



**Developed by the
Parks and Countryside Service**

Kirkstall Abbey Park is managed by the Learning and Leisure Department of Leeds City Council.

Paths and trails cross this historic park with its superb riverside setting,

At the heart of the Park stands the spectacular Kirkstall Abbey, one of the best preserved Cistercian Abbeys in the country. The Park also boasts playingfields, a miniature railway, children's playground and acres of open parkland for informal recreational activities

Kirkstall Abbey Park is situated just 2.5 miles out of Leeds City centre on the A65 and is well served by public transport. Contact Metroline on 0113 245 7676 for bus details.

The aim of the programme

The Department of Health advises that adults should aim to take 30 minutes of moderate activity at least 5 days a week.

An ideal way to achieve this is to take a walk in your local park or green space.

The Health Walks Initiative has been developed by Leeds City Council's Learning and Leisure Department.

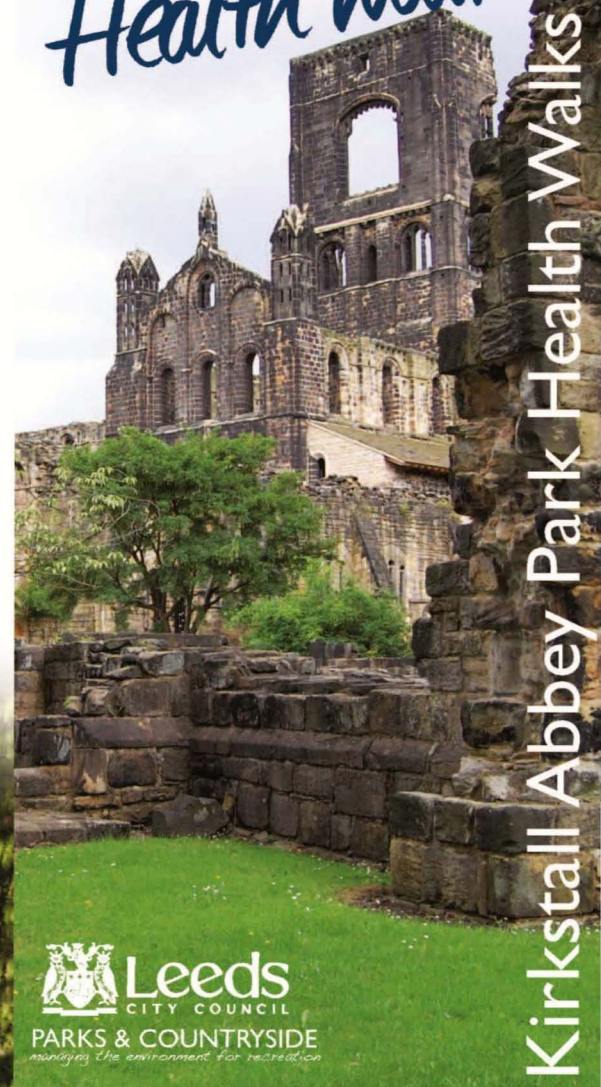
Walks are effective, easily accessible and a cheap way to keep fit and stay healthy.

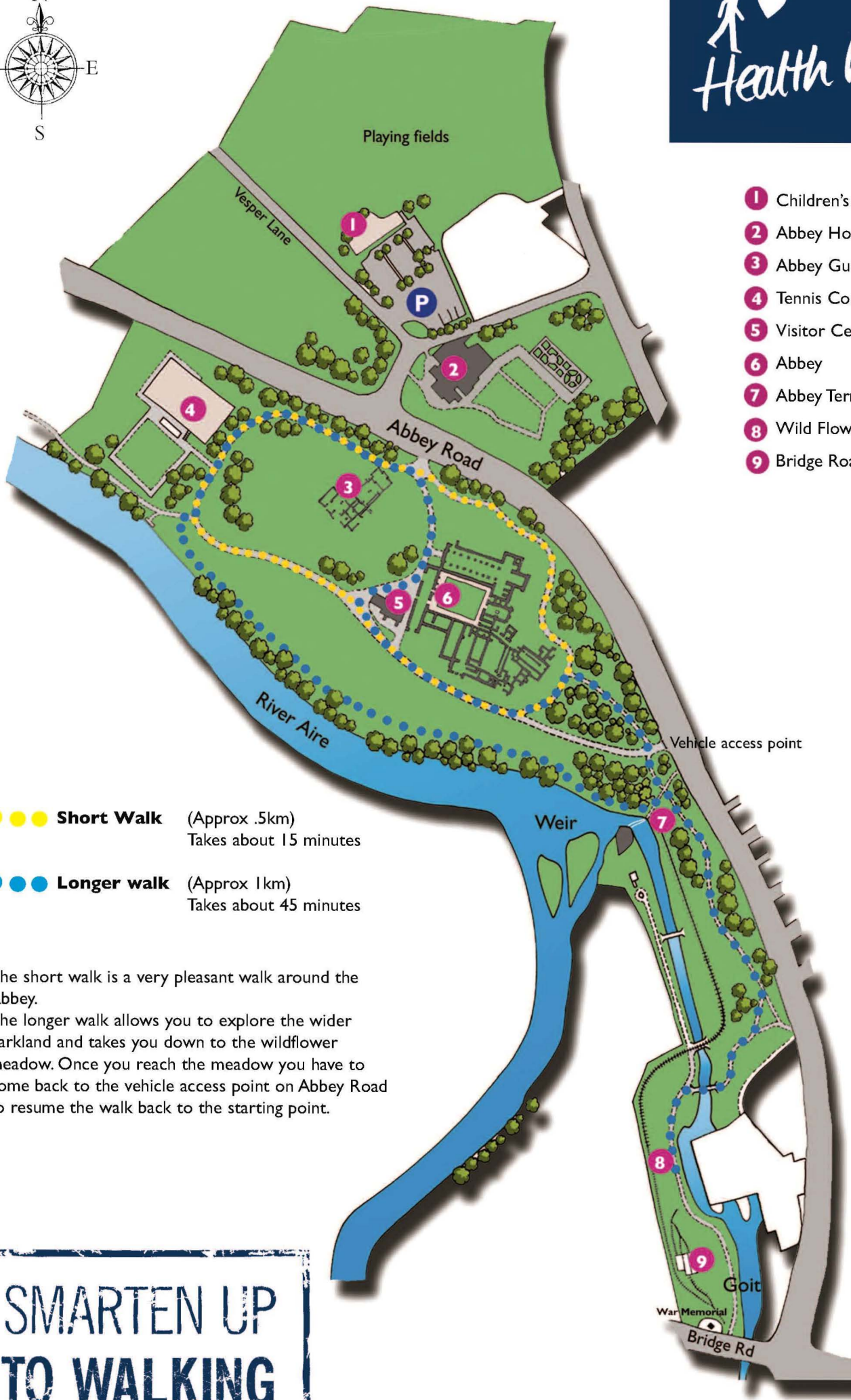
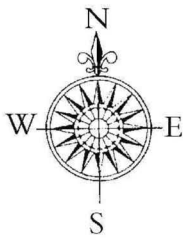
Leeds City Council are pleased to promote this initiative and encourage you to give one of our health walks a try.

People live longer with access to and regular use of Parks and Greenspace.

This Kirkstall Abbey Park Health Walks leaflet is available free of charge on audio cassette, CD, large print, Braille and a number of community languages. If you would like it in another format, or know someone who might, please call 0113 395 7400 or email parks@leeds.gov.uk.

For further information about these and other Leeds City Council walks log on to www.smartenupleeds.com





- 1 Children's Playground
- 2 Abbey House Museum
- 3 Abbey Guest House Ruins
- 4 Tennis Courts
- 5 Visitor Centre
- 6 Abbey
- 7 Abbey Terminal
- 8 Wild Flower Meadow
- 9 Bridge Road Station

- Short Walk (Approx .5km)
Takes about 15 minutes
- Longer walk (Approx 1km)
Takes about 45 minutes

The short walk is a very pleasant walk around the Abbey.
The longer walk allows you to explore the wider parkland and takes you down to the wildflower meadow. Once you reach the meadow you have to come back to the vehicle access point on Abbey Road to resume the walk back to the starting point.

**SMARTEN UP
TO WALKING**