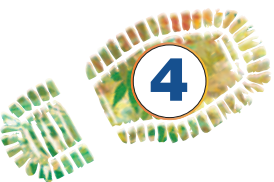


Pilgrimage To The Parsonage

Time: 35 Minutes **Distance:** 2.2km, 1.4m



Leave Haworth Station and take a right over the footbridge, continue forward onto Belle Isle Road and enter the park. Once in the park take a left and follow the path round until you arrive at some steps. Go up the steps and follow the path across the basketball court. Follow the path round the flower beds and up to the top left hand side of the park.

Come out of the park, cross the road and go up Main Street. Once you come to the tourist information point take a left and follow the road round to the Bronte Parsonage museum.

Once you have spent some time up at the Bronte Parsonage museum follow the road out and continue onto North Street. Follow the road back round until you join back onto Rawdon Road. Follow the road back down to the nearest entrance of the park at the top of Butt Lane.

Once in the park follow the path to the centre of the park. Follow the path that bears left, past the flower beds and leads out onto Butt Lane. Follow the cobbles down to the footbridge and to the station.

City of Bradford Metropolitan District Council

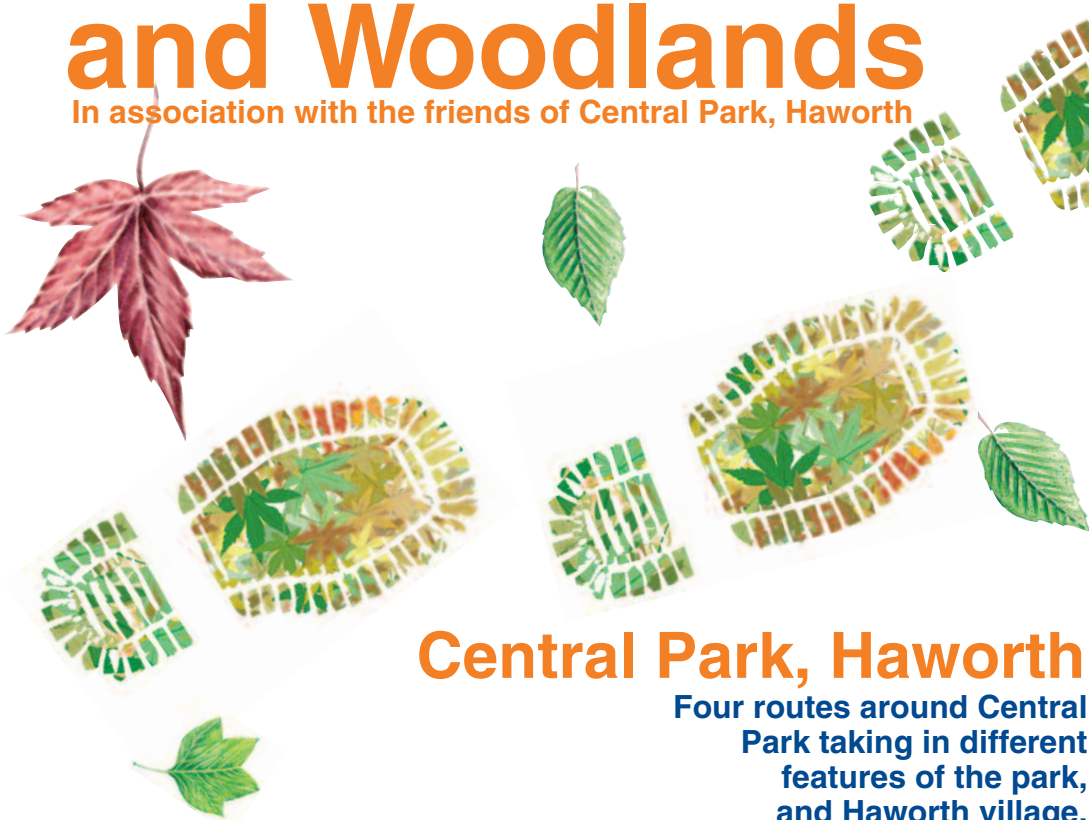
Parks and Landscape Service

www.bradford.gov.uk

“a breath of fresh air”

Walks in Parks and Woodlands

In association with the friends of Central Park, Haworth



Central Park, Haworth

Four routes around Central Park taking in different features of the park, and Haworth village.



Central Park

Parks and open spaces are for young and old alike, where everyone can enjoy fresh air, exercise and fun, or simply find a quiet spot for relaxation and contemplation.

Central Park is located in the middle of the village of Haworth. Situated above the Worth Valley amid the bleak Pennine moors, Haworth is internationally famous for its connection with the Bronte Sisters.

Central Park has formal flower gardens, well manicured lawns, a children's play area, a basketball court, a bowling green and pavilion and a new toilet. Mature trees and dense shrubberies surround the edge of the park.

Flower Beds

Formally laid out planting beds can be found throughout the park, with both summer and winter bedding schemes. These seasonal plantings are dwarfed by the adjacent shrubberies containing a range of trees including holly, cherry and birch dispersed amongst predominantly hardy ornamental shrubs such as rhododendron, cotoneaster and berberis.

In addition to these shrubberies the park contains large areas of closely mown grass, crossed by a network of gently meandering paths. Seating and bins have been positioned conveniently throughout the park.

Recreational Activity

The park provides recreational facilities for a wide range of park users. To the south and east are a bowling green, pavilion, children's play area and small basketball court. The north east has two tennis courts.



Play Areas

Situated in the east of the park is the children's play area, with play equipment catering for both toddlers and juniors. The equipment is made up of two sets of swings, a roundabout, multi unit and a rocking rockette. All equipment is surrounded by rubber safety surfacing tiles.

Toilets.

The toilet block is modern and elliptical in shape. A toilet attendant is on site daily providing a safe, clean facility at a small fee.

Parkland Trees.

Central Park has a wide variety of trees ranging from young saplings to graceful mature specimens. As can be seen from the maps the boundary to Central Park contains a shelter belt of mainly deciduous trees with conifers at various locations. This zone acts both as a visible screen from the hustle and bustle of the surrounding town, but also acts as a filter to high winds, driving rain and traffic noise and fumes.

We have produced four walks that should give you a good flavour of the park and Haworth village. All walks are circular and can be started at any point.

A Village Tour

Time: 35 Minutes

Distance: 2.2km, 1.4m



Leave Haworth Station and take a right over the footbridge, continue forward onto Belle Isle Road and enter the park. Once in the park take a left and follow the path round until you arrive at some steps. Go up the steps and follow the path across the basketball court. Follow the path round the flower beds and up to the top left hand side of the park.

Come out of the park, cross the road and go up Main Street. Once you come the tourist information point take a left and follow the road round to the Bronte Parsonage museum.

Once you have been round the Parsonage and Haworth Church, return to descend Main Street. Cross the road back into the park and bearing left follow the path until you reach the far side of the park. There you will come to a fork in the path, turn right and follow the path down to the centre of the park. Bear left past the flower beds and head back down behind the bowling green. Follow the path down until you are back onto Belle Isle Road. Continue over the footbridge and back to the station.



Main Street Circular

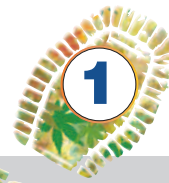
Time: 45 Minutes

Distance: 3.05km, 1.9m



Leave Haworth Station and take a right over the footbridge, continue forward onto Belle Isle Road and enter the park. Once in the park take a right and follow the steps up past the bowling pavilion. Follow the path round past the flower beds on your right hand side. Keep following the path through to the centre of the park. Once in the centre of the park bear left and follow the path up to the top entrance of the park.

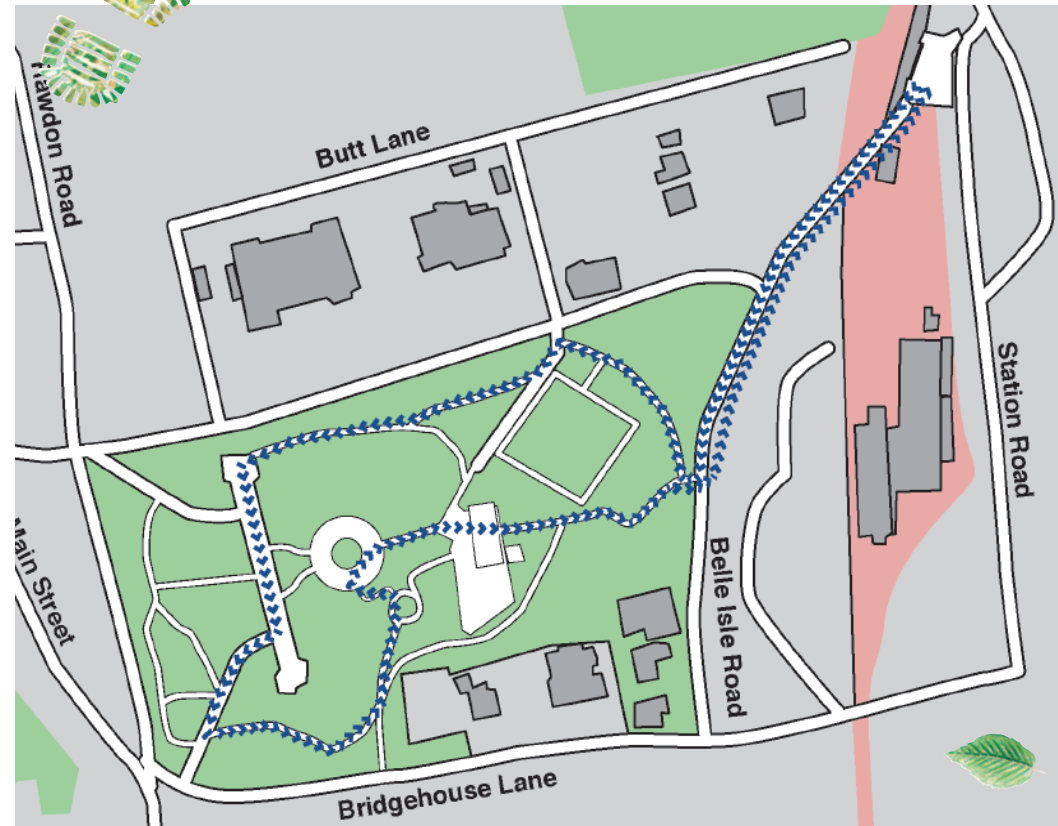
Come out of the park, cross the road and go up Main Street. Once you come to the tourist information point take a left and follow the road round to the Bronte Parsonage museum. Head towards Haworth Church and you will see a public footpath signed for Oxenhope. Follow the path until you reach a gate on your left hand side. Go through the gate which leads to a car park. Head towards the car park and follow the winding road down Weavers' Hill until you reach Old Hall Close. Follow the road round and cross Rawdon road. Go back into the park and bear right, keep following the path, past the play area and down the steps, until you are back on Belle Isle Road. Continue over the footbridge and back to the station.



A Stroll Around The Park

Time: 20 Minutes

Distance: 1.1km, 0.7m



Leave Haworth Station and take a right over the footbridge, continue forward onto Belle Isle Road and enter the park. Once in the park take a right and follow the steps up past the bowling pavilion. Follow the path up to the top end of the park until you reach a wide tarmac promenade. Go along the promenade and then take the second path on your right hand side, bear left and follow the path until you reach an entrance to the park.

Don't leave the park, instead keep going left and follow the path round and down until you reach the centre of the park. Head down towards the play area, across the basketball court, and follow the path down the steps back onto Belle Isle Road. Continue over the footbridge and back to the station.



Here's how you can lose those extra pounds!

Did you know that you could lose those extra pounds by walking in your lunch hour? It's as easy as this - 30 minutes for 5 days a week. It's free - no subscription fees - no special kit,

and it works!

Will walking really help me to lose weight?

Yes if you do it regularly. 30 minutes of walking uses roughly the same number of calories as 15 minutes jogging.

How much walking should I do?

Anything is better than nothing, but aim to build up at least 30 minutes a day (at least 5 days a week). If you do more than this, you will burn more calories and increase the chance of losing more weight.

That's a lot, I'm not very fit and don't have much time.

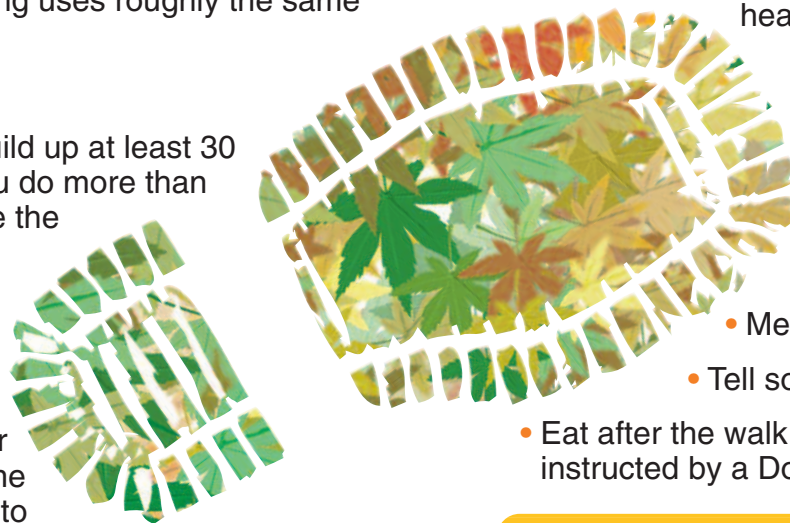
2 or 3 short walks throughout the day is an effective way of building up to 30 minutes, for example walking the dog, walking at lunchtime or to work, taking the kids to school, walking to the shops instead of taking the car...

How fast should I go?

You should be warm and slightly breathless, but still able to talk comfortably. For those who are less fit this will be a slower pace than for those who are fitter. As long as you are moderately breathless the effect will be beneficial.

How will I start to lose weight?

This depends on what you eat. To start losing weight you need to be burning more calories than you eat (with regular exercise). When you start an exercise programme the mixture of muscle and fat in your body starts to change. This may mean you won't lose weight straight away, but your body is adjusting and becoming better at using fat for energy.



How much weight will I lose?

This depends on your diet and consistency. 1lb (0.5kg) a week is healthy and more likely to be permanent. This seems slow, but it is actually 52lb each year - be realistic, consistent and patient.

What else can walking do for me?

30 minutes of walking a day can have a positive effect on your blood pressure, cholesterol, diabetes, osteoarthritis, stress, anxiety and depression as well as lowering the risk of coronary heart disease, strokes and some cancer.

Walk instruction and safety:

- Wear comfortable clothing and shoes
- Try to walk in pairs where it is possible
- Mobile phones: it is always useful to carry a mobile phone while out walking
- Medication/ food/ drink if required
- Tell somebody where you are going
- Eat after the walk (to maximise benefits unless otherwise instructed by a Doctor or Health Professional)



How to get there:

By Bus catch the 664, 665, 720 buses to Haworth.
By Train catch the Skipton Train from Bradford Forster Square, change at Keighley onto the Worth Valley Train to Haworth.

For more information on Central Park, Haworth please contact:

Keighley / Ilkley Area Manager:

Tel: 01535 618068

General enquiries:

Tel: 01274 437789

or visit the website

www.bradforddistrictparks.org

