1 Turn right down Wigginton Road and at the traffic lights bear right down Clarence Street and straight on into Gillygate.

2 As you reach Exhibition Square at the end of Gillygate use the crossing lights by Bootham Bar to get to the City Art Gallery and Kings Manor. Take the footpath to the left hand side of Kings Manor round into Museum Gardens.

3 Turn right in front of the museum, and head for the exit along the path. As you leave the gardens, turn left down Marygate to the river.

4 Turn right along the river path and follow it for about a mile to Clifton Bridge, with St Peter’s School and its playing grounds on your right.

5 At the bridge turn right and head up to Water End and continue towards Clifton Green. Here bear right in front of the houses and as you reach Clifton cross over towards the shops and turn right towards the city.

6 Immediately on your left turn down Avenue Terrace, and at the end of this, turn right along Avenue Road.

7 Cross over Burton Stone Lane and continue along Grosvenor Road, passing York City Football Ground on your left. At the end, cross the railway bridge and continue straight on along the path skirting the hospital.

8 As you reach Wigginton Road turn left and head back to the hospital.

2 3/4 miles, 1 hour
A mile long stretch of river and playing fields via Museum Gardens and Clifton Green
Walk Health: What are the health benefits of walking?

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

Did you know that walking can help you to!

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. Every walk ends with tea in a cafe and volunteers aged 50+ are particularly welcome for local walks. The York Health Walks are free, led by trained volunteers.

Want to know more? Contact me!

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Tel: (01904) 553377
Email: fiona.barker@york.gov.uk

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

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