

Let's enjoy the fresh air...

The Physical Activity from the front door programme is supported by Ward Councillors from the: Almondbury, Dalton, Newsome, Ashbrow, Crostland Moor, Netherpton, and Greenhead Wards. The project also enables people to become Walking and Movement And Games In Chairs (MAGIC) volunteers.

ALMONDBURY Walks from your front door

Get active this summer and
explore your local area with our
range of neighbourhood walks!

If you are in need of support,
we are here to help...



Platform 1
01484 421143
01484 535960



S2R
01484 539 531
www.s2r.org.uk
contact@s2r.org.uk



Thriving Kirklees
0300 304 5555
thrivingkirklees.org.uk



South West
Yorkshire Partnership
NHS Foundation Trust
Self referral NHS
www.kirkleesapt.co.uk
01484 343700



Well-bean café
6pm until midnight.
07741 900395 (Fri-Mon)
07867 028755 (Tues-Thurs)



Andys Man Club
www.andysmandclub.co.uk
info@andysmandclub.co.uk



Huddersfield Mission
10-2pm Monday - Friday.
01484 421461

The benefits of walking

Combining walking and being in nature hold many
benefits for your mental health and support your
wellbeing. After a long walk, you've probably noticed how
much better you feel for it.

Walking is a great form of exercise and evidence shows
that regular exercise can help:

- improve your mood
- get a better night's sleep
- reduce stress and anxiety
- increase your energy
- help you to cope during difficult times
- improve your confidence and self-esteem
- reduce your risk of depression

Being in nature helps you connect to the world around
you. It gives an opportunity to clear your mind of any
stresses and become present. So take some time to get
the family together or call a friend to enjoy a walk together
and explore a new route around your local area.

Cricket Club Walk

Why not take some photos
on your walk and upload to
Twitter: @everybodyactive
Facebook: @EverybodyActive1
#everbodyactivewalks



WALKING KEY

- Flat/Downhill
- Gradual Incline
- Steep Incline
- Starting Point
- Steps

About your walk

Duration: 45 mins
Steps: 3100
Kcal: 350
Distance: 2.2km
Gradient: Flat for the
majority, with slight and
steady inclines.
Surface: Pavement, grass
and path

Let's go for a walk!

- ↑ Head southeast
Toward Halton Close
- ↪ The trail
- ↪ The service road
- ↑ Halton Close
- ↪ Southfield Road
- ↪ The walkway
- ↪ The walkway
- ↪ Aldonley
- ↪ Fernside Avenue
- ↑ Finish

Can you spot 3
different trees?

Rowan



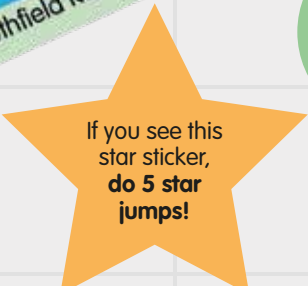
Oak



Beech



If you see this
star sticker,
do 5 star
jumps!



Why not take some photos on your walk and upload to Twitter: @everybodyactive
Facebook: @EverybodyActive1
#everybodyactivewalks

Lepton Circular

WALKING KEY

- Flat/Downhill
- Gradual Incline
- Steep Incline
- ↑ Starting Point
- Steps

TOP TIPS

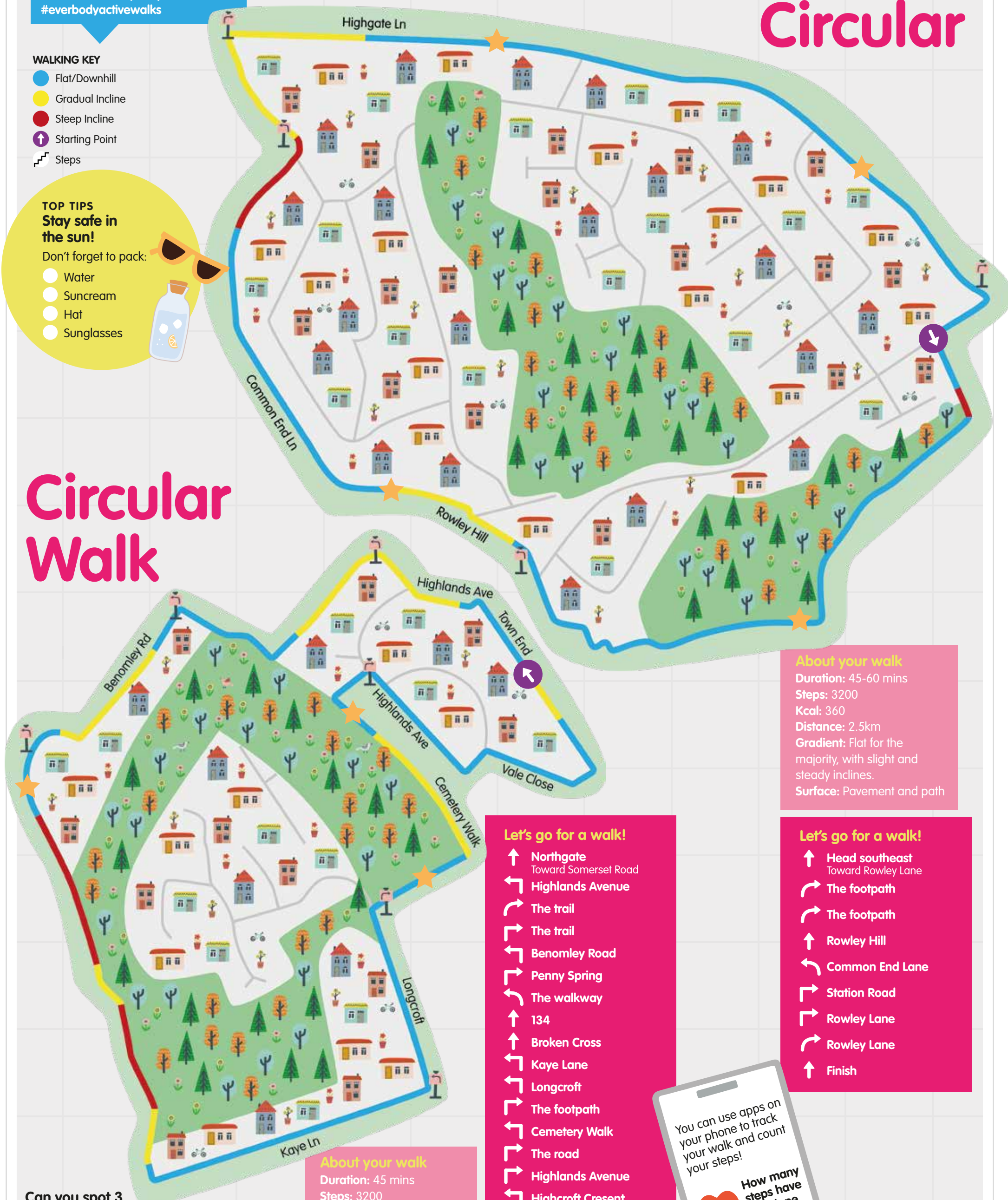
Stay safe in the sun!

Don't forget to pack:

- Water
- Suncream
- Hat
- Sunglasses



Circular Walk



About your walk

Duration: 45-60 mins
Steps: 3200
Kcal: 360
Distance: 2.5km
Gradient: Flat for the majority, with slight and steady inclines.
Surface: Pavement and path

Let's go for a walk!

- ↑ Northgate
Toward Somerset Road
- ↩ Highlands Avenue
- ↩ The trail
- ↩ The trail
- ↩ Benomley Road
- ↩ Penny Spring
- ↩ The walkway
- ↩ 134
- ↩ Broken Cross
- ↩ Kaye Lane
- ↩ Longcroft
- ↩ The footpath
- ↩ Cemetery Walk
- ↩ The road
- ↩ Highlands Avenue
- ↩ Highcroft Crescent
- ↩ Vale Close
- ↩ The footpath
- ↩ Northgate
- ↑ Finish

Let's go for a walk!

- ↑ Head southeast
Toward Rowley Lane
- ↩ The footpath
- ↩ The footpath
- ↑ Rowley Hill
- ↩ Common End Lane
- ↩ Station Road
- ↩ Rowley Lane
- ↩ Rowley Lane
- ↑ Finish

About your walk

Duration: 45 mins
Steps: 3200
Kcal: 350
Distance: 2.7km
Gradient: Fairly steep from footpath towards Kaye Lane
Surface: Pavement, grass and path

Can you spot 3 different animals?

