

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

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.

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.

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.

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.



2³/₄ miles, 1 hour

A mile long stretch of river and playing fields via Museum Gardens and Clifton Green



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

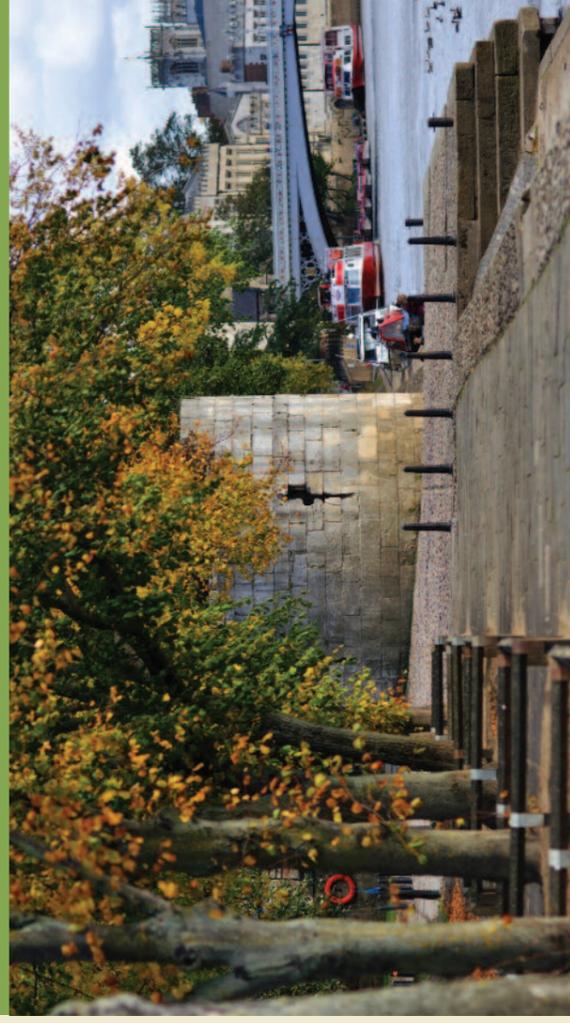


York Health Walks
 In Partnership with
 Sport & Active Leisure



Hospital Walk No 2

The Ouse and Clifton



2 3/4 mile walk, 1 hour



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

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).