Short and healthy walks

AROUND NORTHALLERTON

By 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.

Hambleton Strollers

Is a local Walking for Health Scheme for 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: Mayford House Surgery - Romanby and fields

Start/finish: Mayford House Surgery, Boroughbridge Road

Time: Short walk 40 mins via **

Long walk 90 mins includes fields and stiles.

Distance: Short walk is wheelchair and buggy friendly.

For the longer walk sturdy footwear is recommended in wet or winter weather.

Directions:

- Start at Mayford House Surgery on Boroughbridge Road.
- Turn left from car park, right at roundabout and right into Ainderby Road.
- For the short walk continue along this road to the War Memorial and then continue to **.

- For longer walk cross the road opposite the bus shelter. Go over a stile behind it and continue ahead along field edge crossing another stile. Go right over a bridge and left up a field edge.
- Go over a third stile and turn right along the farm drive leading into Wooden Hill Lane and back to the main Ainderby Road.
- Turn right, continue on **
- Cross the road at the island, turn left and then right into Bilsdale Close. Walk to the end past through a footway and take right footpath.
- Pass Cricket Pitch, turn left into Hambleton Avenue and walk to the end.

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- Turn left and take bridleway into Grassington Avenue. At end go left or footpath between houses. Turn left and through another footpath emerging onto the road.
- Cross the road at the island, turn left and then right into Bilsdale Close. Walk to the end past through a footway and take right footpath.
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Walk 1: Hambleton Forum - Ashlands Road

Start/finish: Hambleton Forum, Bullamoor Road

Time:
- Short Walk: 30 mins returning from **
- Long Walk: 70 mins

Distance: Short walk is wheelchair and buggy friendly.

Note(s):
- Longer route includes a stile and field which can be wet in winter.

Directions:
- Start at Hambleton Forum and turn right.
- At mini roundabout turn right towards The Crescent. Go round the bend and find a snicket on the left between houses 49 and 51. At the end, turn left along another snicket.
- Turn right at grassy area between houses 191 and 193 to go out into Ashlands Road at the top. Turn left and follow road round two bends. Cross the road and turn right into Hailstone Drive.
- At the end turn left along Bankhead Road, and left again at Ashlands Road.
- At mini roundabout for short walk turn right and go back to Hambleton Forum along Valley Road.
- For longer walk, turn left along Valley Road and follow into Knotto Bottom Way. At left corner go through a stile and over a field into Knotto Bottom Way. At right corner go through a stile and over a field into Knotto Bottom Way. Then right up the hill and then right up the hill to the road (Sandy Bank).
- Turn right and continue along Mill Hill Lane leading to Thirsk Road at the end. Turn left and follow to Hambleton Forum.

Walk 2:

Start/finish: Hambleton Forum, Bullamoor Road

Time:
- Short Walk: 30 mins returning from **
- Long Walk: 70 mins

Distance: 1.8 / 3.1 miles

Note(s):
- Short walk is wheelchair and buggy friendly.
- Longer route includes a stile and field which can be wet in winter.

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- Start at Hambleton Forum and turn right.
- At mini roundabout turn right towards The Crescent. Go round the bend and find a snicket on the left between houses 49 and 51. At the end, turn left along another snicket.
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- Hambleton Forum, Bullamoor Road

Short Walk 30 mins returning from **
Long Walk 70 mins
1.8 / 3.1 miles
Short walk is wheelchair and buggy friendly.
Longer route includes a stile and field which can be wet in winter.

Note(s):
- Hambleton Forum, Bullamoor Road

Key:
- start
- finish
- short route
- long route
Cross at the traffic island and walk ahead along St James Drive. Turn right into St Andrew’s Grove and continue through snicket 7 onto road. Turn left at end and soon find snicket 5 on right just before house no 26. At the end turn right along Millfield Avenue and continue to the end. **Here for a shorter walk, turn right and continue along to the main Thirsk Road. Turn right and left to continue ahead along Racecourse Lane. At roundabout, cross two roads and return along Malpas Road to the Surgery.**

**Directions**
• For longer walk, turn left and soon cross the road, and find the entry to the main gates. Turn right, cross two roads at the roundabout and return along Malpas Road to the Surgery.

**Short walk**
- Start at Mowbray House Surgery on Malpas Road.
- Turn left, then follow snicket 1 emerging into Malpas Road.
- Use crossing lights, go left and soon right along snicket 2.
- Carefully cross main road and through arch almost straight ahead into snicket 3, a small road that emerges opposite Northallerton College. Turn right, then left and go through Driveway, leaving by snicket at the far end.
- Cross at the traffic island and walk ahead along St James Drive. Turn right into St Andrew’s Grove and continue through snicket 7 onto road. Just past Broomfield School turn left along snicket 1 emerging into County Hall car park. Cross this carefully, and pass to left of main building and out of main gates.

**Directions**
• For longer walk, turn left and soon cross the road, and find the entry to the main gates. Turn right, cross two roads at the roundabout and return along Malpas Road to the Surgery.
Start/finish: Tourist Information Point, Applegarth Car Park

Time: 1 hour

Distance: 2.2 miles

Notes: Not wheelchair or buggy friendly. This walk includes fields, stiles and railway lines and sturdy footwear is recommended. Take extreme care crossing the railway lines and a busy road.

Directions:
- Start at Tourist Information Point in Applegarth Car Park.
- Walk away from the TIP on the footpath between the cars and continue over a small bridge. At the end of the path is Oddfellows Pub, and continue alongside the cemetery and allotments.
- Cross a bridge, turn right and soon go left over a railway bridge.
- Follow the path between two fences and over main railway line (take care). Cross two fields with stiles and emerge onto the small Springwell Lane. Turn right.
- At the main road, cross carefully. Go through a gate and follow footpath sign along railway line.
- Through another gate, turn left immediately. Now follow a new lane, crossing two small lanes and an old railway line. You emerge at the historic Packhorse Bridge over a beck.
- Continue forward up Romanby Green, turn left at mini roundabout, go over railway crossing, and fork left.
- Walk forward to reach a pedestrian crossing. Turn left here into Arkles Road, go past the Coop, turn right and back to the Tourist Point.
Directions
- Start in front of Leisure Centre. Go left round the car park to the main entrance to the site. Turn left and shortly turn left again through a small gate onto grass. Continue forward along edge of grass and through trees.
- At the end cross a bridge over the drainage canal and follow the path left alongside canal.
- Cross another bridge and go right. For short walk continue straight ahead and return to Leisure Centre. For wheelchair walk turn right from start, follow path round to here and continue as for the longer walk.
- For longer walk, follow shared cycle/footpath round to the right past some garages. Turn right along Swain Court. At the end turn left along the main High Street.
- Go over a mini roundabout, past the church and up to main roundabout. Turn left into Friarage Street, and left again at roundabout signposted A684.
- Just after a pelican crossing, fork half left along a rougher back lane. At the end turn right on Goosecroft Lane and go forward to Quaker Lane.
- Cross the road and follow the snicket almost straight ahead. Cross another road. Continue ahead on cyclepathway, turning right to return to the Leisure Centre.

Start/finish: Hambleton Leisure Centre, Stone Cross, Brompton Road
Time: Short walk 15 mins returning from **
Long walk 50 mins.
Distance: 1.0 / 1.7 miles
Note(s): Buggy friendly in dry weather.
The walk has some grass surfaces and good hard paths.
Suitable for wheelchairs from ** for second half.

Walk 6:
- Start at Hambleton Leisure Centre. Go left round the car park to the main entrance to the site. Turn left and shortly turn left again through a small gate onto grass. Continue forward along edge of grass and through trees.
- At the end cross a bridge over the drainage canal and follow the path left alongside canal.
- Cross another bridge and go right. For short walk continue straight ahead and return to Leisure Centre. For wheelchair walk turn right from start, follow path round to here and continue as for the longer walk.
- For longer walk, follow shared cycle/footpath round to the right past some garages. Turn right along Swain Court. At the end turn left along the main High Street.
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- Just after a pelican crossing, fork half left along a rougher back lane. At the end turn right on Goosecroft Lane and go forward to Quaker Lane.
- Cross the road and follow the snicket almost straight ahead. Cross another road. Continue ahead on cyclepathway, turning right to return to the Leisure Centre.

Start/finish: Hambleton Leisure Centre, High Street
Time: Short walk 15 mins returning from **
Long walk 50 mins.
Distance: 1.0 / 1.7 miles
Note(s): Buggy friendly in dry weather.
The walk has some grass surfaces and good hard paths.
Suitable for wheelchairs from ** for second half.
Walk 6: Hambleton Leisure Centre – Mowbray Road

Start/finish: Hambleton Leisure Centre, Stone Cross, Brompton Road.
Time: 35 mins.
Distance: 1.9 miles
Note(s): Wheelchair and buggy friendly. This walk is on good footpaths with even surfaces, but with a small climb.

Directions
- Start at the front of Hambleton Leisure Centre. Follow path on right side of the car park.
- At end by the garage, cross two roads carefully. Turn left heading away from Hambleton Leisure Centre.
- Turn right into Mowbray Road. Continue up the hill to the end of Turker Lane. Turn left.
- Take next left into Winton Road and take third right into Thorntree Road. At the end, cross road and turn left. Look for a snicket on the right after house no 86, emerging beside Alverton Infant’s School.
- At Crossbeck Road turn right, and right again on Mill Lane
- On reaching Turker Lane, cross over and turn left. Continue down to the main Stokesley Road. Cross at the lights, turn right and return to the Leisure Centre.