Short and healthy walks AROUND Bedale With Hambleton Strollers
Why walk?

Being active is good for our physical and mental health. Just 30 minutes of moderate activity, such as brisk walking, 5 times a week brings a whole range of health benefits. You can start by breaking it up into 3x10 minute sessions if you need to.

Plus!

• It's FREE
• Almost everyone can do it
• You can walk at your own pace
• There is very little risk of injury
• You can do it on your own or it can be sociable with a friend or in a group

What is a health walk?

It is a walk lasting up to an hour going at a pace that makes you:

• Feel a little warmer
• Breathe a little faster
• Have a slightly faster heart rate

You should always be able to walk and talk comfortably at the same time!
What are the benefits?

• More energy
• Improved confidence
• Increase stamina, strength, flexibility and mobility
• Decrease fatigue, anxiety and stress
• Relaxation, sleep better
• Reduces high blood pressure
• Lowers risks of coronary heart disease, stroke, arthritis, diabetes, and some cancers
• Reduces effects of osteoporosis
• Fun and enjoyment

Do build up gently if you are unfit or new to walking for exercise.

It shouldn’t hurt!

So, why not follow some of the suggested circular walks in this pack and discover a wealth of local paths and new views?
Safety first

- If you have any medical problems, do check with your doctor before starting exercise. Stop if you experience any unusual symptoms or dizziness and seek medical advice.
- Always be alert to hazards, e.g., road crossings, traffic, railway lines, uneven and slippery surfaces, overhanging branches and stiles.
- Be especially careful when crossing busy main roads, and the railway lines in walk 4.
- Wear appropriate footwear and clothing.

Is a local Walking for Health Scheme for

Hambleton Strollers

Hambleton District in North Yorkshire. It is part of the national Walking the Way to Health Initiative (WHI) led by Natural England. Volunteers have been trained to lead regular health walks of less than an hour in all the district’s towns. Date leaflets can be found in doctors surgeries, libraries, and tourist information points. If you would like more information or to comment on this walk pack please telephone 01609 771624 or e-mail strollers@hambleton.gov.uk or look at the website www.whi.org.uk
Walk 1: Bridge Street - Aiskew Back Lane

Start/finish: Public car park off Bridge Street

Time: Short walk 30 mins
      returning from **
      Long walk 50 mins

Distance: 1.2 / 1.6 miles

Note(s): Short walk is suitable for wheelchairs and buggies
         Long walk includes stiles and fields
• Start at the public car park off Bridge Street.
• Turn right out of the car park, cross the road and continue forward over the bridge and the level crossing.
• Turn immediately left onto a shared cycle/footway and follow the road round the corner. Bear left onto Back Lane (a small unmade road that becomes a path).
• At the top of the hill, **for short walk turn right down a marked footpath. At the end turn right into Holly Road, and then left down Newsteads. At the main road turn right and return to the car park across the level crossing and bridge.

For longer route, continue forward over the stile, follow the field edge path over two fields emerging onto Sandhill Lane. Turn left and cross the road. Turn right down the Public Footpath emerging opposite John Gill’s Garage. Turn right and walk along the A684, over a mini roundabout, the level crossing and bridge to return to the car park.
Walk 2: Bedale Leisure Centre - Burrill Road

Start/finish: Bedale Leisure Centre, Firby Road

Time: Long walk 60 mins
      Alternative wheelchair / buggy route: 50 mins

Distance: 1.5 miles

Note(s): Long walk is not suitable for wheelchairs and buggies.
         There is one short section on a field path. The alternative route is fine for wheels.
Long route:
• Start at Bedale Leisure Centre on Firby Road.
• Cross road and go straight forward into Grange Road. Turn left into Pasture Drive and continue round in a loop to third turn left into Pinewood Grove.
• At the end bear left along a field path through rough ground with the allotments on the right.
• At the end (** alternative route joins here) cross the road, turn left, and then right into Ash Tree Road. Fork left into Ash Tree Close, bear right along Oak Tree Road and then left along Oak Tree Drive.
• At the end continue ahead through a snicket and turn right along Burrill Road. At the main road T-junction turn left. Continue downhill to bungalows on the left.
• Cross the main road and enter the snicket ahead beside a white house (Throstle Nest Cottages). You will emerge into Queen Anne’s Drive.
• At the end turn left and then right onto Firby Road. Continue back to the Leisure Centre.

Wheelchair / buggy route:
• Turn right out of Leisure Centre and go down Firby Road. At the end, turn left and follow the main road round to the left and along B6268 (Masham) joining the other route at **
Walk 3: Bedale Leisure Centre - Beckside

Start/finish: Bedale Leisure Centre, Firby Road
Time: 40 mins.
Distance: 1.6 miles
Note(s): Not suitable for wheelchairs or buggies
Mainly good hard surfaces.
The rough path along side Bedale Beck can be muddy in wet weather. Suitable footwear is required.
Directions

• From the Leisure Centre entrance, turn right and then right down the path at the side of the building.
• At the end turn left along Benkhill Drive, cross the road and take second right turn (Harbour Rise but no road sign here). Turn right into The Court and look for the snicket on the right at the end. Continue past the pond into Tom Hall Court.
• Follow road round to the left. At the main South End road cross over carefully and turn right. Look for a snicket beside house No 103A. At the end turn left along Brookside Avenue, and turn right down path and stairs between house Nos 32 & 34.
• Turn left along the beck side footpath. Near the end enter the car park via a small entrance with steps. Cross car park and turn left up Bridge Street.
• At the cross roads turn left. Shortly, cross the road and turn right into Harbour Rise. At the top turn right along Sussex Close. Look for a snicket on the left between house Nos 10 &11.
• At the end cross Firby Road, turn left and return to the Leisure Centre.
Walk 4: Bridge Street - Wensleydale Railway

Start/finish: Public car park off Bridge Street

Time: 60 mins

Distance: 2.1 miles

Note(s): This walk has stiles and crosses a railway line. The lane can be muddy. Suitable footwear is required.

Take extreme care at the Railway crossing
**Directions**

- Start at the public car park off Bridge Street.
- Turn right out of the car park and continue forward carefully (no pavement) over the bridge and the level crossing.
- Take the track on the right signposted to Farm Visitor Centre. Continue on a footpath which runs to the left and above the Big Sheep Little Cow Farm crossing two stiles.

Continue forward with the Wensleydale Railway line to your left. As the road bears left cross the railway line (take extreme care) and continue up Blind Lane.

At end cross the main road and turn left. Continue towards Bedale. Go over the level crossing and bridge, cross the road and return to the car park.
Walk 5: Bedale Leisure Centre - Persimmon Estate

Start/finish: Bedale Leisure Centre
Time: 45 mins
Distance: 1.2 miles
Note(s): Suitable for wheelchairs or buggies using alternative route from **
Mainly good hard surfaces with one rough path alongside fields which may be muddy in wet weather.
Directions

- Start at the Leisure Centre on Firby Road. Turn left from car park and left on a path running through school playing fields. Follow school drive a short way. Take the path to the right into the housing estate and turn left on the road.
- Turn right into Parker Drive and follow it round to Hird Avenue. Turn left and then second right into Peirse Close.
- Continue forward on this windy road and turn right into Natrass Walk.
- Walkers take the footpath at the end of Natrass Walk turning left alongside a field, emerging into a small cul de sac.
- (** Here the wheelchairs and buggies can go straight on to the end at Iddison Drive. Turn right and rejoin at ***)
- Cross this road onto another footpath. At the end cross a further road onto another footpath, and emerge on to Iddison Drive. Turn right ***.
- At the end turn left along South End, and then first left along Fitzalan Road. Turn right along Benkhill Drive.
- Just after the Askham Bryan College buildings take a footpath on the left (across a small parking area) and continue between College and Primary School. Return to the Leisure Centre at the end.
Walk 6: **Market Cross - Bedale Hall**

**Start/finish:** Market Cross in the Market Place

**Time:** 40 - 60 mins

**Distance:** 1.1 - 2.0 miles

**Note(s):** Wheelchair or buggy friendly, except for the extension at the top of Bedale Hall grounds **
Mainly good surfaces
Directions

• Start at the Market Cross and go over the pedestrian crossing. Turn right and head towards North End. Pass Bedale Hall and take footpath ahead through car park and into park land. Follow footpath all way round the edge.

** Walk extension

• At the top end of the park you can follow the footpath up between the golf course fairways for ten minutes and return the same way.

• Now, pass in front of Bedale Hall and go through an arch on the right. Continue round past the fire station. At the end turn right along The Wynd and bear left at Wycar, keeping the Bowling Green on your left. At the end turn left along Sussex Street.

• At the Market Place continue ahead by crossing the road at paved crossing area (to the left). Continue down A684 road. Turn left before the bridge into Emgate. Return to the Market Cross at the end.