



River View Walk

Time: 20 Minutes

Distance: 0.5km, 0.3m

The first part of this walk is quite uneven and can be very muddy in wet weather.



City of Bradford Metropolitan District Council

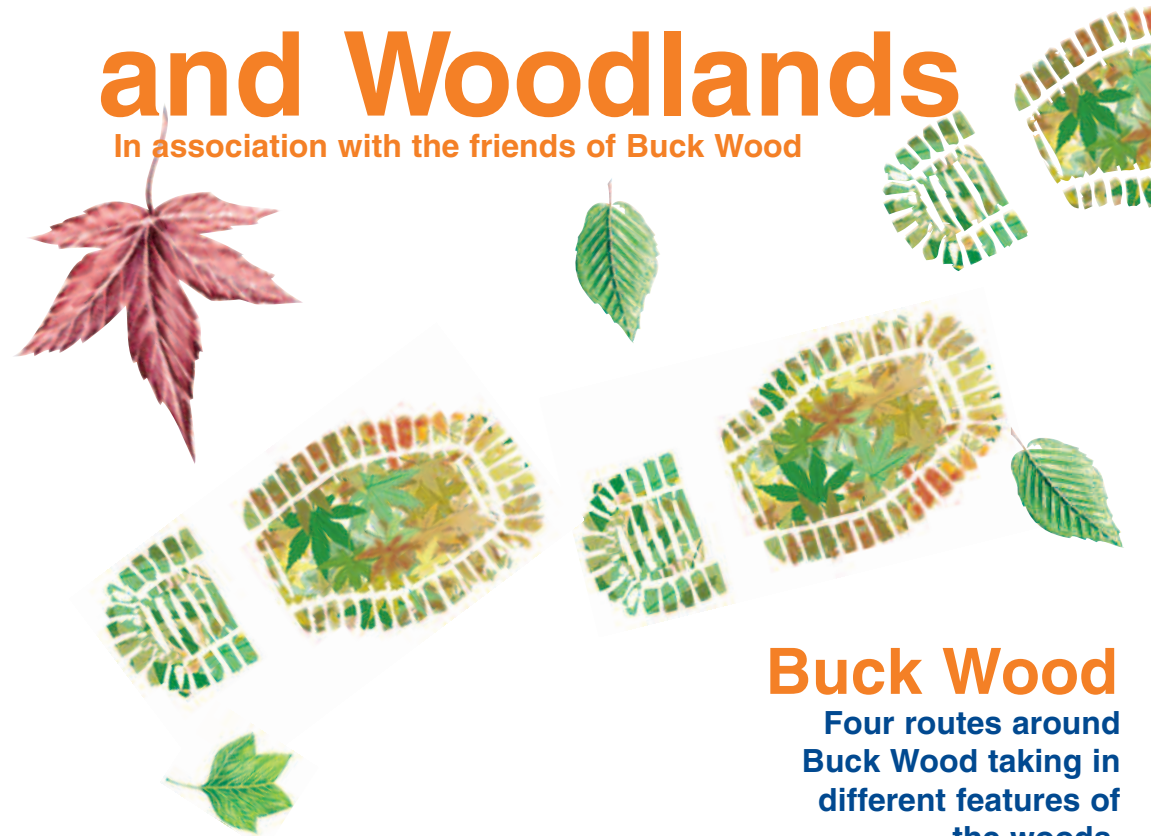
Parks and Landscape Service

www.bradford.gov.uk

“a breath of fresh air”

Walks in Parks and Woodlands

In association with the friends of Buck Wood



From the bottom of Thackley Road follow the wide track down the hill for 10 yards and then turn right at the signpost pointing along the Permissive Bridleway.

Continue on the path which is rough, and rocky in places. Look for views through the trees of the River Aire, Leeds and Liverpool Canal and Baildon across the valley.

Follow the path round to the right and return alongside the top side of the field. In autumn look out for fungi on the piles of logs. On your left are many old oak trees, and in spring there are masses of Bluebells.

Turn right into the field and then immediately left over the step stile into the second field. Cross this field, taking care to keep to the footpath. Cross over another step stile and back to the start of the walk.

Buck Wood

Four routes around Buck Wood taking in different features of the woods.



Buck Wood

Parks, open spaces and Woodland 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.

Buck Wood in north Bradford is a popular amenity for casual walkers, cyclists, and natural history enthusiasts alike. It is a mixed woodland of over 40 hectares, interspersed with meadows. It covers a hilly area, with some steep slopes rising from the Aire Valley, and many small paths and tracks, which may be muddy in wet weather – stout shoes are essential! The Wood is important because of its rich diversity of habitats, which have led to a wide range of trees and other plants, fungi, birds, insects and animals.

Buck Wood gained its name in medieval times from the Buck family who were leaseholders of the land and who held the right to work the manorial corn mill by the River Aire in medieval times. Over the centuries the Mill changed and became part of Bradford's textile industry, before falling into disuse and ruin at the end of the nineteenth century, but some remains can still be seen, between the Canal and the River Aire.

Bradford's industrial history had other effects on Buck Wood, leaving scattered remnants of small-scale mining and quarrying in places. In 1776 the Leeds-Liverpool Canal was built, parallel to the River Aire along the natural valley boundary of the Wood. When Bradford's first railway was constructed in 1846, the tunnel passed underneath Buck Wood. In the early twentieth century Buck Wood was selected as a site for Bradford's Open Air School because of its altitude and healthy atmosphere, offering fresh air and rural surroundings for the city's sickly children. To the east the Wood is bounded by the tree-lined Ainsbury Avenue, built to take traffic to the Esholt Sewage Works in the 1920s

The Friends of Buck Wood (FoBW) was established in March 2004, formed from local residents and other users of the wood. The group aims to protect and improve Buck Wood, Thackley, for the benefit of the wildlife and environment, and for the people of the surrounding area. They work in partnership with the owners of the Wood, Bradford Council.



Beech Tree Walk

Time: 20 minutes

Distance: 0.8km, 0.49m

Starting from the disabled entrance, take the path immediately on the right hand. After 100 yards pass through two kissing gates, and continue to follow the path with the field on your left, turning sharp left down the narrow twisting path, still keeping the field on your left. On your right is a plantation of beeches and Scots pines. After 150 yards, and passing some dense hollies, you will see a wet-land clearing on your left. This was originally formed by natural springs, and is now being improved by the Friends of Buck Wood. You may see birds and rabbits there.

Walk downhill for another 20 yards and take the path to the left. You will see two large beech trees on the left, which are the oldest trees in the Wood, about 250 years old. Continue through this more open area of mature oak woodland then turn left on to the main uphill path, which will bring you to the remains of an old wall. Cross these remains (do not take the path on the right), then join the surfaced disabled path which leads back to the entrance.



Aire Valley View

2

Time: 40 minutes

Distance: 1.6km, 1m



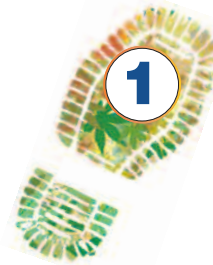
Go through the disabled entrance gate and take the right hand path into the Wood. After 100 yards pass through two kissing gates and continue along the path as far as the corner of the field. Bear right, keeping on this path as it follows the wall of the field above you on your right.

After about 200 yards, bear left down the hill then follow the path round towards the right. There is a field ahead of you. At the corner of the field carry straight on alongside it, noticing the tumbled millstone grit rocks down the steep slope on the left. Continue on the path for about 200 yards for extensive views of Baildon and the Aire Valley.

Now retrace your steps to the field corner and up the path a little way, until you reach a right hand turn, along a fairly level path. Continue on this path, passing the wet-land clearing on the left. This was originally formed by natural springs, and is now being improved by the Friends of Buck Wood. You may see birds and rabbits there.

Continue down hill for 20 yards, then take the path to the left. Look out for the two large Beech trees on the left which are the oldest trees in the wood, about 250 years old.

Continue through this more open area of mature oak woodland then turn left on to the main uphill path, which will bring you to the remains of an old wall. Cross these remains (do not take the path on the right), then join the surfaced disabled path which leads back to the entrance.

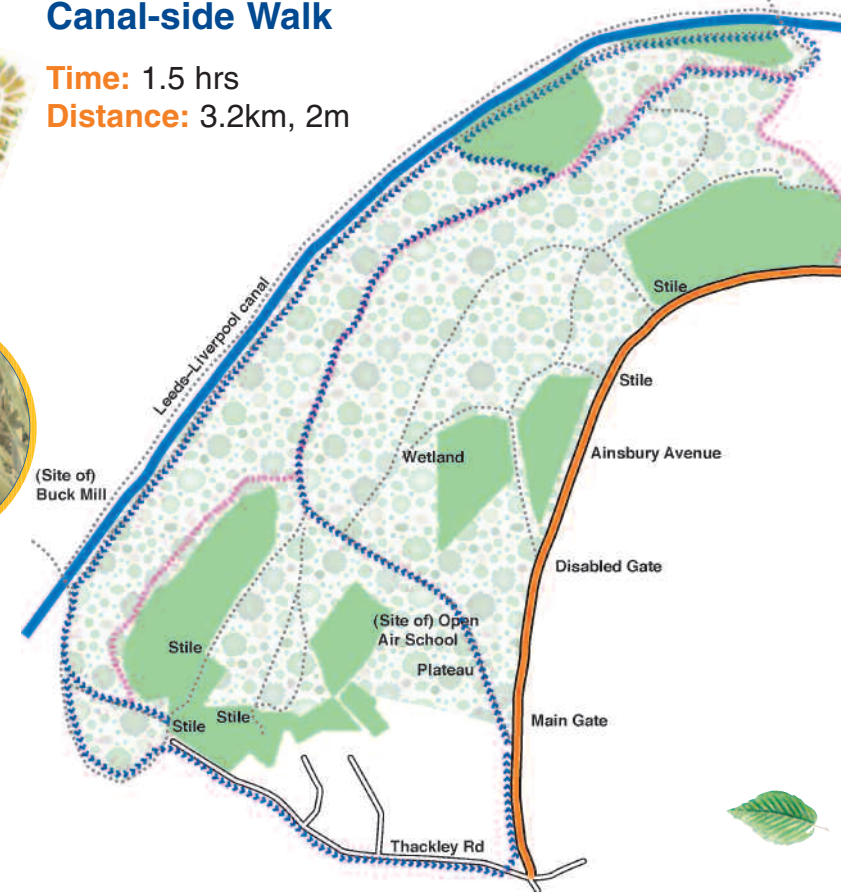


Canal-side Walk

1

Time: 1.5 hrs

Distance: 3.2km, 2m



Start at the main gate to the Wood on Ainsbury Avenue. Follow the path round the side of the raised plateau formed from waste material from when the Thackley railway tunnel was built in 1900. Check out the plateau for a variety of species of butterflies in summer. Immediately below the plateau is the site of Thackley Open Air School, opened in 1907. Follow the path, bearing right, then downhill for 200 yards. Turn right by an old fencepost, down the well-defined path.

After 0.3 mile turn left, following the wall of the first field you come to, and walk down through the Wood to the Leeds and Liverpool Canal – opened in 1776. Note the views across the valley to Baildon and Guiseley. Turn left at the Canal. (For a longer walk – 0.5 mile, 15 minutes – don't turn left at the field but continue down the path as far as the iron bridge over the Canal, from where you can see Field Locks. Turn left at the bridge and follow the path through the fields by the Canal, rejoining the walk at the second stile.)

Follow the path parallel to the Canal through the woods for 0.5 mile. At the swing bridge turn left up the steep, stone faced path. On reaching the concrete steps on the left there is a choice of routes. Climb the steps, turning right at the top and continue to the gate at Thackley Road; or continue on the longer path which gradually climbs the hill until reaching the same gate at Thackley Road. On the way up this path two railway tunnels – built in 1846 and 1900 – can be seen on the right hand side. Continue up Thackley Road and return to Ainsbury Avenue.

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?

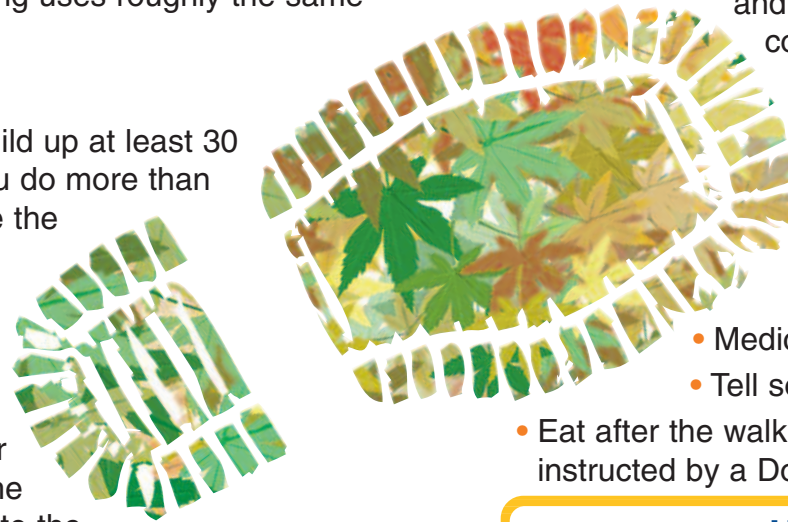
This depends on your diet and consistency. 1lb (0.5kg) a week is healthy and more likely to be permanent. This seems slow, but it is actually 52lb each year - be realistic, consistent and patient.

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:

Catch the 810 bus from Bradford Interchange and get off at Thackley End on Park Road.

For More Information on Buck Wood please contact:

Trees and Woodland Manager

Tel: 01274 434826

General enquiries:

Tel: 01274 437789

or visit the website

www.bradforddistrictparks.org

This leaflet was produced in partnership with the Friends Of Buck Wood

Tel: 01274 434826

