

# Normanton Health Walk

## Town Hall to Haw Park

### Circular Walk

2km/1.2 miles approximately

- 1 From the Town Hall entrance, turn left and walk down Ashgap Lane.
- 2 Take the first left into Falmouth Avenue.
- 3 At the end of Falmouth Avenue take the footpath to the right, which runs along the rear of Redruth Drive.
- 4 Walk to the end to emerge back onto Ashgap Lane, facing the park. Cross over and walk along Haw Hill View.
- 5 The route here has several options, to walk into the park, and around its perimeter.
- 6 The measured route, keeping within the park takes you towards Castleford Road, round the front of the pavilion, past the bowling green and pond.
- 7 Bear right after the pond towards the tennis courts. Take the path alongside the tennis court to return to Ashgap Lane.
- 8 Turn right and walk up the steep Ashgap Lane to return to the Town Hall.





# Health Notes

Try to walk for 30 minutes every day.

Remember walking 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

Produced by:  
Normanton Town Centre Partnership  
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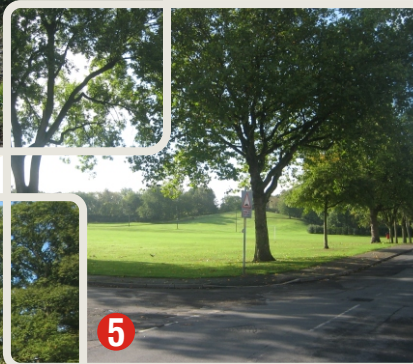
October 2010



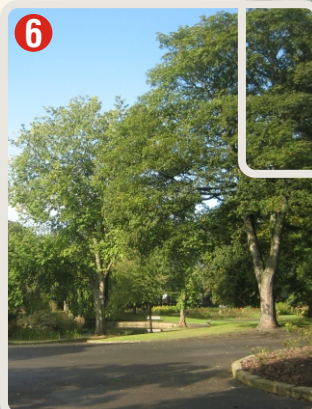
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- 1 Normanton Town Hall
- 3 Footpath along the rear of Redruth Drive
- 5 Haw Hill Park
- 6 Pond in Haw Hill Park, Church Lane

