Short and healthy walks

AROUND THIRSK

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, 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.

Thirsk Town Council
support this pack
Photographs are courtesy of Marion Archer

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
Norby Road and St James Green

Start / Finish: Tourist Information Point in the Market Place
Time: 55 minutes
Distance: 1.7 miles
Notes: This is a circular town centre route that is mostly suitable for wheelchairs and pushchairs.

Directions
(TIB = Tourist Information Board)
- Start with your back to the Tourist Point in the Market Place.
- Walk forward and then Follow the footpath round to the right (TIBs 3 & 2). When you emerge into Masonic (Pick's) Lane, turn right.
- When you reach the main Kirkgate turn left, and then turn left again beside St Mary's Church along Cemetery Road.
to the right along the main street and into Castlegate. Go round the left bend and take the alleyway on the right by the Butcher's Shop. This leads through to the grassy Castle Garth.
• On the fourth bend, go straight ahead along the broad public footpath. (Wheelchairs could take a narrow paved path on the right. Turn right at the end.)

• After a few minutes, look for a gate into allotments on the left - but turn into the narrow cutting on the right opposite. This leads into Norby estate. At the end of the cutting, turn left, then right. Turn right again and follow this winding road all the way round to Norby Front Street - opposite the grassy river bank.

• Cross the road, turn left and walk along to the metal bridge over the weir (TB 4).

• Now turn round and walk back along the path with the beck on your left and past the children's play area (TB 5). (For wheelchairs it may be easier to walk along the pavement.)

• Follow the footpath that swings left alongside the beck (just before Marage Road), go over a bridge and up into St James Green.

• Turn right and continue ahead all along the Green (TBs 8 & 9 on the left). Cross Bridge Street, go past Todds Court and bear left down the track to the river. Follow the path to the bridge.

• At the road (Ingramgate), cross over and turn right over the bridge. Turn left (beside the library sign) and follow the road through the Nursery Car Park.

• Look for a cutting at the end on the right (signposted Ritz (cinema). You will emerge into Chapel Street.

• Walk to the other end, round to the right on Castlegate and back into the Market Place.
The Flatts and Blakey Bridge

Start / Finish: The Swimming Pool in Chapel Street
Time: 55 mins
Distance: 1.7 miles
Notes: Not suitable for pushchairs or wheelchairs
Directions

• Start facing the front door of the Swimming Pool at the end of Chapel Street. Walk to the left of the building, go across the car park and through a small gate. Go straight ahead out across the grassy Flatts with the beck on your left.

• Continue ahead along the right bank of the river all the way until you come out on the road at Blakey Bridge and Lane. Turn right.

• When you come to the main Sowerby Front Street, turn left.

Just before the speed limit signs, cross the road and turn right along Back Lane. Continue over a cross roads and straight ahead until you return to Front Street at the end. Cross the road and turn left. Soon, turn right along a shared walk / cycleway and pass beside the children's play area. Continue on this path and return to the Swimming Pool.
East Thirsk

Start / Finish: East Thirsk Community Hall, off Hambleton Drive.

Time: 50 minutes

Distance: 1.5 miles

Notes: This walk is suitable for wheelchairs and pushchairs taking the smoother route at ****.
The alternative walk is interesting but include

s uneven footpath s.

Directions
Start at East Thirsk Community Hall. Leave from the main exit and go ahead down the road. At the junction turn left (Hambleton Drive). Take the second right

Turn left and walk on the pavement over the bridge crossing the A19 dual carriageway road. Shortly, turn left on a small road. Continue on this road (parallel to the main dual carriageway) for 10 minutes until you can take a turning to the left and back over the A19. Here there is a choice of route ****.
turn into Hambleton Place and follow the road round passing to the right of a post box and ahead to the main road.
• "*** For the smoother surface, continue straight ahead along Stonybrough Lane which goes through to meet the main Stockton road. Turn left.

• Walk alongside this road, past a mini roundabout and then turn left up Hambleton Drive. Turn left at the signpost to return to the Community Hall.

• For a more uneven but interesting walk, turn left after the bridge and soon left again. Walk along the rough track (passing one kissing gate into a field on the right) and take the second footpath sign (a yellow arrow) to the right. This narrow cutting leads through to Dowber Way. Cross over the road and enter another footpath.

• Follow the path round to the left, passing either side of the round mosaic on the ground. Just after the wooden play area, cross the footbridge and go through another play park. If the second of two green metal gates ahead is unlocked, you can walk ahead past the school buildings back to the Community Hall.

• Otherwise go out and along Hambleton Place. At the end turn right and return along Hambleton Drive to the Community Hall.
Whitelass Ings

**Start / Finish:** St Mary's Church in Kirkgate

**Time:** 30 or 50 minutes

**Distance:** 1 or 1.5 miles

**Notes:** This route is not generally suitable for wheelchairs or pushchairs. It includes a narrow bridge, a woodland path which may be muddy or uneven in winter and some small steps.

**Directions**

Start outside St Mary's Church on Kirkgate. Cross the road and go to the left along the grassy banks of Cod Beck. Look for the metal bridge on the right over the Cod Beck. Cross...
the bridge.
- **For a longer walk here,** turn right down the steps and follow the path forward through trees, over several small bridges and beside the Cod Beck. When you reach the main Stockton Road, turn right.

- **For a shorter walk here,** turn right down the steps and follow the path forward through trees, over several small bridges and beside the Cod Beck. When you reach the main Stockton Road, turn right.

- Continue alongside houses to a mini roundabout. Turn right into Stammagate and round along St James Green. Follow the main Bridge Street over the beck. Turn right by the Car Park along Marage Road. At the end turn left and return to the church.
Topcliffe Road and Gravel Hole Lane

Start / Finish: at the Swimming Pool on Chapel Street

Time: 55 minutes

Distance: 1.7 miles

Notes: Suitable for wheelchair and pushchair
Directions

• **Start at the front of the Swimming Pool.** Walk left along Chapel Street but take care as there is no footpath. Continue ahead along Westgate to the mini-roundabout. Go straight ahead along Topcliffe Road.

  Walk all the way along here past two schools, and then take a left turn into Gravel Hole Lane, signposted to Sowerby.

• **Continue straight along here, through Kings and Queens Gardens to the crossroads at Front Street in Sowerby** (no footway for last 75m). Turn left and cross the road.

(TIB = Tourist Information Board)

• **Walk along Front Street, admiring the lovely houses to right and left, and past the church. Continue with the grassy Flatts on your right.**

• **When you reach a junction of paths beside TIB13, walk straight ahead on the paved footpath, passing the children’s play area on your right. At the end, turn right along Chapel Street to return to the Swimming Pool. You could go straight ahead and round into the Market Place.**
Station Road and Green Lane West

Start / Finish: Supermarket Car Park on Station Road.

Time: 60 minutes

Distance: 2 miles

Notes: This is a longer walk including a green lane and a field crossing. In winter, sturdy footwear would be advisable.

It is not suitable for wheelchairs and pushchairs.
Directions

- Start in the car park of a supermarket at the town end of Station Road. Walk away from town along the main Station Road.
- Continue for about 20 minutes with the racecourse on your right. After a slight bend, turn left across the car park of the Old Red House pub. Go through a kissing gate at the footpath sign and walk half left across the field.
- Go through another kissing gate and then follow the edge of the field (ahead and then right) until you come to a third gate. Cross the old railway line and follow the field edge ahead until you reach a T-junction with a green lane.
- Turn left here along the green lane (listening for birdsongs) and then along the tarmac between houses of Green Lane West.
- At the crossroads, turn left and walk down Topcliffe Road to the mini-roundabout.
- Take the first left and go round the corner back to the supermarket car park.