

Four more challenging lunchtime walks

These routes take 35-50 minutes, and are excellent for lunch-hour or after-work walking, although they can be muddy in places.

Walk 3: Scout Bottom

Distance: 1½ miles. **Time:** 35 minutes.

Walking conditions: suitable for office shoes in dry weather, with one gentle uphill slope.

From Orchard Business Park, turn left and walk up road. Just before school, turn left down Scout Bottom Lane. Follow lane along, pass in front of Scout Bottom house and garden, and through small gate in right-hand corner. Follow track (muddy at start) down through fields towards railway.

At cycle-path, turn left, along track back to Mytholmroyd, keeping railway on your right. At the station, walk down slope and left into New Road.



The quarried face of Scout Rock inspired Ted Hughes, locally-born Poet Laureate; it remains Mytholmroyd's impressive landmark in all weathers.

Photo: Jill Liddington

Walk 4: Cragg Vale and Dean Hey

Distance: 1¾ miles. **Time:** 45 minutes.

Walking conditions: a dry-weather walk, muddy in places, one steep uphill slope. Takes you into the heart of Cragg.

From Orchard Business Park, follow Walk 2 route, climbing steeply up Hall Bank Lane, past top of Long Lane.

Hollin Hey: 10 yards after Long Lane, turn right and swing along track up to Hollin Hey. Skirting between the buildings, turn right into walled path immediately above barn. Just before Hollin Hey Wood, turn right, down straight path, with Dean Hey Country Business Park on your left.

Cross business park road, and over second stile. The path bears right through field, skirting Moor Fields. You may now hear the sound of Cragg Road traffic; at bottom turn right, keeping woods on your left and fields on your right.

Top Lane Country Business Park: at wall, turn left. You now follow Walk 1 route back to Mytholmroyd.

Walk 5: Stubb Clough

Distance: 2¼ miles. **Time:** 50 minutes.

Walking conditions: one uphill slope. An ideal summertime after-work walk, giving sweeping views down Calder Valley. Can be muddy near the stream

From Co-op garage, turn left along road, turn left to bridge, and cross road, then left again onto canal. Follow towpath for about ½ mile. At old clog factory, cut down steps and cross road. Turn left into Carr Lane and cross the river; bearing right, walk up and over railway bridge. As you approach Carr House Farm barn, keep right, along main track.

Stubb Clough: turning first left, take path across the field, looking left for magnificent views across Mytholmroyd and down the Calder Valley. Follow the path upstream through woods, then left into Park Lane. Gradually descend to Mytholmroyd. Just before Nest Lane, turn left down path, with playing fields on your left and Nest Estate on right.

From Paddy Bridge over railway, turn immediately right into snicket along railway; at very end, turn left into Thrush Hill Road. Cross over Caldene Bridge, turning left back along road.



Walk 5 takes you across fields to Stubb Clough, a small wooded stream which tumbles down from Erringden Moor.

Photo: Alan Brooks

Walk 6: Twine Lane and Lower Ewood

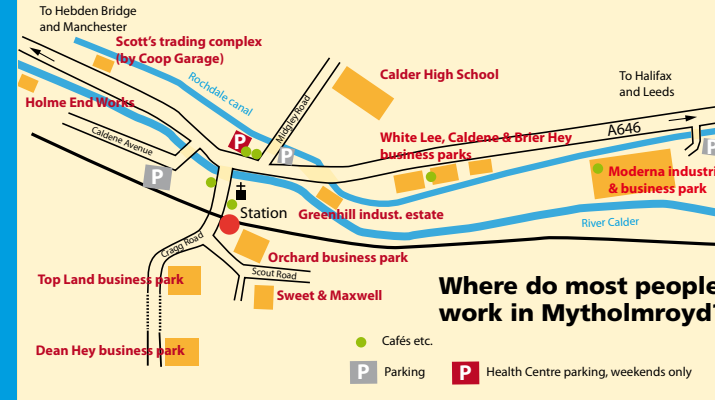
Distance: 1½ miles. **Time:** 35 minutes.

Walking conditions: one short uphill slope. Extremely muddy so boots essential, but route gives glorious views down Calder Valley.

From Moderna Way, cross the road, and turn right; walk along pavement, turning left at signpost. Walk up Twine Lane, avoiding worst of mud; near top, bear right up sunken walled path.

At Lower Ewood, above house, turn right. After house, turn right again, through gate, down steps, then keeping near wall.

Down to Brearley: descend gradually and cross marshy stream. Immediately after stile, turn right down to road. Turn left towards Brearley, until it is safe to cross road. Turn right into Brearley Hall Lane and over canal, then right again, taking towpath back.



Mytholmroyd

is a small town in the Upper Calder Valley with a population of 5,000. It acts as a major employment centre, and our guesstimate is that over 2,000 people work locally – mainly in the dozen locations above. With much employment tucked away up Cragg Vale, the scale of local business is Mytholmroyd's hidden secret. Yet within minutes, everyone can be up onto the hillside enjoying the glorious views up and down Calder Valley.

Get walking!

Walking has tremendous benefits for your health:

- it improves your cardiovascular fitness.
- it helps prevent heart disease, strokes and osteoporosis.
- it improves your sense of well-being, boosts your metabolism and helps you sleep better.

And walking consumes a surprising amount of energy. A gentle 30-minute walk, with some hillside to make you puff, burns about 125 calories. A 30-minute brisk walk burns around 160.

Mytholmroyd Walkers' Action

If you enjoyed these six short walks (all 17–50 minutes), why not try our three longer routes (one hour and over)? Copies of our first leaflet are on sale locally (50p). The group, formed in 2007, aims to encourage more walkers, walking more. If you would like to support MWA projects, please join us: individual membership is just £4 per year.

Copies of membership form and MWA leaflets can be obtained from the Tourist Information Centre in Hebden Bridge 01422 843831.

For further information: www.mytholmroydwalkers.org

Acknowledgements

MWA would like to thank the many local supporters who have helped make Mytholmroyd a 'walkers are welcome' town. The routes have been developed in partnership by MWA and Calderdale MBC.

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Design and cover photo: Mike Barrett



walk@work in Mytholmroyd



From main road by Twine Lane

Work in Mytholmroyd?

Six easy lunchtime walks to keep you healthy at work.

Two easy lunchtime walks

Both routes are 30 minutes or less, just right for getting you started.

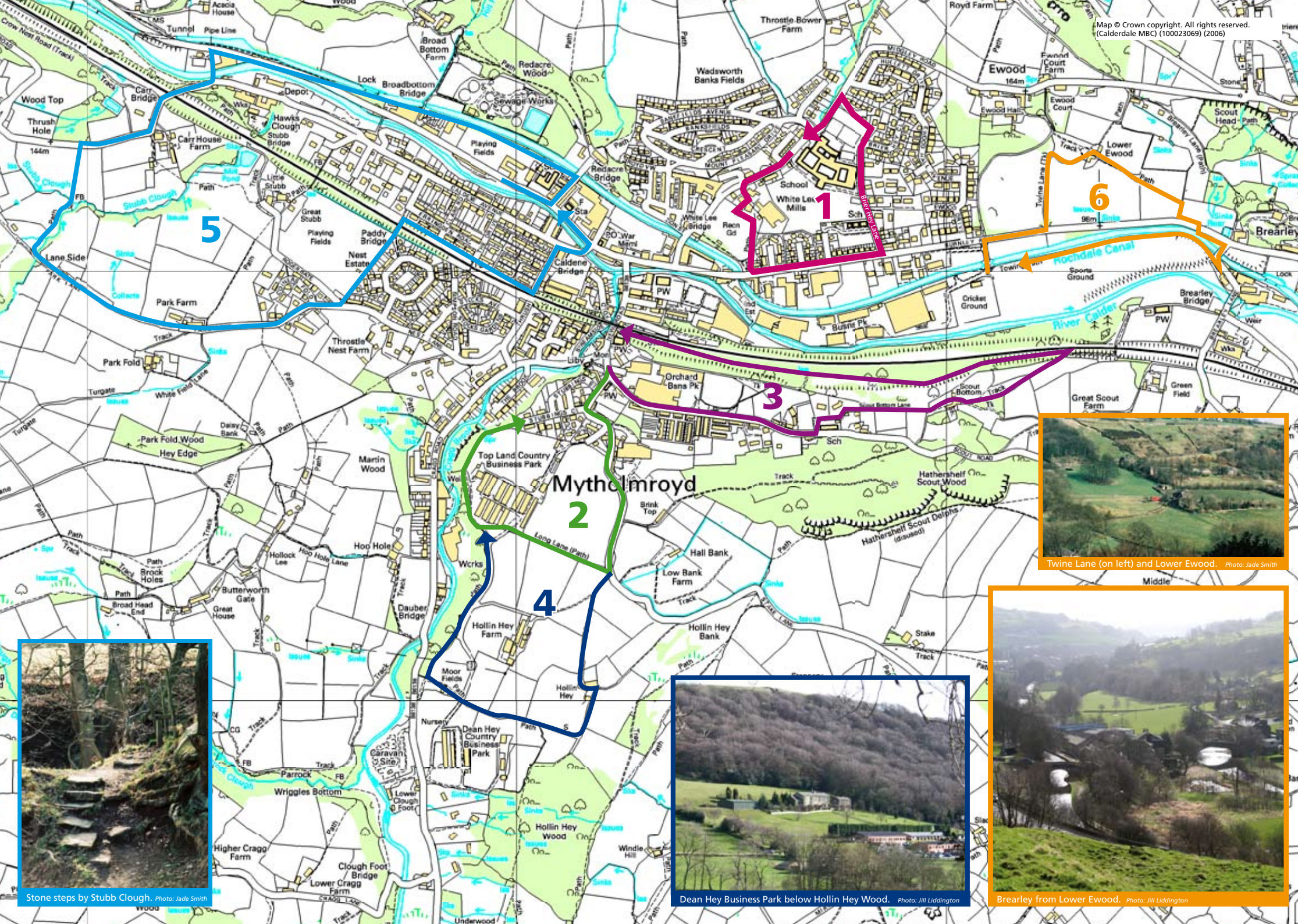
Walk 1: around White Lee

Distance: ¾ mile. **Time:** 17 minutes.

Walking conditions: an office-shoes town walk that's excellent underfoot in all weathers, with one gentle uphill slope.

From Calder High School: walk down Midgley Road. Turn left into the old hamlet of White Lee (see below), then right at No 8. Turn left along top of park and down to main road

Turn left along road, past White Lee Business Park, then left up Brier Hey Lane, passing Calder High. Just before Brier Hey Close, continue straight on, up lane. Turn left along footpath, into White Lee Croft, then left into Midgley Road and downhill to school.



Twine Lane (on left) and Lower Ewood. Photo: Jade Smith



White Lee, with its early eighteenth-century buildings and small courtyard, is one of the oldest hamlets in Mytholmroyd. Photo: Jill Liddington

Walk 2: Cragg Vale and Top Land

Distance: 1¼ miles. **Time:** 30 minutes.

Walking conditions: suitable for office shoes in dry weather, with one steep uphill slope to help your cardiovascular fitness. It's a favourite route, quickly giving wonderful views back across Calder Valley.

From Orchard Business Park (at foot of Scout Road), turn left, cross road; keeping the Methodist Church on your left, turn into Hall Bank Lane, climbing steeply, past Sweet and Maxwell. Carry on right up the hill; it's well worth it!

Long Lane: before Hollin Hey track, turn right over stile; down Long Lane - to Top Land Country Business Park. Cross both access roads, then bear right, through top of woods, with business park on your right, and Cragg Brook below on your left. Stubbings Close brings you back down to Mytholmroyd.



Stone steps by Stubb Clough. Photo: Jade Smith



Dean Hey Business Park below Hollin Hey Wood. Photo: Jill Liddington



Brearley from Lower Ewood. Photo: Jill Liddington