



Developed by the  
Parks and Countryside Service

Temple Newsam Estate is managed by the Parks and Countryside Service of Leeds City Council.

**Paths and trails cross over 1500 acres of parkland, woodland and farmland allowing exploration of this historic estate.**

The estate consists of a fine Tudor - Jacobean Mansion, Home Farm Rare Breeds Centre, Formal Gardens, Woodlands and parkland. There are also two playgrounds, golf courses and playing fields.

Temple Newsam Estate is based just 4 miles out of Leeds City centre on the A63 or 2 miles from M1, junction 46.

## 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.

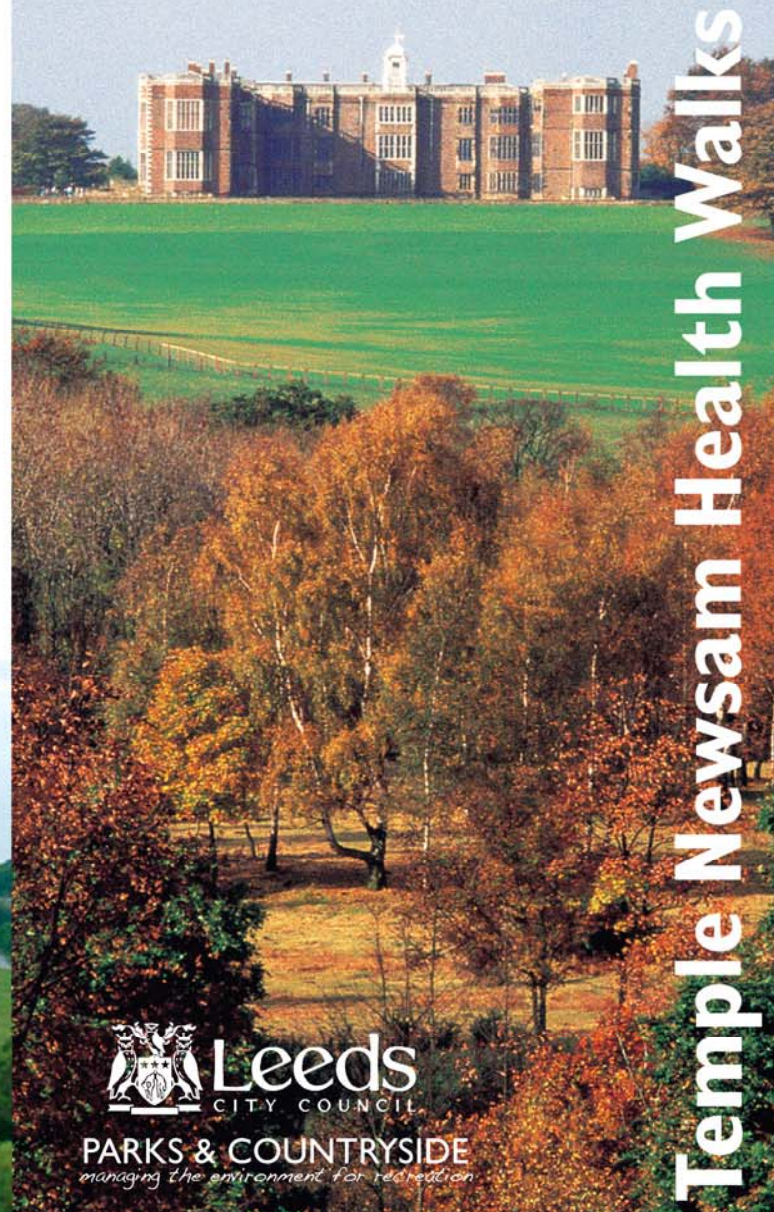
**Walks are effective, easily accessible and a cheap way to keep fit and stay healthy.**

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 Temple Newsam 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 232 3069 or email [parqs@leeds.gov.uk](mailto:parqs@leeds.gov.uk).

For further information about these and other Leeds City Council walks log on to [www.smartenupleeds.com](http://www.smartenupleeds.com)



# TEMPLE NEWSAM



**Walk one** A short walk with challenging but achievable inclines that passes through the site of a deserted Medieval village, following the original village lane. Distance: 2.25km



**Walk two** A pleasant walk over a good distance that passes the Walled Garden with show glasshouse, rose beds, national plant collections and superb seasonal borders. Distance: 2.75km



**Walk three** A challenging walk providing a chance to see the rare breeds of farm animals out in their flocks or herds. There are excellent views at the top of Dog Kennel Hill near the end of the walk. Distance: 2.5km

**SMARTEN UP TO WALKING**