Cross over the railway bridge and carry straight on along Grosvenor Road with the football ground on your right.

2 Turn left, then left again into Green Lane. Take Reighton Drive immediately on your right, go to the end and turn left along Melton Avenue. Go through the gap at the end into Lancaster Way, which emerges into Water Lane.

8 Take one of the exits at the top end on to Oakdale Road, where you turn right. After 150m turn right down Ebsay Drive, then second right again into Lindley Road. At the end turn right into Fewston Drive, which takes you back into Beaverdyke.

7 Sit for a while to admire the view if you have time, then turn right along the lake and prepare to exit through a dense area of streets. But first enjoy circling the lake to the right.

6 Turn up here and at the end turn right. Rawcliffe Lake will now be revealed in its unexpected glory.

5 Here turn right, go straight through the traffic lights and after 200m bear right up Rawcliffe Lane. Follow this for about ¼ mile and after it becomes Green Lane you will see Beaverdyke on the left.

4 After 300m turn left along Burton Stone Lane to Clifton.

3 A mainly urban/suburban route which reveals a gem of a little-known lake

2 Cross over the railway bridge and carry straight on along Grosvenor Road with the football ground on your right.

1 Turn right down Wigginton Road and just before the lights turn right down the path skirting the hospital.

10 At the big roundabout, go more or less straight on into Crichton Avenue. Follow this over the railway bridge and turn right down Wigginton Road back to the hospital.

9 Turn right along Water Lane, then after about ½ mile turn up Bur Dyke Lane on your left.
Walk with us!

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

What are the health benefits of walking?
Did you know that walking can help you to
• 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
• Reduce your cholesterol and body fat
• Reduce the risk of serious conditions and diseases such as heart disease, stroke, type 2 diabetes, osteoporosis
• Increase your bone density, helping to prevent osteoporosis
• Reduce your blood pressure
• Lower your blood pressure
• Reduce your risk of trips and falls
• Improve flexibility and co-ordination and
• Control your weight

Walking counts!

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