

1 Turn right down Wigginton Road, and after 200m turn left into Clarence Gardens.

2 Skirt the left hand side of the park and leave by the gate in the corner, turning left on to Haxby Road.

3 Enter Neville Street, just opposite, and continue along it into Neville Terrace and then Park Grove.

4 At the end of Park Grove turn right along Huntington Road. As the houses and shops end on the left, drop down to the riverside path and double back up the river.

5 After about 400m the path joins Huntington Road. Carry on for 200m and enter Ramsay Close on the left. At the small roundabout turn left and, another 100m on, turn right on to a footpath between 2 rows of houses.

6 Go through the gate, and shimmy along Eldon Terrace into Neville Street, which leads you back on to Haxby Road. Cross over into Clarence Gardens, and retrace your steps through the park and back to the hospital.



1 mile, 30 minutes
A walk along York's second river



Download this leaflet and other local walk leaflets from www.york.gov.uk/healthwalks
www.justafewminutesmore.com

Walking can be done wherever you live at times to suit you and is therefore one of the most convenient forms of exercise for busy lives. Remember, Just 30 minutes of physical activity a day makes for a healthier, happier you - and the good news is that walking counts!

- Reduce your cholesterol and body fat
- Reduce the risk of serious conditions and diseases such as heart disease, stroke, type 2 diabetes, cancer and other killer diseases?
- Control your weight
- Improve flexibility and co-ordination and therefore reduce your risk of trips and falls
- Lower your blood pressure
- Enhance your mental wellbeing
- Increase your bone density, helping to prevent osteoporosis

What are the health benefits of walking?

Did you know that walking can help you to



York Health Walks
In Partnership with
Sport & Active Leisure



Walk with us!

York Health Walks are free, led by trained volunteers and vary in length from about 30 minutes to 2 hours. Starting from a number of locations across York, they are suitable for everyone and new walkers are always welcomed.

Taking part in a Health Walk is a great way to meet new people, as well as keeping fit. Some of the walks will end with a sociable cup of tea in a cafe for those who want to.

The programme offers regular city walks, countryside walks, longer away day walks, themed walks, walks with RSPCA dogs, walks accessible to the visually impaired and finally Nordic walking, so there has never been a better time to enjoy walking! We're always looking for volunteers to assist with new walks and expand the programme. Full and free training is provided, so if you think you could help please get in touch with us.

For the full programme of York Health Walks (including this walk) and for more information visit www.york.gov.uk/healthwalks or contact City of York Council's Active Living Officer (see back page).

Hospital Walk No 1

A walk along York's second river



1 1/2 mile walk, 30 minutes

Want to know more? Contact me!

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York Health Walks are organised by City of York Council in conjunction with Natural England, York Age UK, NHS and RSPCA.

If you would like this information in larger print or in an accessible format (for example, in Braille, on CD or by email), please telephone 01904 553377 or email sportandactiveleisure@york.gov.uk

This information can be provided in your own language.

我們也用您們的語言提供這個信息 (Cantonese)

Ta informacja może być dostarczona w twoim własnym języku. (Polish)

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

☎ 01904 551550



Photography by Steven Parker

