

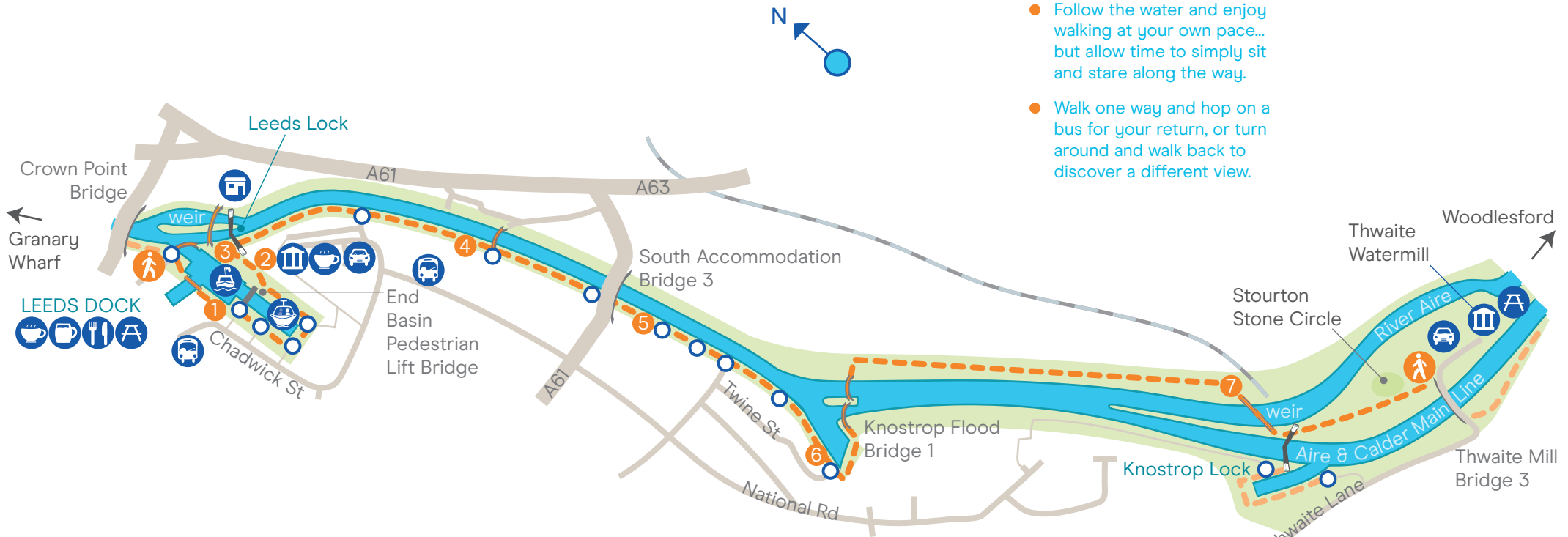
# Leeds Wellbeing Walk













## Leeds Dock to Thwaite Watermill

walk time 1¼-1½ hours  
distance 4km / 2½ miles

### WALKING TIPS

- Walking times are approx, measured on an average pace of two miles an hour.
- Follow the water and enjoy walking at your own pace... but allow time to simply sit and stare along the way.
- Walk one way and hop on a bus for your return, or turn around and walk back to discover a different view.




	towpath walk		museum
	access point		Canal & River Trust office
	café		water taxi
	pub		trip boat
	food & drink		parking
	bench/picnic area		bus stop


## The Walk - Step by Step

Ever since 1625, Yorkshire entrepreneurs had tried to improve navigation on the rivers Aire and Calder, cutting short canals to bypass narrow or tortuous stretches. The Aire & Calder Navigation connects in Leeds to the Leeds & Liverpool Canal, providing a vital link from the Humber ports and the North Sea across the Pennines to Liverpool. Today it carries over two million tons of freight each year, and is a popular route for leisure boats too. Your walk gives a glimpse into the heritage and engineering of this waterway.



-  Your walk starts on Clarence Dock Bridge over the entrance to Leeds Dock. Looking west, the city centre peeps over the eye-catching red-steel Crown Point Bridge. Come down the steps to follow the path around the Grade II-listed historic Leeds Dock. Seats along your route invite you to simply relax and watch boats.
- 1** A pedestrian Lift Bridge bisects the dock, so you could choose to shorten your loop around the dock here.
- 2** The Royal Armouries Museum on the riverside is one of the oldest museums in the world. It houses the national collections of arms and armour, artillery and firearms, a collection begun by King Charles 1 in 1631.
- 3** Keep your eyes peeled for birds and waterfowl attracted by the river weir. Turn right to follow the towpath past the dramatic white Knight's Way Footbridge towards the impressively large Leeds Lock.
- 4** Almost immediately your surroundings become leafier as you round the bend away from the city. Street art is dotted along the riverside, and a new rust-coloured steel footbridge, opened in 2019, links the CITU development to the city's heart.
- 5** Heading away from Leeds, the A61 over the water is the last noisy intrusion on your walk. The imposing

red-brick Grade II\*-listed Victorian mill complex of Hunslet Mill and Victoria Works dwarfs the towpath.

- 6** The river widens as you follow the edge of the Knostrop Quay development and round a small basin. Cross the footbridge to the centre island and then a second footbridge to follow the tree-lined riverside path on the northern bank. From here, your surroundings become more lush and green.
- 7** The river splits again at Knostrop Lock, where you cross the footbridge over the stepped weir towards the lock. Follow the towpath past the tiny lock-keeper's hut and onward between the River Aire to your left and the Aire & Calder Navigation to your right. Passing a small carved stone circle, the path joins a small lane leading to Thwaite Watermill.
-  Your walk ends at the dynamic island setting of Thwaite Watermill between the two waters, one of the last remaining examples of a water-powered mill in Britain. Relax by the water, explore the Watermill or hop on a bus back to Leeds Dock. Alternatively, follow the lane round to pick the towpath back up at Knostrop Lock, where you can cross over the lock to enjoy retracing this walk from a fresh angle.

**CANAL:** Aire & Calder Navigation

**START:** Leeds Dock  
**OS Grid ref:** SE308330 **Postcode:** LS10 1JE

**FINISH:** Thwaite Watermill  
**OS Grid ref:** SE327311 **Postcode:** LS10 1RP

**DISTANCE:** 4km / 2½ miles

**APPROX TIME:** 1¼ -1½ hours

**PUB/CAFÉ:** Various options in Leeds Dock, Masters Café in Armouries Museum

**PARKING:** Nearest car parks – Leeds Dock (postcode: LS10 1LE) & Thwaite Watermill (postcode: LS10 1RP)

**TRAIN:** Nearest train station - Leeds  
National Rail Enquiries  
Tel: 03457 484950 [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

**BUS:** Traveline  
Tel: 0871 2002233 [www.traveline.info](http://www.traveline.info)

