Short and healthy walks

AROUND EASINGWOLD

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, and build up to full 30 minutes at a time.

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
- You do not need any special equipment – just comfortable sturdy shoes and suitable outdoor clothes

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 quicker heart rate

You should always be able to walk and talk comfortably at the same time!

Start slowly and gradually increase your pace, walk more uphill and walk for longer.

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

It shouldn’t hurt!
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, keeps joints flexible
- Fun and enjoyment
- Helps you stay independent

Why not follow some of the suggested circular walks in this pack and discover a wealth of local paths and new views?

In this town you will find many interesting snickets, alleyways, ginnels or whatever you like to call them. Do explore, use the map provided and find new routes. When you are ready and fitter, you can check out other walk leaflets at your local Tourist Information Point.
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.
- Wear appropriate footwear and clothing.
- Carry a drink if it is hot. Start the walk slowly and, gradually increase the pace.

Easingwold Town Council support this pack

Photographs are courtesy of Frank Johnston-Banks

Who are the Hambleton Strollers?

This is a local Walking for Health Scheme for Hambleton District in North Yorkshire supported by Age Concern North Yorkshire, Hambleton District Council and North Yorkshire County Council. The scheme is part of the national Walking the Way to Health Initiative (WHI) which is led by Natural England and supported by the British Heart Foundation.

Volunteers have been trained locally 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, District Council Offices and at Tourist Information Points. Everyone is very welcome to come along and join the walks.

If you would like more information or to comment on this walk pack please telephone 01609 771624 or e-mail strollers@ageconcernnorthyorkshire.co.uk or look at the website www.whi.org.uk
Walk 1: Town Circular

Start / Finish: The Galtres Centre, Market Place side

Time: 60 minutes

Distance: 2.5 miles

Accessibility: this is all suitable for wheelchairs and pushchairs.

Notes: This walk takes you all round the outside of the town. You can shorten your route at several places marked by **** and return to the centre of town. These diversions will help you to find the many snickets which criss-cross the town.

Directions

- Start at the front of the Galtres Centre facing the Market Place. Turn right and go along the side of the Galtres building. At the end, cross the road carefully and enter the grassy Memorial Park through a swing gate.

- Continue on the tarmac path past the bowling club and bungalows, ignoring any turnings to the right. When you meet another path crossing yours (with fields ahead) turn right. This is Kellbalk Lane with houses on the
right. When you reach Crabmill Lane, turn left and immediately right down Galtres Drive; then right along West Avenue.

- Turn left at the next junction, leading to the main Stillington Road. Turn right (**** Here, you can continue ahead along Long Street. Turn right into Chapel Lane and return to the Market Place)

- On the main route, cross over York Road at the bollards. Walk to the left, round the corner and, shortly, turn right along Hambleton Way. Walk past the school entrance.

- At the end, follow the path ahead marked as a walk / cycleway. At the end, turn left and then right, and make the left turn along Showfield Drive. At the bend, walk ahead on another walk / cycleway.

- Turn left and soon find a snicket to the right. This leads through to Stonefield Avenue. Go almost straight across onto the grass path which will continue into Stonefield Lane. This ends at a roundabout (**** Here, you can turn right along Long Street. Turn left on Little Lane and go back to the Market Place).

- Cross the roundabout and walk up Church Hill. Continue ahead at a cross roads and then into Uppleby where you can walk on the higher footpath on the left.

- At the next cross roads (with Oulston Road to the left) turn right into Back Lane. (Take great care from here as there is no footway along most of this lane). When you reach the back of the Galtres Centre turn right and you will find yourself back in the Market Place.
Walk 2: Millfield Lane and Claypenny Estate

Start / Finish: Public Car Park next to the Millfield Health Centre, off Millfield Lane

Time: 30 – 55 minutes

Distance: 1.4 – 2 miles

Notes: This walk is suitable for pushchairs, but not for wheelchairs.

Directions

- Start at the Millfield Public Car Park (near the Health Centre). Turn right up the metalled Millfield Lane. Continue for half a mile.

- (**** In summer you can turn right part way along this lane into Millfields Wood, the Woodland Trust site with its information board. Wander on the cut grass paths among the trees and exit into Millfields Park on the far side).
- After 10 minutes and before some houses, look for an open gate on the right leading onto rough ground (you can see the houses of Claypenny Estate ahead). Take the footpath round the left edge of the field and exit into Penny Lane. Turn right and walk up Larch Rise to the top of the hill.

Here there are three options.

- First, for the shorter walk, turn right and go along Rowan Avenue and past the children’s play area. Continue ahead on the walk / cycleway through Millfields Park to the Car Park.

- Second, for a longer walk on pavements, go straight ahead at the top of Larch Rise into Lime Tree Avenue. Walk out to Oulston Road.

- Third for a woodland ramble, turn left along Mallison Drive. At the end go ahead into Woodland Close

- Now, bear right up the woodland path at the back of houses. Follow the tracks to the top of Mallison Hill, highest spot in Easingwold! At the end of woodland, turn right on Oulston Road.

For options two and three, now walk down to the cross-roads.

- Turn right along Upleby and fork right into Church Hill. Turn right at the next cross-roads to bring you back to the Car Park.
Walk 3: Knott Lane

Start / Finish: Galtres Centre – front gate.

Time: 60 mins

Distance: 2.5 miles

Notes: On this walk with a pushchair or wheelchair, you can turn round at **** and return on metalled roads and paths. The circular route from that point is only suitable for those prepared for uneven field paths, best tackled in fine dry weather.

Directions

- Leave the Galtres Centre by the front gate into the Market Place. Turn left along Chapel Lane and out to the main Long Street. Turn left and cross at the pedestrian crossing.
- Continue slightly to the left down a narrow footpath beside the church. When you reach a shared cycle / walkway turn right along it. At the end, turn left and then right, and then left along Showfield Drive.
- At the end you will find another cycle / walkway – go ahead on this. Turn left and very soon you can turn right along another walkway.
- Emerging into Stonefield Avenue, turn left. Walk to the end. Now turn left along this lane – known as Knott Lane – which leads out into open country.
You can walk as far as the road end where the busy by-pass A19 road cuts across the route, about 40 minutes from the Start. Turn around.

For the accessible route return by the same lane right back to the main Raskelf Road. Turn right. At the roundabout go straight ahead on Church Hill. Shortly you can turn right down Church Avenue leading into Tanpit Lane and return to the Market Place.

For the circular route and using uneven field paths, return along Knott Lane until you see a small green Footpath sign to the right near the second bungalow. Follow the rough field edge and turn left through a gap in the hedge by a signpost. Bear right across this field, through another hedge and follow the field margin to a stream.

Option 1 – keep on the left bank of the stream and through onto the Chasgarth open grassland. Bear half right to the far corner and then left on the metalled path.

Option 2 – go right over a small uneven bridge (take great care), up the bank, and then left. Walk around the edge of the football pitch. At the school buildings turn left onto the narrow metalled pathway.

Go straight ahead on the path and emerge out onto the main Long Street, beside the church.

Cross by the pedestrian crossing and look for a small snicket between houses on the right. Walk round the left side of the bungalows in Croft Close, and out at another cutting beside some garages. Turn left and return to the Market Place.
Walk 4: Toft Ings Lane and Thirsk Road

Start / Finish: Outside the Post Office in the Market Place

Time: 65 minutes

Distance: 2.5 miles

Notes: This circular route is best walked in fine dry weather. In wet or winter weather, Toft Ings Lane is only suitable for sturdy footwear. This route is not suitable for wheelchairs or pushchairs.

Directions

- Start facing the Post Office at the north side of the Market Place. Walk to the right, round the corner of the Bank building and look for a very small arch in the corner.

- Go through and follow this grass snickleway called Post Office Slip. At the top turn left and then right up Manor Road and continue into another snicket ahead.
- At the top turn left along Church Hill passing the fine thirteenth century church. When you reach the roundabout, cross over one road and walk straight ahead along the left pavement of Raskelf Road.

- Stay on this side until the pavement ends at Toft Lodge. Cross the road and go forward on the roadside for 100 yards (in single file and taking great care).

- Turn right opposite a Farm Shop and into the green lane known locally as Toft Ings Lane. The surface is firm though it may look rather muddy and uneven.

- Continue along the full length of the lane (which is sometimes partly occupied by travellers but they cause no problems). When you reach the main Thirsk Road, cross the road and turn right. Walk along the footpath until you get to the roundabout.

- Go straight ahead along Long Street. Look for a white archway on the left just before The New Inn. This leads into a cutting which becomes New Inn Lane and goes out into the Market Place.
Walk 5: Mill Lane

Start / Finish: Galtres Centre – rear car park

Time: 45 mins

Distance: 1.5 miles

Notes: This walk is not suitable for wheelchairs and pushchairs. Sturdy footwear is advisable for the field path.
Directions

- Leave the Galtres Centre by the rear car park exit. Walk straight ahead along Crabmill Lane ignoring side roads. The road becomes Meadowfields Close.

- At a sharp right hand bend, go straight ahead on the metalled drive signed to Cottage Farm but also signed as a footpath. When you reach the entrance to the Farm (No Entry signs) turn left and follow the track along a field edge.

- ****For a shorter walk look for an established path on the left across the middle of a field (through crops in summer). Continue through another field and then ahead on a metalled footpath past bungalows to return to the Galtres Centre.

- For the longer walk continue ahead up the slope between fields until you reach Mill Lane. Look for views of Crayke Castle to your right as you walk. Cross the road and turn left.

- Walk ahead for 300 yards (there is no pavement so walk single file and watch out for traffic) and then onto the pavement. On a clear day you may see views of York Minster to the left.

- At the cross-roads, go straight ahead along the left side of Uppleby. Turn left down Spring Street and return to the Market Place and the Galtres Centre.
Walk 6: Newton on Ouse and Beningbrough Hall

Start / Finish: In Back Lane in the village of Newton-on-Ouse. From Easingwold, travel there by car or bus.

Time: 60 or 90 minutes

Distance: 2.5 or 3.5 miles

Notes: This walk takes you out to a nearby village where you can discover that there are easy and flat routes to walk out in the countryside too.

The alternative longer route takes you along the river bank back to the village.

Directions

- By car, leave Easingwold on York Road and join the A19 road going south. After 2 miles turn right for Tollerton. At the village cross-roads, turn left and follow the signs for Newton-on-Ouse.
- Entering the village, turn right at the T-junction and soon left into Back Lane where you can park your car.
- Walk on along Back Lane past the War Memorial, go round to the right along Sills Lane, and then turn left along Cherry Tree Avenue.
- At the end of the houses, pass under the arch and along the drive towards Beningbrough Hall (this is a permitted access route). Continue along the coach drive and round to the left – with a view of the Hall on your right.

- (You can divert here to approach the Hall and look around if it is open. Also, at the next right turn you could divert to visit the Farm Shop.)

- Now, continue along the main drive to the exit at the Gatehouse. (**Divert here for the longer field walk below.)

- Go through the gates, turn sharp left and follow the narrow lane back to Newton village and your car or bus. Take great care on the lane, listen for traffic and step aside if necessary.

- ***For the longer walk*** turn right after the Gatehouse and follow the footpath alongside a small wood and then a field. Go through the swing gate, walk right alongside the River Ouse on the firm path on top of the flood bank for about 2 miles. (You can look across the river to see the village and church of Nun Monkton).

- When the houses of Newton come into view, fork right along the field edge and re-enter the village beside the Hall gates.

- Return along Cherry Tree Avenue, right into Sills Lane, and back to your car.