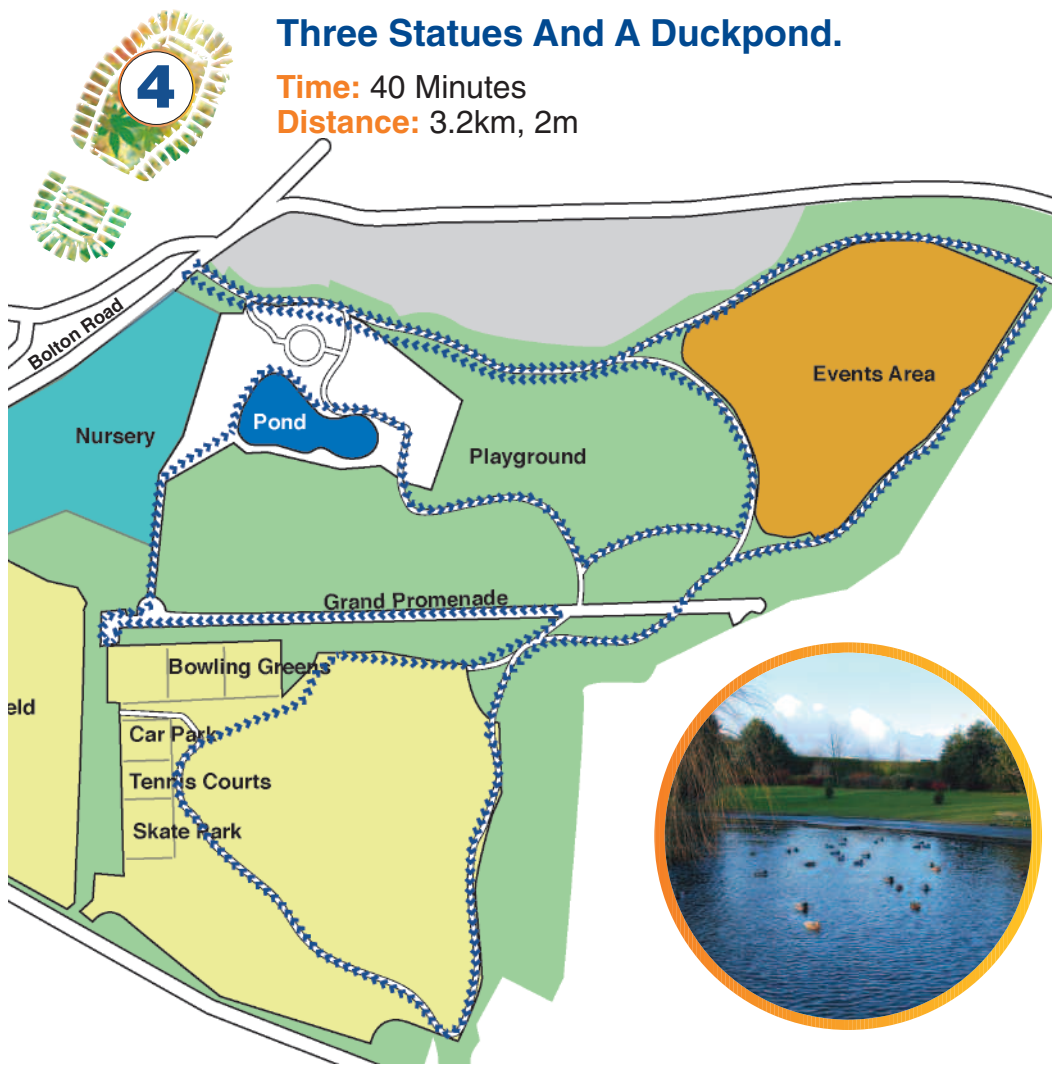


Three Statues And A Duckpond.

Time: 40 Minutes
Distance: 3.2km, 2m



Enter the park at the Bolton Road entrance. Follow the path round to the right, walk right round the top end of the park, going up past the path which has the Alderman Thomas Beaumont Drinking Fountain on it. Follow the path right round until you get down to the Foundry Railway tunnel. Follow this path until you reach a fork in the path. Take the right hand path round the field, past the football pitch, eventually the play area should appear on your left hand side. Continue to follow the path round past the skate park, tennis courts and down past the bowling greens. Follow the path back onto the main promenade and walk towards the three statues “Spring”, “Sir Robert Peel” and “Autumn”. Go up onto the Grand View platform. Once you have marvelled at the view come back down the steps, then turn left down another set of steps, at the bottom follow the path down. Go round the pond, once past the pond follow the path which leads right round and up past the drinking fountain. Continue to follow this path back down to the Bolton Road entrance.

City of Bradford Metropolitan District Council

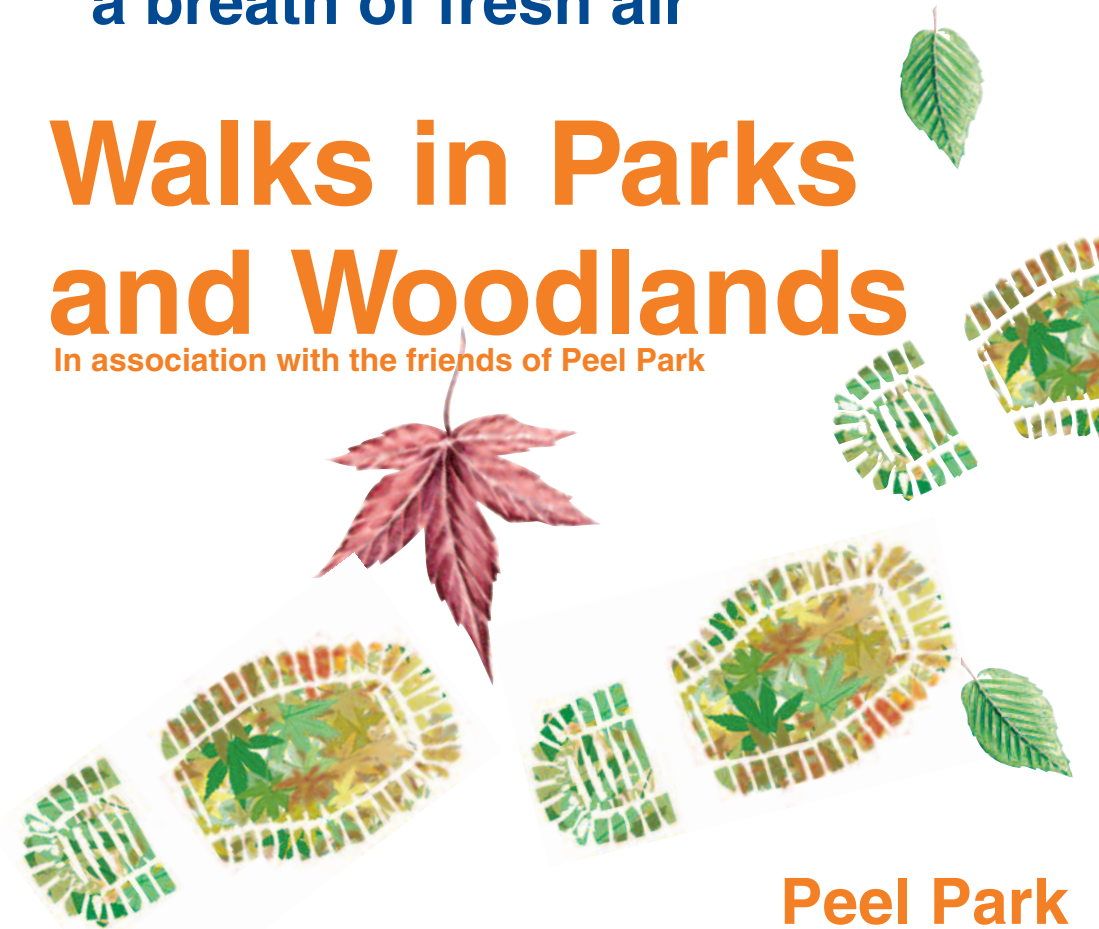
Parks and Landscape Service

www.bradford.gov.uk

“a breath of fresh air”

Walks in Parks and Woodlands

In association with the friends of Peel Park



Peel Park
Four routes around
Peel Park taking in
different features of
the park.



Peel Park

Parks and open spaces 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.

Peel Park satisfies all of these needs, providing a haven for wildlife, a site rich in heritage; and a venue for a myriad of events,

The site is one of the District's largest parks and contains formal gardens, a lake, large expanses of informal grassland, sports pitches, a children's play area, recreational facilities for young people and a café.

Formal Gardens. The formal gardens lie next to the pond; home to a variety of waterfowl. Seasonal bedding displays can be found within these gardens. Flat plains of grass containing a variety of trees and shrubs. Seating and bins have been placed throughout the park.

Promenade. The promenade is in the centre of the park, running from east to west. It contains three statues; one of the late Sir Robert Peel and the two ladies', who signify the seasons of spring and autumn.

Sir Robert Peel Statue. Located on the southern avenue, this statue once stood in what was Peel Square on Leeds Road and was the first public Statue to be erected in Bradford. It was moved to Peel Park sometime after 1926. The statue is Grade II listed.

"Autumn" and "Spring" Statues. The "Autumn" and "Spring" statues are either side of the statue of Sir Robert Peel. The Bradford Band of Hope and Union donated these to the park in 1869 and 1877 respectively. These statues are Grade II listed.

Alderman Thomas Beaumont Drinking Fountain. This fountain was erected in 1861 in memory of Alderman Thomas Beaumont and is notable for its four red granite corner shafts. Again it has Grade II listed status.

Bradford Band of Hope and Union Drinking Fountain.

The second of the stone fountains in the park is by the Cliffe Road Entrance. Bradford Band Of Hope and Union originally erected this grade II listed structure in the town in 1861, however as a result of street improvement it was moved to Peel Park.

The Band Of Hope and Union were Baptist Societies that gathered together to promote abstinence and in 1951 held their national conference in Bradford. At the end of the conference, two plaques were unveiled on the Peel Park drinking fountain.

Bowling Greens. There are three bowling greens in the Park, next to the viewing platform. The bowling greens are surrounded on all sides by footpaths, hedging, and bow top fencing.

A pavilion, cafe and car park are next to the greens. The car park is open for the use of bowlers on match days.

Tennis Courts and Skate Board Park. The tennis courts, multi activity community area and skate park were installed in 2004. Both were funded directly by the City of Bradford MDC and are securely fenced and surfaced in tarmac. The skate park was designed and built after consultation with the council and local children.

Viewing Platform At the western end of the park there is a viewing platform, constructed with low stonewalls and copings between 1853 and 1893. Largely rebuilt in the 1990's there are magnificent views available over Bradford and the Aire Valley. The most prominent features observable being Valley Parade, the home of Bradford City Football Club and the chimney of Lister's Mill, a dominant feature of the Bradford skyline.



3

Peel Park A Grand View Walk

Time: 30 Minutes

Distance: 1.9km, 1.2m

Walk through the formal gardens in front of you and take a left at the Hall. Go up the steps and turn right at the top, turning right again after the stag statue and going down the hill towards the boating lake. Walk all the way around the lake.

After you have walked around the lake, walk towards the play area, which you will be able to see in front of you. Once you have finished there, come out and turn left and left again, following the path up the hill.

Follow this around, it will take you back through the formal gardens to where you started.



Peel Park Circular

Time: 30 Minutes

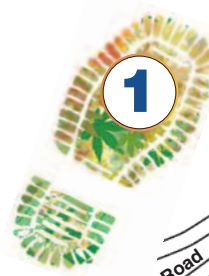
Distance: 1.7km, 1.03m



From the Bolton Road entrance follow the wide path straight on, keeping the lake on your right. Take the left fork when you come to a junction. Come to the top of park and turn right. Follow the footpath to the junction where you can see The Foundry Railway bridge in front of you.

Take a left then follow the path across the bridge. Go through the stone gate which widens onto the Grand Promenade, cross the bridge and go past the statue of Sir Robert Peel on your left. At the end is a set of steps, which you can climb to see views across Bradford. Come back down and take the steps that are now on your left.

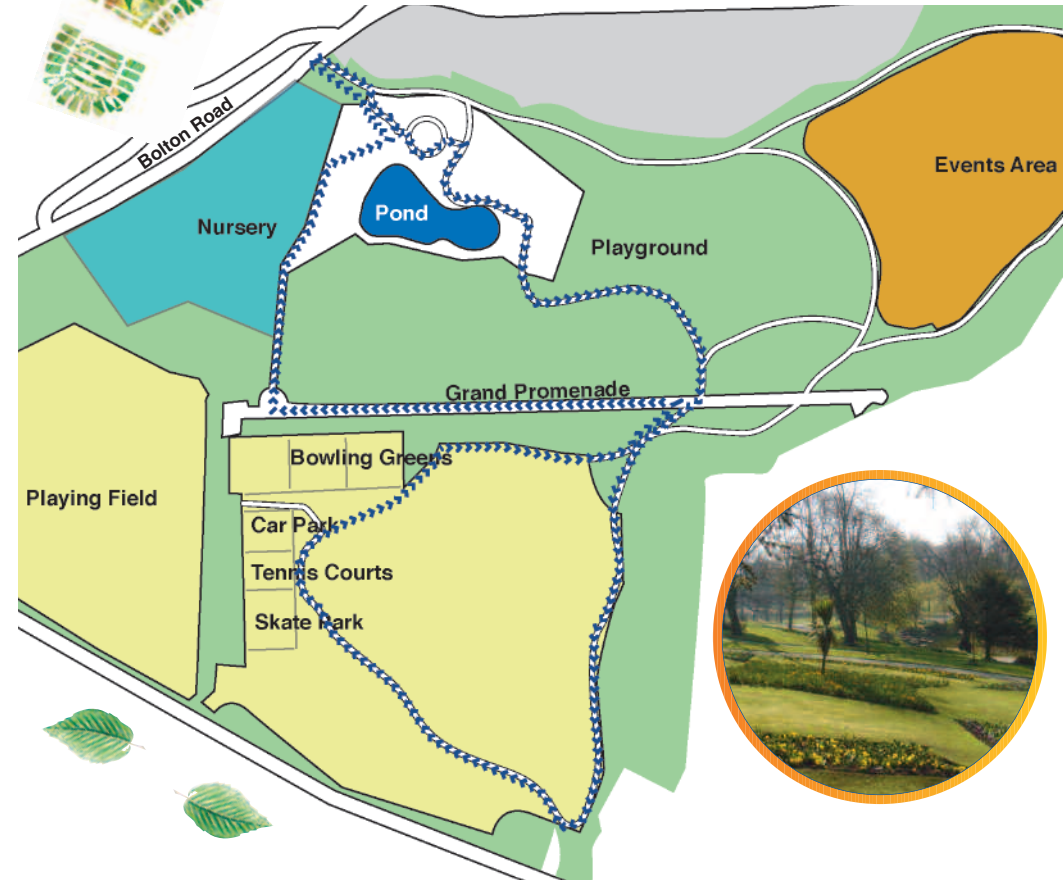
Go down the hill, following the path and steps. On the left is a big hedge. When you come to a path to the right, take that in the direction of the lake. Go to the lake and walk past it. Go up the hill on the path to your left and take the steps to your right and then turn left back to Bolton Road entrance gates.



Peel Park Grand Promenade

Time: 25 Minutes

Distance: 1.75km, 1.1m



Enter the park at the Bolton Road entrance and follow path towards the pond, winding round the flower beds until you reach the pond which will be on your right hand side. Continue along the path up towards the large embankment until you reach the steps.

Go up the steps and go across the Grand Promenade and join the path which leads on towards the top field. Follow the path to the left and follow round the top field past the football pitch, eventually the play area should appear on your left hand side. Continue to follow the path round past the skate park, tennis courts and down past the bowling greens.

Follow the path back onto the Promenade and walk past the three statues "Spring", "Sir Robert Peel" and "Autumn" Go up onto the Grand View platform. Once you have marvelled at the view come back down the steps and turn left down another set of steps, then follow the path back round to the Bolton Road entrance.

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?

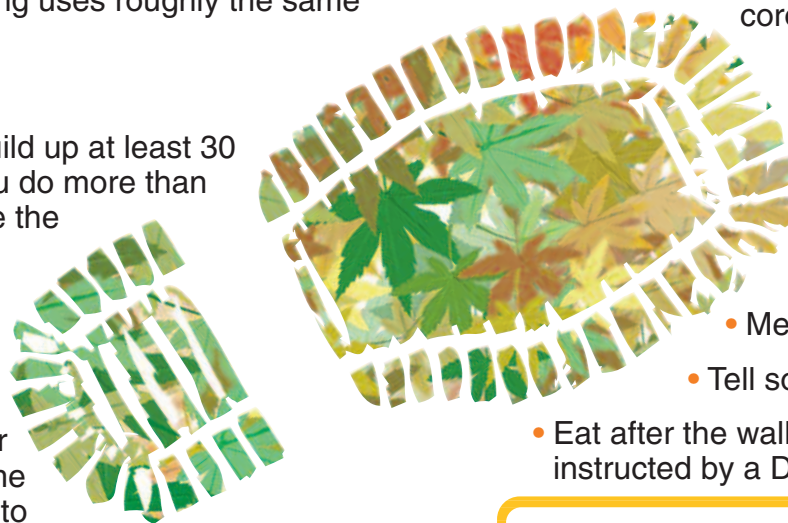
This depends on your diet and consistency. 1lb (0.5kg) a week is healthy and more likely to be permanent. This seems slow, but it is actually 52lb each year - be realistic, consistent and patient.

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: Get off the 640 or 641 bus at the Post Office on Bolton Road, just after Bolton Lane, go back down the road, cross over at the crossing and turn right and into Peel Park. Start at the large gates, opposite the junction with Queens Road.

By car – Bolton Road is off the A6177 Ring Road at Queen's Road

For More information on Peel Park please contact:

Bradford North Area Manager

Tel: 01274 431547

General enquiries:

Tel: 01274 437789

or visit the website

www.bradforddistrictparks.org

