

6 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.

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

4 Here turn right, go straight through the traffic lights and after 200m bear right up Rawcliffe Lane. Follow this for about $\frac{3}{4}$ mile and after it becomes Green Lane you will see Beaverdyke on the left.

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

7 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.

8 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.

9 Turn right along Water Lane, then after about $\frac{1}{2}$ mile turn up Bur Dyke Lane on your left.

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.

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

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



4 1/4 miles, 1 1/2 hours

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



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!

- 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, cancer and other killer diseases?

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 3

The Lake at Rawcliffe



4 1/4 mile walk, 1 1/2 hours



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).

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