Stanley Ferry & Carr Gate Ride Photos



Bridleway leading to Aberford Road (Waymarker 1)



Path through former Lofthouse colliery (Waymarker 5)



Entrance to Red Hall Lane (Waymarker 9)



Cycle track off Lime Pit Lane (Wavmarker 2)



Disused chapel towards Lawns Lane (Wavmarker 7)



Track running parallel with canal (Waymarker 11)



Cycle track off Langdale Avenue (Waymarker 3)



Malt Shovel Inn on Bradford Road (Wavmarker 8)

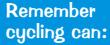


Health Notes

Wakefield District Cycle Rides



Circular ride covering part of the 'Tour of Wakefield'





Make you feel good



Give you more energy



Help you sleep



Help you reduce stress



Keep your heart strong



Reduce blood pressure



Help manage your weight



Improve your life expectancy



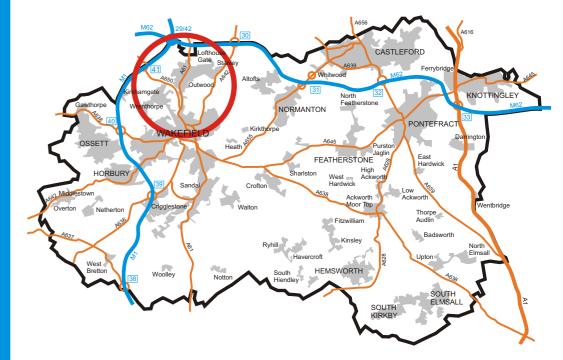
Allow 90 mins



A pleasant ride on and off road with dedicated cycle lanes. There is a quite steep climb at the start of the ride through Stanley.



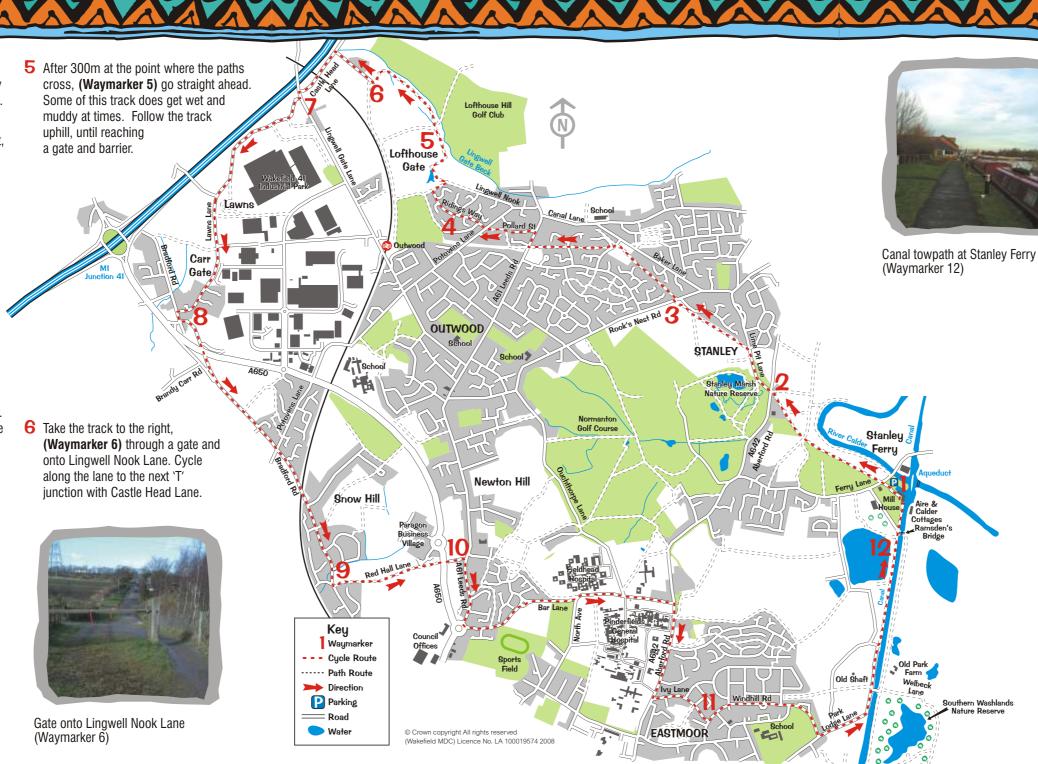
15 km / 9 miles



- From the Millhouse car park, cycle onto Ferry Lane. Cross over Ferry Lane to join the bridleway (Waymarker 1) which leads onto Aberford Road.
- 2 Cross over Aberford Road into Lime Pit Lane. After about 200m, take the cycle track on the left, by the pylon, (Waymarker 2) known locally as the nagger lines, named after a small gauge colliery railway line from the former Lofthouse Colliery.
- 3 Carry on along this track, crossing over Rooks Nest Road. For most of this route, the track is uphill. At the steeper section follow the unmade track to the left to where the track emerges on Anaheim Drive. Take the path to the right at the start of Langdale Avenue (Waymarker 3). Continue to the end, to the steps at the junction with A61, Leeds Road. Cross over the road and turn right, then after 100m, turn left into Pollard Street. This becomes a short bridleway. At the 'T' junction, turn right onto Potovens Lane.
- 4 Cross over Potovens Lane, and into Ridings Way. Follow the main road around Ridings Way. Where the road runs out (Waymarker 4) follow the off road track, bearing right by the lake. Cycle around the right hand side of the lake, and then take the right hand track.



Track onto Ridings Way (Waymarker 4)



- 7 Turn left and cycling towards the next junction, Lingwell Gate Lane. Turn left into Lingwell Gate Lane, and then immediate right, by the disused chapel (Waymarker 7) onto Lawns Lane. Travel the full length of Lawns Lane.
- 8 Turn left to emerge on Bradford Road by the Malt Shovel Inn (Waymarker 8) and the Driving Test Centre. Turn left cycling towards Wrenthorpe and Wakefield. After cycling over the bridge, the road has a marked cycle lane, all the way towards Wakefield. After cycling through the traffic lights and under the railway bridge, look for the bridleway sign opposite the Bay Horse Public House.
- 9 Turn left here into Red Hall Lane. (Waymarker 9). Cycle the full length of the lane, to the junction with the dual carriageway. Take care to cross over, to continue along Red Hall Lane to its junction with A61, Leeds Road.
- 10 Turn right onto Leeds Road. At the roundabout, turn left onto Bar Lane. Cycling on the (left hand) dual use path is advisable. Upon reaching the second roundabout, at the hospital entrance, continue to the end of Bar Lane to the roundabout at Aberford Road. Turn right at the roundabout, and then after the traffic lights, turn left into Ivy Lane. Continue along Ivy Lane, passing through the barrier to Windhill Road.
- 11 Turn left and cycle down Windhill Road. Turn left onto Park Lodge Lane. After 200m, the road becomes a track, running parallel with the canal. On reaching the stone bridge, (Waymarker 11) keep to the left of the canal, past the 'A' frame. Continue straight ahead to a second 'A' frame on the right.
- 12 Pass through the 'A' frame, bear left along the wide canal towpath to return to Stanley Ferry (Waymarker 12). Turn left to return to the car park.