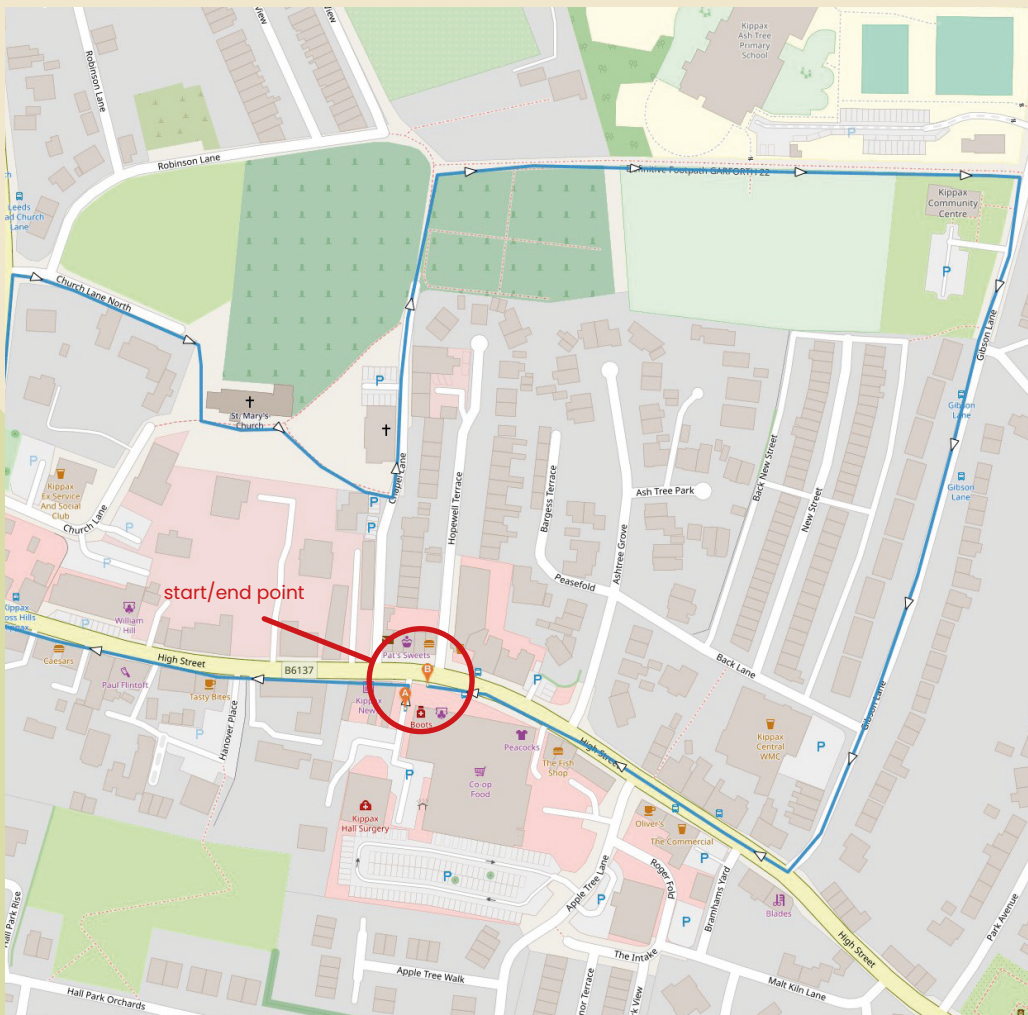
Length: 1.02 miles

1. Start at Brecks Lane, at the end turn left onto Green Lane.
2. Head straight down the road, leading onto a track path straight towards the end.
3. Turn left onto playing field onto a tarmac path.
4. Go diagonally across the field to emerge onto Rosewood Avenue and turn left.
5. Turn right onto Green Avenue, follow until Valley Road and turn left onto this road.
6. Follow this until you reach Leeds Road and turn left.
7. Follow Leeds Road until you reach Brecks Lane on your left.

“I love walking because it clears your mind, enriches the soul, takes away stress, and opens up your eyes to a whole new world .”

- Claudette Dudley



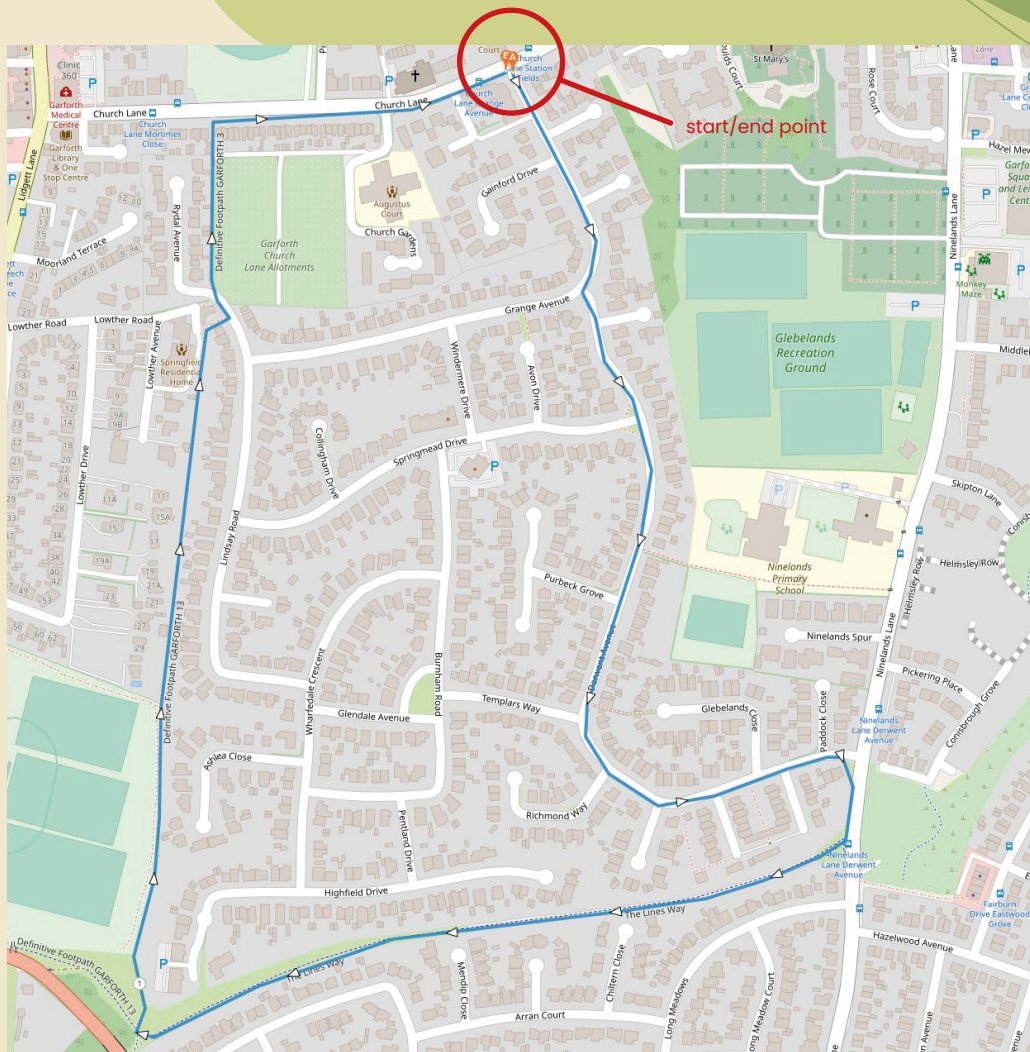


Route 3: Kippax Co-op

Circular Route

Length: 1.3 miles

1. Start at the Co-op and turn left onto the High Street, follow this road until you see mini roundabout.
2. Cross over the road so you are facing the pub called The White Swan.
3. Turn right, passing the Indian restaurant, Sylhety Balti.
4. Turn right into a street called Church Lane North and head towards St Mary's Church, Cheney Basin on your left.
5. Enter the church yard. Go past the front of the church and turn left, with the church on your left, passing the main door.
6. Reaching the end of the church building, follow the path bearing right entering an area belonging to the modern Chapel. Turn left onto Chapel Lane and keep following as it turns into a path.
7. Once you've reached a junction in the path, turn right, walking past Kippax Ash Tree Primary School.
8. You emerge onto a main road, turn right and keep walking, passing some bun galows on your right before looping back to the High Street.
9. Turn right finally reaching the Co-op again with Café at Oliver's just before the Co-op.

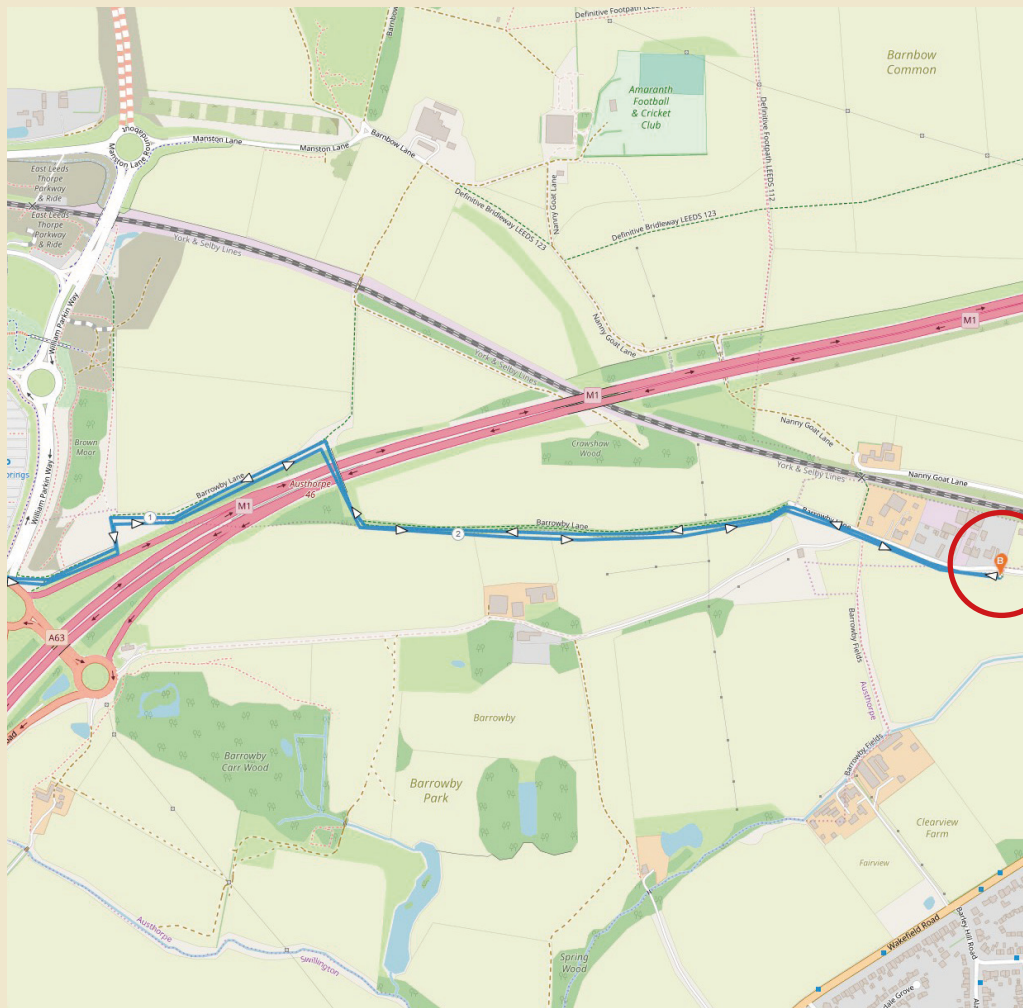


Route 4: Garforth

Circular Route

Length: 1.7 miles

1. Start on Grange Avenue just off Church Lane, opposite the Methodist Church heading away from the High Street.
2. Turn onto Grange Avenue until you reach Derwent Avenue. Bear left and follow this all the way before entering Lidgett Lane. Turn right onto the pavement.
3. Short distance to the lines and turn right. Follow the lines way until you reach an old Railway bridge, just before the bridge turn right to a sloped path.
4. Stay on this path as it bears right, with school fields on your left.
5. Follow this path, no deviations until you emerge into a road.
6. To your left you will see another path, cross the road and enter this hedged path, carry on until you reach Church lane again.
7. Turn right back onto the High Street.



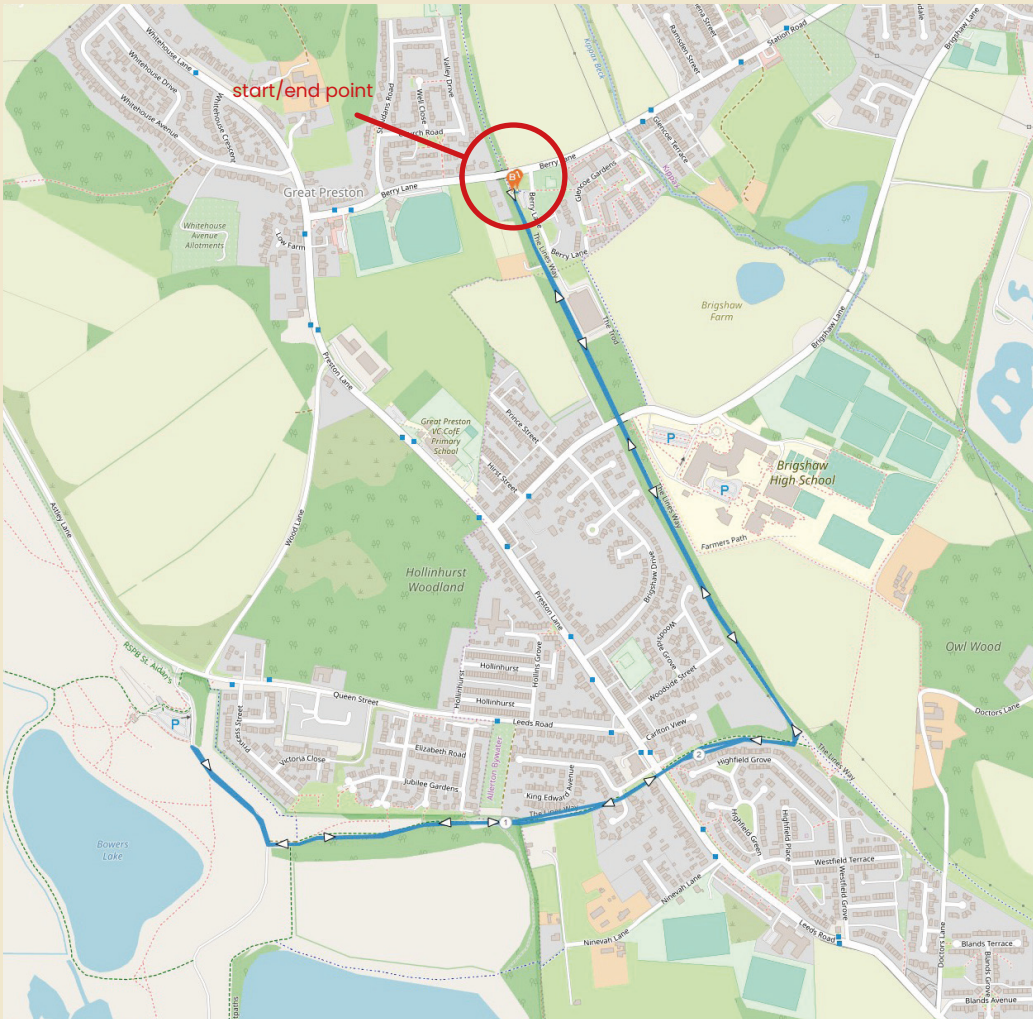
start/end point

Route 5: Barrowby Lane to The Springs

Linear Route

Length: 2.9 miles

1. Start at Barrowby Lane and head along the path away from Garforth, the tarmac road gradually becomes a track.
2. Follow this track – great views on your left!
3. The path bears right to reach a bridge over the motorway. After crossing this bridge, turn left.
4. The motorway is now to your left. Stay on the path as it bears left, then right. You should see The Springs Centre dead ahead of you.
5. Take the path down the dual carriage way, crossing carefully.
6. Turn left along the path, as it turns right you will spot steps leading to the car park of Springs.
7. Reverse this path to return to your starting point.



Route 6: Great Preston Linesway

Linear Route

Length: 2.3 miles

1. Start in the Great Preston Station Road car park.
2. Step onto the Linesway track turn left away from the bridge.
3. Follow the obvious Preston path until it emerges onto an open space called Bowers Junction.
4. Turn right and follow a short track to enter the road. Cross the road and enter the path opposite. Follow this path, you'll see some newly built houses on your right.
5. When this path reaches a junction with 3 separate paths, go straight ahead. This will emerge onto St Aidans, with lakes in front of you.
6. Turn right, following the wide track towards the R.S.P.B centre.
7. Reverse this path to return to your starting point.

The Love Exploring App

The Exploring App For Families. Discover the features on offer with the Love Exploring App.

- Learn more about the parks, cities and the nature around you
- Play the family trail quizzes – follow the fairies & creatures to uncover more clues along the way.
- Discover new & exciting walking routes
- Detailed route maps with information on transport, café's and more.
- Use augmented reality and GEO-Location for guided trails and family fun games.

Explore a new place together with the Love Exploring App!

Available through the App Store & Google Play.





*“The longest journey
begins with a single step.”*

- Pantanjali

RSPB Wellbeing Walk

Join RSPB on the last Wednesday of each month for a Wellbeing Walk.

These free monthly walks, accompanied by RSPB Volunteer Rangers, are no more than one mile and last for about an hour. The walks are open to all, especially older people and are dementia friendly. A gentle sociable stroll, aimed at enjoying St Aidan's Nature Park and improving physical and mental wellbeing.

Meet at the visitor centre at 11am. Everyone is welcome and no booking is necessary. Walks are subject to weather conditions.

For further information or if you have any questions, please get in touch by calling the Visitor Centre on 01132 320529 or emailing staidans@rspb.org.uk

For details and dates of longer free guided Park Walks please visit the website: <https://www.rspb.org.uk/reserves-and-events/reserves-a-z/st-aidans/>

Garforth Kippax and District U3A Walking Group

The sociable group meetings are alternative Thursday mornings.

All walks are between 3-5 miles. For more information please send an email via the website: <https://u3asites.org.uk/garforth-kippax/contact>

Finding your way around St Aidan's

Bowers bimble

1.1 miles (1.8km),
20-30 minutes

Starting from the car park, this mostly flat trail takes you on a short walk around Bowers Lake then through grassland and wildflower meadows. Great for a relaxing stroll.

Lowther loop

1.7 miles (2.8km),
60 minutes

For a walk amongst trees and along the banks of the River Aire, venture onto this flat trail. You will need good footwear all year round and in wet winter months, it's a welly boot walk.

Hillside hike

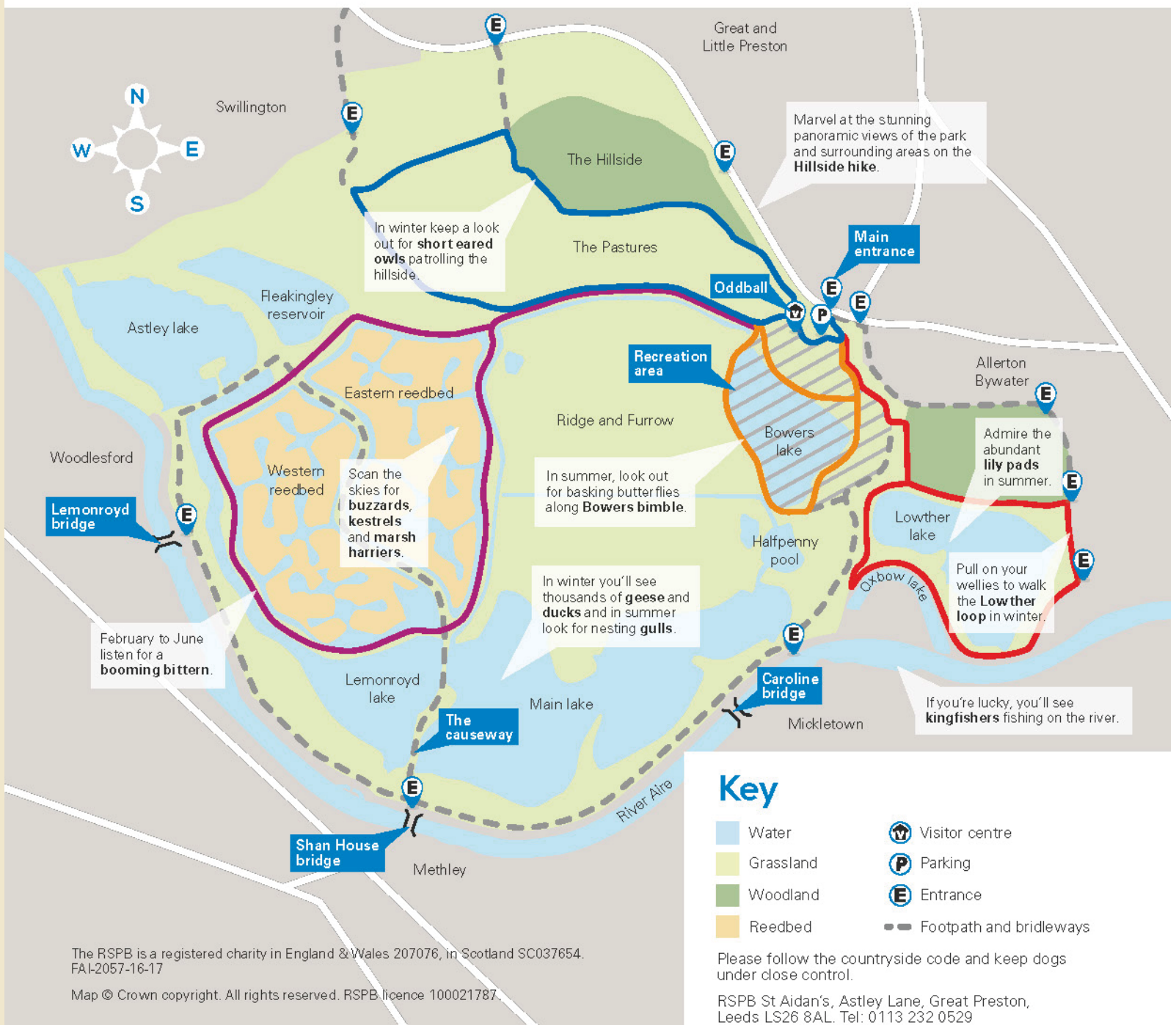
2 miles (3km),
40-60 minutes

For stunning landscapes and panoramic views of St Aidan's and surrounding areas, take a hike onto the hillside. This trail goes through some steep hills and inclines, which wind through the trees and grassland.

Reedbed ramble

3 miles (4.6km),
60 minutes

To explore the magic of the whispering reedbeds, take a walk on this mostly flat route that runs around the edges of the reedbeds and loops back to the main entrance.



The RSPB is a registered charity in England & Wales 207076, in Scotland SC037654. FAI-2057-16-17

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Please follow the countryside code and keep dogs under close control.

RSPB St Aidan's, Astley Lane, Great Preston, Leeds LS26 8AL. Tel: 0113 232 0529

Helping to give nature a home:



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LEEDS
for health