



Wakefield Bridge and Chantry Chapel of St Mary



Duke of York Monument



St Helen's Church, Sandal

# 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**

Wakefield Healthy Transport Project is working to encourage people to carry out more of their journeys on foot or by cycle to improve the environment and their health.

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## Wakefield District Health Walks

**12**

# Sandal

Sandal Castle & Pugneys Country Park



Circular walks 40 mins, 1 hour or 1 1/2 hours



Moderately difficult, walks, mainly on footpaths.

Paths may become muddy and slippery in wet weather.



3.2 km / 2 miles or 4 km / 3 miles or 6.4 km / 4 miles



Please keep your dog on a lead or under control and clear up after it. Both Sandal Castle and Pugneys Country Park have bins for dog waste.



The walks are not waymarked so you will need to use the map inside this leaflet. But on the shorter walks Sandal Castle is in view almost all the time.



At the moment much of these walks are on rough paths that are not suitable for pushchairs or the elderly. Improvements to some of the paths are planned which will make them easier to follow.



There is plenty of parking space at Pugneys Country Park. Parking space at Sandal Castle is limited; please do not park on the street and block neighbours' access.



Pugneys Country Park is open every day, except Christmas Day, from 10.00 am to just before dusk. A range of watersports is available. For further details, please phone: 01924 302360



For Sandal Castle, take bus 110 to the Three Houses pub on Barnsley Road. Or take a Metro train to Sandal and Agbrigg Station.



The Sandal Castle car park is open every day, except Christmas Day, from 9.30 am to just before dusk. The Visitor Centre is open every day in summer and at weekends in winter. It has displays about the history of the castle, shop, toilets and activities room. Drinks and ice creams are available. For further details, please phone: 01924 249779

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Walks Designers

NHS



**wakefield**  
City of Wakefield Metropolitan District Council



## 1 Walk from Pugneys Country Park to Sandal Castle and back

(2 miles return/a walk of 40 mins)

- 1 Walk to the end of the car park at Pugneys and pick up the path that runs around the lake. You can see the ruins of Sandal Castle on the skyline ahead of you. The lakes were created after quarrying for sand and gravel and opencast mining.
- 2 As the path around the lake bends round to the right, leave the path and cross the wooden footbridge about 100m to your left. Flint tools about 8,000 years old have been found near here, left behind by Mesolithic people who found riversides a good place to hunt and fish.
- 3 Once you are over the bridge, take the footpath to the right. After only about 100m you come to a footpath T junction. Turn left uphill. This section of footpath was once a medieval road.
- 4 Follow the footpath uphill and turn right on to another footpath. The Battle of Wakefield took place on 30th December 1460 across the land on your left. Richard, Duke of York, was tricked into leaving the safety of Sandal Castle and was killed by a Lancastrian army. Up to 2,000 men were killed.
- 5 The stone ruins that you see at Sandal Castle were built in the 13th century. At the Visitor Centre you can learn about the castle's history, use the toilets and have a drink or an ice cream.

You can return to Pugneys by the same route.

## 2 Extension to Walk 1

(adds a further mile/20 mins)

- 6 Instead of turning right at Waymarker 4 and going straight to the castle, carry on down the footpath, join the road which comes down to a junction with Manygates Lane where you turn right. From here it is not far to the medieval Chantry Chapel on Wakefield Bridge (In some accounts of the Battle of Wakefield, Edmund, a son of the Duke of York was chased all the way to the bridge and murdered there).

- 7 After about 100m look for a Victorian monument on the right overshadowed by trees. Richard Duke of York is said to have died on this spot. (His head was cut off and displayed on one of the gates at York). Across the road in Manygates Park you can see the distinctive ridges caused by medieval farming, known as "ridge and furrow".
- 8 At the second turn on the right, you can make a diversion to St Helen's Church. (There was a church here already by Domesday Book in

1086, but what you see now is mainly from the 1300s).

Carry on up the hill to reach Sandal Castle.

## 3 Extension to Walk 1

Alternative route to return to Pugneys Country Park (1 1/2 miles/40 mins)

You can do a circular walk by returning by this different route. Some of this is very rough underfoot, and also very wet in bad weather.

- 9 From the castle turn right out of the gate and then turn right on to a footpath that leads downhill. In this area there was deer park in the medieval period. It provided venison for the high table at Sandal Castle. Archaeologists found deer bones in the excavations at the castle.
- 10 Cross over the road and take the path almost immediately opposite.
- 11 The path crossed Pugneys Drain by a bridge and enters Pugneys Country Park. Turn right. This part of the walk is very muddy in bad weather.
- 12 Turn left on the path that runs round the large lake.
- 13 You will see a path on the left. This leads to a bird hide from which you can watch birds on the smaller lake which is reserved for wildlife.

Continue round the large lake to get back to the car park.

