

Keighley

breathing spaces

an invitation to
connect with nature
for wellbeing



breathing spaces

Keighley is full of hidden beauty spots waiting to be discovered. Ancient woodland, peaceful riverbanks, wild moorland, Victorian parks and historical canalside towpaths are all within easy walking distance of the town centre.

When we connect to nature we feel good, our blood pressure lowers, stress hormones reduce and immunity and mood are boosted. Discover the mental and physical health benefits of Keighley's 'Breathing Spaces' with this trail. Visit one of the sites or all of them. Follow the prompts and feel the difference in your mind and body.

Share your experiences and photos with us using [#breathingspaceskeighley](#). You can find us [@GetOutMoreCIC](#) on Twitter, Facebook and Instagram.

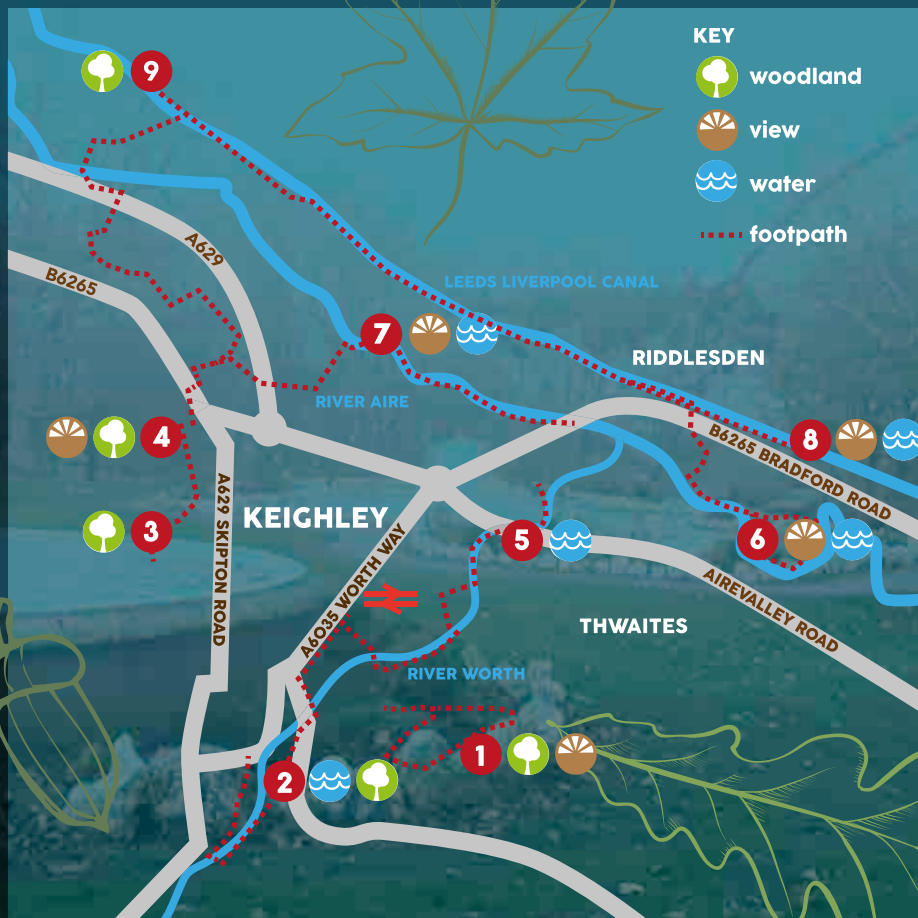


Photo: Cliffe Castle

Breathing spaces within easy reach of Keighley town centre

Park Wood

A beautiful deciduous sloping woodland with cobbled paths and views of Keighley. There are footpaths around the woodland, although please note, many are steep. Access the woodland from the gates on Kendal Street, parallel to Park Wood Street. *Distance from town centre: 0.2 miles*

River Worth railway path

A sheltered footpath runs between the River Worth and the Keighley and Worth Valley Railway where it is easy to leave urban Keighley behind. Enjoy the sounds of the river, or even a steam train chuffing by. Access path from Coney Lane/Park Lane, on the right before the railway bridge. *Distance from town centre: 0.4 miles*

Devonshire Park

A well preserved Victorian Park containing a wide range of tree species, with winding surfaced pathways around the park. Access through the gateway into the park on Spring Gardens Lane. *Distance from town centre: 0.5 miles*

Cliffe Castle park

A grand park that was once the estate of a Victorian millowner. The museum grounds include recently restored marble fountains, ponds and terraces plus views of the Aire Valley. Access through the main gates on Skipton Road. *Distance from town centre: 0.75 miles*

Cliffe Castle

River Worth weir **5**

Following the River Worth as it winds past historic mills, a secret snicket and cycleway leads to a hidden weir where kingfishers have been spotted. Access the snicket from the footpath sign on Pitt Street. After Dalton Mill, turn right then left following the cycleway signs back to the riverside. *Distance from town centre: 0.75 miles*

East Riddlesden Hall riverside **6**

A flat walk through fields along the side of the River Aire. This is a circular loop from East Riddlesden Hall (no need to pay entrance fee to house and gardens to access the walk). Catch 662 bus from Keighley or walk along Bradford Road to Riddlesden. *Distance from town centre: 1 mile*

River Aire **7**

A footpath along the side of the River Aire from Riddlesden. Access the footpath at the steps down from the road bridge on Bradford Road in Riddlesden. Footpath comes out onto Royd Ings Avenue. *Distance from town centre: 1 mile*

Leeds Liverpool canal Riddlesden



A pleasant level stroll along the historic canalside in Riddlesden, with its swing bridges and narrowboats. Access the canal towpath from Bar Lane off Bradford Road.

*Distance from town centre:
1 mile*

Low Wood



A stunning, broadleaf woodland managed by the Yorkshire Wildlife Trust. The woodland is rich in wildlife and provides a secluded oasis of calm not far from the hustle and bustle of Keighley. Access is along the canalside west of Riddlesden to Booths Bridge, then via a permissive footpath through the Scout's wood.

*Distance from town centre:
2.5 miles*

**Distances measured from
Keighley railway station*

Leeds Liverpool canal



On your walk, try one of these short exercises to prompt a deeper connection with nature

1 Slow down

Walking at your normal speed, consider what catches your attention. Then try walking slower, slowing down all your movements and your breathing. What do you notice now?

2 Be Still

Find a place to sit or stand comfortably and be still. Take a few minutes to listen to the ebb and flow of sounds around you. Where are the sounds coming from and how do they relate to each other?

3 Focus

Choose a small area of nature to study; tree bark, moss or a collection of leaves. Focus in on the small details. Do you notice any patterns?



4 Use your nose

We take our sense of smell for granted and rely on it less than our sight and hearing, but it is essential for survival and has a strong connection to emotion. Try focusing on smells and where they are coming from. Do any smells evoke memories?

5 Notice

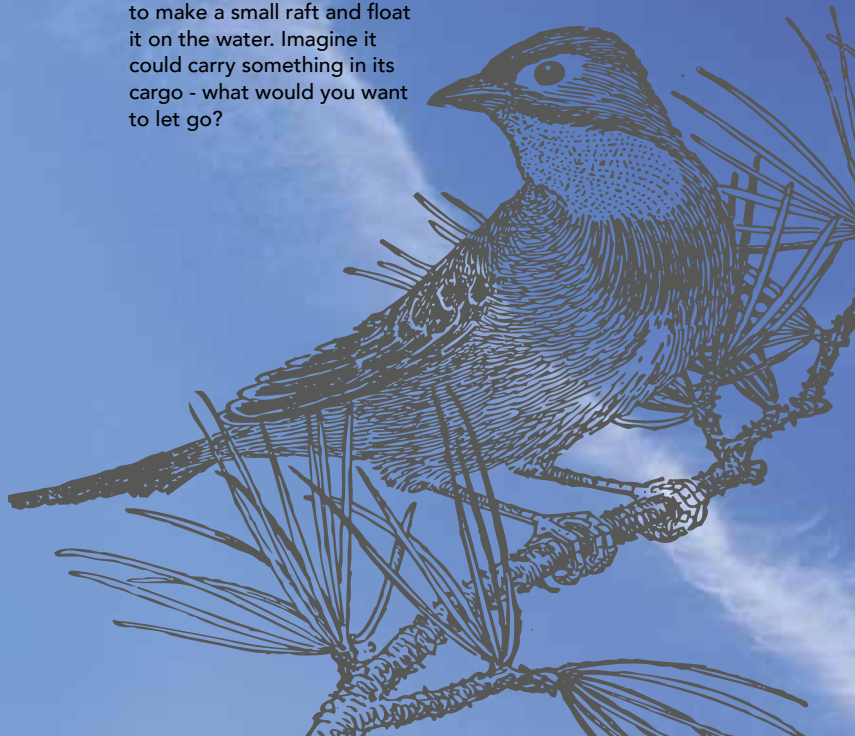
Look up at the tree canopy and pay attention to the light coming through the trees. Notice the shapes of the branches and how they relate to one another. What movement can you see?

6 Connect

Use your sense or touch to feel the different textures around you; rough bark, a smooth leaf or damp grass. How does touch help us feel connected?

7 Create

Gather natural materials such as sticks, grasses and leaves to make a small raft and float it on the water. Imagine it could carry something in its cargo - what would you want to let go?





Get Out More is a Keighley-based social enterprise on a mission to help people engage with nature to feel better in mind and body. We run outdoor programmes for people of all ages in Yorkshire, using local woodlands, parks and natural spaces to bring people together, be active and feel good, working towards our vision: *communities and nature growing healthier together.*

If you would like to walk as part of a group, **Champions Show the Way** run a number of walking groups in the Keighley and Bradford area:
www.walkingforhealth.org.uk/walkfinder/champions-show-way

Get Out More Tel 07974 935105

www.getoutmorecic.co.uk

  **GetOutMoreCIC**

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