

Lunchtime Walks

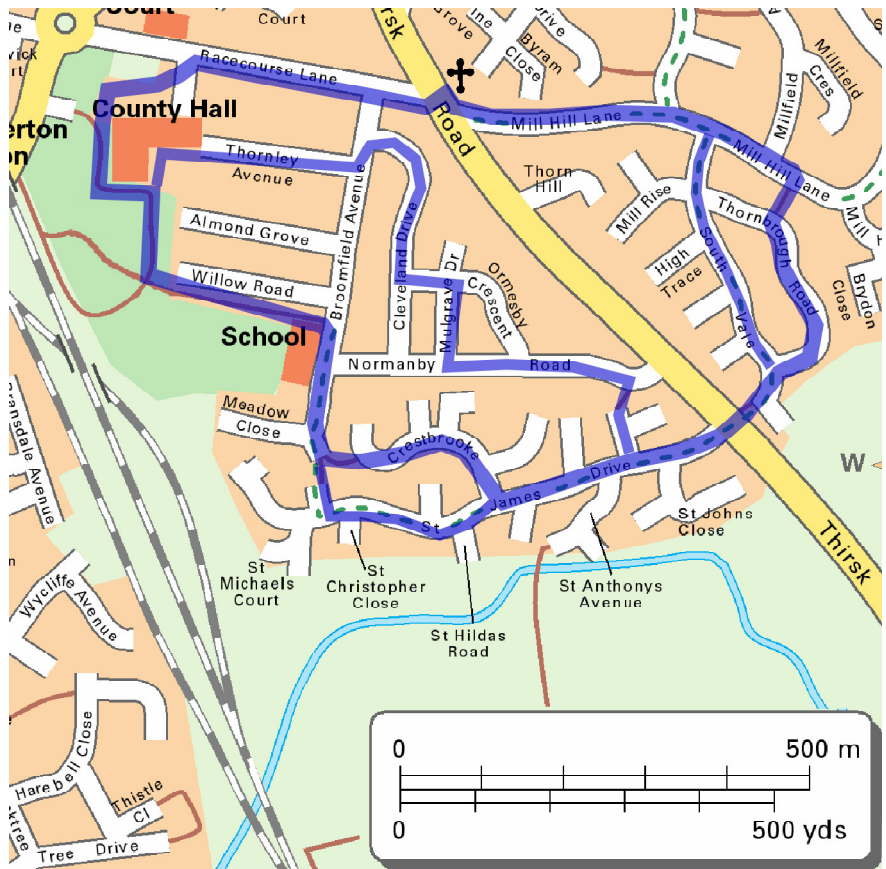
Walk 1 - Romanby East

Many people think that Romanby is the part of Northallerton to the West of the railway line, but in reality County Hall is in Romanby. The boundary runs through the middle of the Court House and along the North side of Racecourse Lane, so this walk explores Romanby East of the Railway.

This walk is one of our stock routes - as described here, it takes us just about half an hour (it's actually 1.62 miles long). Use this as a guide - follow this route at your normal walking speed and see how long it takes you, then you can judge whether you should be following the shortcuts or extensions in future walks.

Starting from the front of County Hall, walk round to the South side and along the length of the car park towards the play ground. Take this part gently, especially if you've been sat in the office all morning. Warm up your muscles a bit, then try to stride out for the main part of the walk. Remember you're walking for health, so put a bit of power into it but remember you should be able to hold a conversation without being too breathless.

At the end of the car park, turn left and follow the footpath in the corner along past the schools. At the end, turn right on Broomfield Avenue and walk up to the grassy area known as 'the fort' by all the local children. Turn left across the grass to join Crestbrooke, follow this round and at the end turn left along St James Drive - or for a change go straight ahead at the fort along St Andrews and left into St James Drive.



At the end of St James, cross Thirk Road carefully, and cut through to the end of South Vale. Turn right into Thornbrough Road and follow this round. As you come back towards South Vale, look out for a path on your right which cuts through to Mill Hill Lane. Cross Mill Hill Lane, turn left and head up the hill. Hills are a rare event on these walks, so try to keep the same speed up the hill as on the level. Don't run away going down the other side - try and keep a nice steady pace all the way.

Cross Thirk Road again, and head back along Racecourse Lane. Relax a bit along here, slow down slightly and let your body recover before you get back to the office - the 'warm down' at the end of exercise is as important as the 'warm up' at the start.

Finally head back round the car park to the front of County Hall, and check your time. If this has taken 30 to 35 minutes, then timing given for other walks will be fairly accurate; less than 25 minutes and you'll have to start following the diversions to extend the walks whilst over 35 means you need some of the short cuts. Remember the idea is to walk for thirty minutes minimum, so if you consistently get back in 25 minutes, let us know and we'll find you some longer walks!

Variations

Like all the walks, you can do this one the other way round which makes everything look different... If you do, watch out for the right turn off Mill Hill Road - there is no pavement on the right side of the road, so stay on the left until opposite the cutting and you should have no problems

If you want a longer walk try this:

Instead of setting off across the car park on the South side, go round to the East side and head along Thornley Avenue. At the end, turn left then right into Cleveland Drive and head through to Normanby Road (either direct or via Ormesby Crescent and Mulgrave Drive). If you spot the footpath on the right near the end of the road, then cut through into St Georges and on to St James Drive; otherwise walk out to Thirsk Road and turn right to get to South Vale (adds about five minutes).

To shorten the walk by a couple of minutes, after crossing Thirsk Road into South Vale instead of turning right into Thornbrough Road go straight on and follow round onto Mill Hill Road; the only other option is to turn left on Thirsk Road, which will save about five minutes and cuts out the hill - but it's not a very pleasant walk due to the heavy traffic. If you want a shorter walk, have a look at the choices on walk 2.

Why Walk?

Regular physical activity reduces the chances of heart disease (37% of UK Coronary heart disease is attributable to lack of exercise) and strokes, diabetes and some forms of cancer. It also reduces the effects of high blood pressure and cholesterol and slows the progression of osteoporosis and arthritis.

Combined with a good diet, regular exercise helps control your weight. About a third of all people in the UK do less than thirty minutes exercise per week

People who have a proper break at lunch time can concentrate better in the afternoon.

Walking is a cheap, low impact sport that you can do fully clothed - no need to shower or get changed, just go as you are.

This leaflet is one of a series describing short walks around County Hall, taking about half an hour. 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.

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. 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 health.

Always start exercise gently, warm up the muscles with a few stretches, and stretch again at the end. 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'.

For more information, please contact John Brookes or Rita Laverick in County Hall, or e-mail 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

