

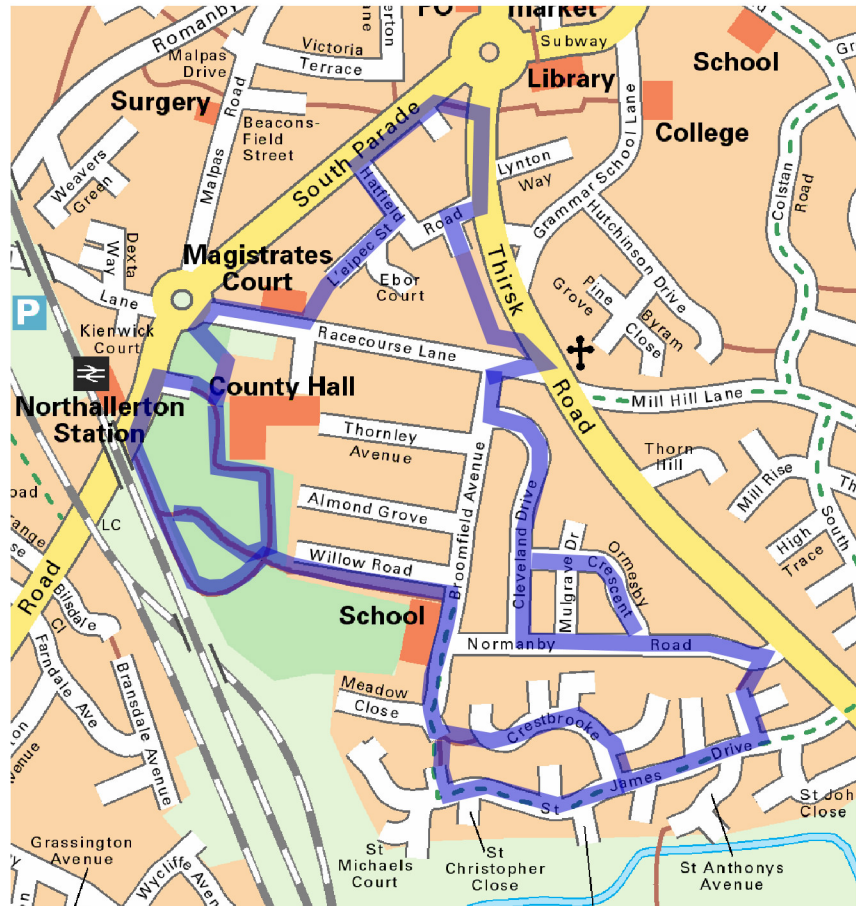
# Lunchtime Walks

## Walk 2 - Round County Hall

The County Hall Campus sits to the South of Northallerton in an area bounded by South Parade, Thirsk Road, the railway line and open fields to the South. To thoroughly explore this area takes about 45 minutes to an hour, but as you are never more than ten minutes from County Hall you can break this walk off at any point. A good choice if it's threatening to rain.

This walk starts at the front of County Hall. Head through the small gate adjacent to the roundabout in the North West corner of the grounds. Cross the road and turn right to walk along in front of no. 1 Racecourse Lane and the Courthouse. Go in through the main gates to admire the lavender hedges on either side - these are particularly colourful and aromatic in August and September when they are in full flower.

Head round the right hand end of the building and exit the courthouse grounds through the gates on to l'Espece street, at the top of l'Espece street turn left and then right on to South Parade. Just before the insurance office car park, there is a narrow path on the right - follow this to emerge onto Thirsk Road. (In summer this path can get overgrown - you may prefer to stay on South Parade up to the roundabout and simply follow the pavement back down Thirsk road.) Turn right then right again into Hatfield Road before taking the first left behind the nursing home. This lane down the back of Thirsk Road is not



marked on the map, and the end may be muddy so in wet weather go straight down Thirsk road.

When the lane comes back out onto Thirsk Road, turn right and follow the path into Racecourse Lane, cross the road and head down Broomfield Avenue before taking the first left into Cleveland Drive. Here we have a choice between going straight along Cleveland Drive to emerge on to Normanby Road or turning left to go around Ormesby Crescent; either way once we get on Normanby road turn left and follow it towards Thirsk Road. As you walk round the bends approaching Thirsk Road, you will see a substation on the right with a foot path which cuts through to Saint Georges Drive - follow this on to Saint James Drive and turn right.

Again we have a choice between turning right in to Crestbrooke or straight down Saint James and turning right into Saint Anthonys - both bring you to 'the fort' and the end of Broomfield Avenue. Walk down in front of the school and turn left to follow the footpath which goes along the edge of the playing fields to emerge at the end of the County Hall car park. From here you have three choices; straight down the car park for a short cut, across the play ground or for the longest and most pleasant walk, turn left through the first gate and walk right round the playing field. Watch out for rabbits round here - and for tree roots trying to force their way through the tarmac.

At the other side of the playing field, go through the gate into the lane beside the railway. You are now stood in the middle of the 'racecourse' that Racecourse Lane is named after. The course was in use before the railway arrived, and had to be realigned once the embankment was completed; it never recovered it's former popularity and now remains purely as a road name. Head back to County Hall by turning right into Boroughbridge Road and re-enter the grounds through the main gates.

There are many variations on this walk making it suitable for days when you are short of time, or it can be extended if you have plenty of time. If you find yourself short of time, here are a few short cuts:

As you turn into Broomfield avenue, instead of turning left round Cleveland Drive, go straight ahead then turn right into Thornley Avenue to head straight back to County Hall, or go straight along Broomfield Avenue to the school and along the foot path to return to County Hall via the car park. Or, at the end of Cleveland Drive or Ormesby Crescent you can turn right on Normanby road and return to County Hall that way. It is also possible to walk along Thirsk Road from Racecourse Lane to Saint James Drive but this is not as pleasant a walk due to the heavy traffic on Thirsk Road.

And of course you can do the walk in the opposite direction to give you different view of life. If you do, you may find these shortcuts useful: At the end of Broomfield Avenue turn left into Racecourse Lane to head directly back to County Hall, or turn left onto Hatfield Road then left again into l'Espece Street to cut five minutes off the time. Or for a change, walk straight down South Parade instead of going down l'Espece Street - this is only a short cut if you work on the west side of County Hall, but it is quite a pleasant walk.

Parts of this walk can also be added at the beginning or end of other walks to extend them if they are too short. In fact, you will find most of this walk incorporated in parts of other walks - unfortunately there are not that many ways out of County Hall!

**This leaflet is one of a series describing short walks around County Hall, taking about half an hour. Each walk has a number of options, shortcuts and extensions, giving plenty of choice about length and time taken.**

**The target is to get people out of the office at lunch time, to improve health, reduce stress and generally make people feel better - but mainly to be enjoyable.**

**The map shows the area around County Hall, all of which is within a thirty to forty minute walk. Obviously some people walk faster than others, but the latest medical advice is that to be beneficial you should just be able to hold a conversation without running out of breath - so you might want to take a friend along or you'll end up talking to yourself! The government also advise us to take at least half an hour's exercise at least three times a week, so even if you already do some exercise each week, a lunchtime walk will still benefit your heart.**

**Always start exercise gently, warm up the muscles with a few stretches, and stretch again at the end. Walking is a low impact exercise so there's no need for lots of preparation but always take the first and last five minutes of the walk more gently, and stride out in the middle. If you have any medical conditions which may be affected by walking, please consult your doctor before following this route.**

**Watch out for hazards as you walk - we try to highlight any known problems but you will need to take care when crossing roads, and look out for steps and kerbs, mud or wet grass, and in winter for ice and slippery surfaces.**

## **Walking for Health**

**This leaflet is created by Hambleton Strollers, an organisation funded by NYCC and Hambleton District along with the local PCTs, and part of the government led 'Walking for Health Initiative'. Hambleton Strollers organise hour-long walks throughout Hambleton, and since 2005 have organised half hour walks from County Hall at lunchtimes. However, we realise that many people can not arrange their lunch times around these organised walks so we are publishing these leaflets to encourage people to go out on their own.**

**If you want to go on one of the organised walks, please contact John Brookes or Rita Laverick in County Hall, or for the longer walks please e-mail [strollers@hambleton.gov.uk](mailto:strollers@hambleton.gov.uk)**



This is a dynamic document - if you have any comments, additions, corrections or other suggestions please feel free to e-mail them to myself, [john.brookes@northyorks.gov.uk](mailto:john.brookes@northyorks.gov.uk)

