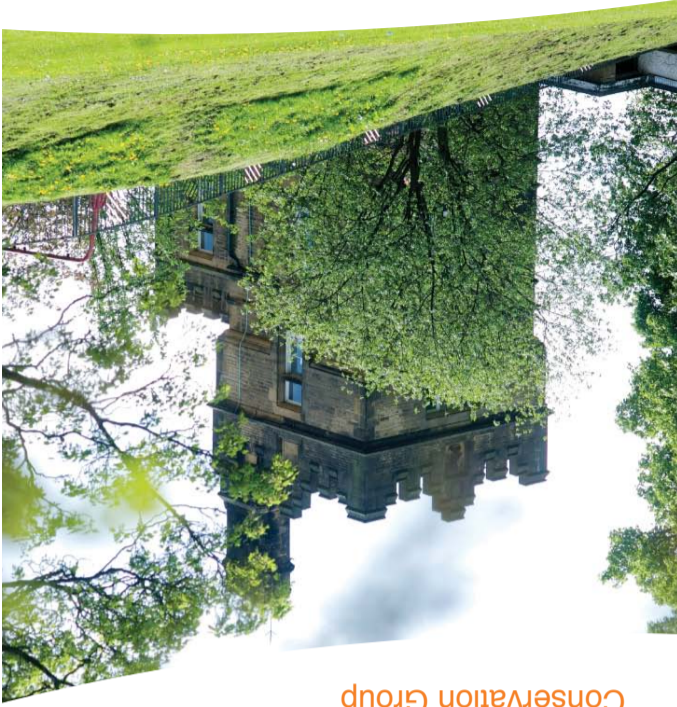


# Cliffe Castle Park & Museum



Conservation Group

In association with Cliffe Castle Park

## Walks in Parks and Woodlands

“a breath of fresh air”

City of Bradford MDC  
www.bradford.gov.uk

Sport and Leisure Service

### Welcome to Cliffe Castle Park & Museum

Cliffe Castle was the spectacular mansion of the local Victorian millionaire and textile manufacturer, Henry Isaac Butterfield, however the house, originally named Cliffe Hall was built for local lawyer Christopher Netherwood In 1833.

In 1854 Henry Isaac Butterfield married Mary Roosevelt Burke. She was a niece of Judge Roosevelt of New York but preferred living in France where she had a prominent position in the court circles of Paris. Henry was 35 and Mary 16. Henry's son Frederick (1858 - 1943) inherited Cliffe Castle in 1910 and was Mayor of Keighley from 1916 to 1918. Frederick was a cousin of US President Theodore Roosevelt.

In 1950 Cliffe Castle was given to the people of Keighley by local benefactor Sir Bracewell Smith, a former Lord Mayor of London. Following alterations to the building it was opened as a museum and art gallery in 1959. Visitors can see some of Henry Isaac Butterfield's magnificent rooms with chandeliers and period furniture. There are also glittering minerals, local rocks and fossils (including a 2m long fossil amphibian), mounted birds and local mammals, William Morris stained glass, old dolls, toys and domestic items, displays featuring Keighley history and local industries plus a programme of temporary exhibitions.

The Museum also offers workshops and events for community, family, schools etc. including free events during school holidays.

The Park has something for everyone, beautiful trees and shrubs all year round, a children's play area, animals, aviaries and greenhouses with tropical plants and cacti and a café offering a wide variety of refreshments. In spring there are daffodils and woodland flowers along King George VI Avenue and around the Park.

The wording in this publication can be made available in other formats such as large print and Braille. Please call: 01274 433828.

Cliffe Castle Park & Museum  
Spring Gardens Lane, Keighley, BD20 6LH  
www.bradforddistrictparks.org

**By Bus**  
Buses to Keighley travel frequently up Skipton Road. From the Keighley bus station catch the 25, 65, 66, 67, 78A, 762, 765. Bus number 903 travels up Spring Gardens Lane past the entrance to Cliffe Castle Museum (stops at Cliffe Castle car park on request).

**By Car**  
From Keighley Town Centre take the A629, travel up Spring Gardens Lane and Cliffe Castle is on the right hand side, or follow the signs for the museum.

**On Foot**  
Approximately 12-25 minutes walk from the railway station, 6-15 minutes walk from the bus station.

#### How to get there

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.

Here's how you can lose those extra pounds!  
Did you know that you could lose weight and improve your health by taking a short walk? 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!

#### Walking for Health



**Walks:** There are many paths in and around the Park with plenty to see at all times of year. The map inside shows three circular walks that all start from the entrance to Cliffe Castle Museum plus a cross country route for the more active.

There are five information boards around the Park featuring aspects of Cliffe Castle and the Park. Look out for Cliffe the Caterpillar!

**Walk 1** is an easy walk around the main museum building and immediate area on hard paths that make this suitable for wheelchairs, prams and pushchairs.

**Walk 2** is a longer walk around the museum and some of the surrounding park grounds. There are hard pathways and also some grassy areas which may be muddy after rainfall.

**Walk 3** takes in the museum, park and woodland areas. Some paths can be slippery, especially in wet weather, so ensure you are wearing suitable footwear. Some paths are not suitable for wheelchairs, prams or pushchairs.

#### 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)

**What else can walking do for me?**  
52lb each year - be realistic, consistent and patient. 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 cancers.

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

**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 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...

**Things to look out for ...**  
 **The Dolphin Lamp Post** was made from cast iron in 1870. It is part of a set designed for the Victoria Embankment in London. Originally the lamp was lit by gas and had a glass shade with a copper crown on top.

**The Tunnel, Grotto and Rock Garden** were created in the 1870s by Italian craftsmen. Tradesmen could use the tunnel to take food and everyday items to the back of the Castle without being seen from the house. The grotto was a cool summerhouse where the family could sit or take tea.

**The two marble fountains** were carved in Italy and brought here by Henry Isaac Butterfield in the 1870s. Look out for the carved mouse at the base of one of the fountains.

**The King George VI Avenue** was planted in 1953 to commemorate his reign. Details of his life featured in the 2011 Oscar-winning film 'The King's Speech.'

 There is a **Tulip Tree** near the greenhouses and two Handkerchief Trees in the Park. They all flower in spring.

**Museum opening times:**  
Monday to Saturday 10-5pm  
Sunday 12-5pm  
Closed Mondays except Bank Holidays.  
© 01535 618231 or visit  
www.bradfordmuseums.org  
to check opening times



# Cliffe Castle Walks in Parks



## Key

	Grassland		Main Entrance Points
	Woodland		Information Boards
	Footpaths		Cross Country Route Board
	Play Area		Walk 1
	Aviary		Walk 2
	Animal Houses		Walk 3
	Council Buildings		
	Flower Beds		

All three walks start from the information board near the museum entrance. This shows pictures and details of the history of Cliffe Castle.

From here take the path on your right along the front of the museum building. Looking out to your right across the park you can see the terracing and the fountains. Continue to the end of the building and then past the lawned area and flowerbeds to the junction of several paths.

## Walk 1 - Around the Museum

400m or ¼ mile, 10 mins

From the junction, turn left and head up the hill, bearing left. You'll see the Tower House on your right. The Tower House, once home to Cliffe Castle's Butler, was linked to the main house by conservatories where grapes and other fruit were grown for the family.



As you reach the formal landscaped flowerbeds, there is a café on your right, where you can enjoy a snack; there is a glasshouse with orchids and tropical plants and a cacti house in front of you. To



the left, past the information board, there are guinea pigs and rabbits in the animal houses up the steps.

Turn left and walk along the paths through the flowerbeds, then bear right and follow the path to the aviaries. You will arrive at a small gateway which takes you through the wall into the car park.

Enter the car park, then take the path left downhill through the rockery and past the grotto back to the museum entrance and the end of the walk.

## Walk 2 - Museum and Park

1km or ½ mile, 15 mins

From the junction, turn right downhill keeping the bank on your left (do not turn right along the terrace). There are early-flowering Azaleas here.



When you reach the T-junction at the bottom of the hill, turn right and walk along the pathway. To your right you'll have a closer view of the two fountains.

Carry on along this path, as it curves around a small wooded area, where there used to be a pond. Continue along the path, passing an opening on the left and an information board, before reaching the bandstand. Stay on this path until you reach the next T-junction.



Turn left and walk down the hill to the gatehouse with its large and ornate iron gates. This was the original entrance to the House.



When you reach the gates, turn left and walk into the large grassed area. There is an impressive Beech tree here. This tree may have been part of an old field boundary. It has grown here since at least 1830. Walk diagonally left across the field towards the gap in the wall.

Go through the gap and make your way up the path or across the lawns to join the path between the fountains.

Follow the path up towards the museum. Either go up the steps or walk left and then right along the level path to the end of the walk.

## Cliffe Castle Park Conservation Group

is a voluntary group working to improve the Park for all who use it and to encourage and promote events in the Park.

Interested? Please join us.  
 ☎ 01535 667001 or visit  
[www.cliffecastlepark.org.uk](http://www.cliffecastlepark.org.uk)



## Walk 3 – Museum, Park & Woodland

1.6km or 1 mile, 25 mins

From the junction, turn right downhill keeping the bank on your left (do not turn right along the terrace). There are early-flowering Azaleas here.

When you reach the T-junction at the bottom of the hill, turn left and follow the path along the bottom of the steep grassed area, a favourite place for sledging in winter. In spring there are flowering trees to see and Rhododendrons close to the path and further up the hill on the edge of the wood on the right.

When the path curves to the right, take the narrow unpaved path on the left into the woods. The path climbs up the hill – be careful – it can be slippery and muddy at times. On your right you will see the new school buildings.

There is an information board near the end of this path. Turn left uphill just before the board, through the large Beech trees. Then bear right uphill towards a wall.



At the wall turn right and follow the path. Look out for the commemorative King George VI Avenue plaque on the left. In spring there are daffodils, wood anemones, other wild flowers and cherry trees here, whilst in autumn there are many coloured leaves on the trees. Walking through these woods is a great place to see birds such as wrens, blue tits, blackbirds, magpies and crows and occasionally woodpeckers and brightly coloured jays.



When you reach the end of the path, either retrace your steps or take the alternative route back (see below). After passing the commemorative plaque bear left and turn right, keeping the two parallel stone walls on your right. Make your way out of the woods, passing the base of a summer house, back into the park.



Walk across the grassy hill towards the large aviary where you'll see the Park's hens and cockerels. Look to the left for a grand view across the Aire Valley. There is an information board here.

When you reach the tarmac paths, take the one that runs towards the museum to return to the entrance and the end of the walk.

## Alternative route back through Moorhouse Woods.

From the end of the path walk back a short distance and then turn right by the sign for the Cross Country Route. This will take you uphill through the woods and then back down to rejoin King George VI Avenue near the commemorative plaque.

Look out for runners and joggers!