

Walking for Health in... Stokesley



Why Walk?

- Being active is good for our physical and mental health, and walking is known as the 'perfect exercise'. Our sedentary lifestyles are causing health problems.
- Just 30 minutes of moderate activity such as walking, on most days, brings positive health benefits. If that is too much at first, start with 3 x 10 minute sessions.

Plus...

- Walking is cheap, accessible and fits into daily life;
- it can be sociable with a friend or in a group;
- almost everyone can do it;
- you do not need special equipment, just comfortable shoes;
- there is very little risk of injury;
- You can walk at your own pace.

Any walking is better than none. Start slowly, enjoy it and gradually build up. As you get fitter you can increase your pace, walk more uphill or walk for longer.

What are the benefits?

Walking can help you to...

- gain confidence;
- stay independent;
- feel good, fitter and more positive;
- be more energetic;
- meet new people;
- improve your social life;
- keep flexible joints and mobility;
- have stronger bones and muscles;
- reduce stress and worry;
- sleep better;
- gain many health benefits. Exercise prevents or manages the risks of coronary heart disease, stroke, some cancers, arthritis, high blood pressure, excess weight, diabetes and asthma.

Walking the Way to Health

- This is a national campaign led by the Countryside Agency and the British Heart Foundation. It aims to encourage more people in England to do more walking as part of their everyday life to improve their health;
- it targets areas of poor health, and people who are unfit and not very active;
- it provides funding to set up local Walking to Health projects.

For more information go to:

www.whi.org.uk

Safety First

- If you have medical illness problems, do check with your doctor before starting significant exercise. Stop if you experience unusual symptoms or dizziness and consult your GP;
- carry a drink of water if it is hot;
- take any medication you need (e.g. GTN spray);
- do wear comfortable and supportive shoes;
- wear suitable clothes with several thin layers in winter;
- start each walk slowly, build up the pace, slow down to finish;
- look out for possible hazards including road crossings, uneven or slippery surfaces, mud or dog dirt or overhanging branches.

Find out more...

For further information please contact:

**Walking for Health Co-ordinator
Hambleton Strollers
Leisure Services**

**Hambleton District Council
Civic Centre**

**Stone Cross
Northallerton DL6 2UU**

**Tel: 0845 1211 555
or 01609 771624**

Email: strollers@hambleton.gov.uk

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Sanderson Taylor Estate Agents
Rotary Club of Stokesley
Stokesley and District Round Table

For more information see
'Walking the Way to Health' at:

www.whi.co.uk



Who are the Hambleton Strollers?

Hambleton Strollers is the local Walking for Health scheme for Hambleton District in North Yorkshire. It was set up with help from a Countryside Agency grant and funding from local partners.

The project is managed by Age Concern North Yorkshire in partnership with Hambleton District Council, North Yorkshire County Council, Hambleton & Richmondshire and Selby & York Primary Care Trusts, the coronary care unit and heart support groups, and voluntary walking groups.

Local volunteers have been trained to lead regular health walks of less than an hour in all the district's towns. You can find date leaflets in GP Surgeries, libraries, leisure and tourist centres. Anyone can join these walks.

This pack includes six short walks around Stokesley, North Yorkshire.

- They are all less than two miles and will take an average walker anything from 30 to 60 minutes, depending on which walk and your speed and fitness. Try to do a walk like these on most days of the week;
- use the map and/or the written instructions.
- any route can be walked in either direction;
- the walks are circular: you can start and leave at any point on the route;
- you can cut back halfway round to make a shorter walk at first, and then combine two routes to make a longer walk when you are fitter.

Get familiar with your home town and make up your own routes.



What is Health Walking?

- It is any walk that lasts just a few minutes or up to an hour, going at a pace that makes you feel warmer, breathe faster and gets your heart working better. You should always be able to talk comfortably at the same time!
- Follow some of the suggested walks in this leaflet and discover a wealth of local pathways and new views.
- Walking is easy to fit into your daily life:
 - doing shopping;
 - taking the children to school;
 - cleaning the house;
 - cutting the grass;
 - exercising the dog;
 - going to work;
 - taking a walk in your lunch-break;
 - getting off the bus a stop early.

You could also join the Hambleton Strollers Walking for Health group that offers regular walks, led by trained volunteers, of less than an hour in all Hambleton District's towns and some villages. Contact the Co-ordinator on:

01609 767276





Walk S1: Levenside

Start/Finish: The Health Centre, North Road

Time: 30 mins (approximately)

The Route: This is a simple short starter walk to introduce you to the central area of Stokesley. It gives you a chance to enjoy the River Leven and discover some of the bridges which cross it in Stokesley.

Distance: 1.3km (0.8mils)

Levenside

Directions

- Start at the Health Centre in North Road.
- Standing with your back to the building, go to the right along North Road.
- Very soon, cross the road and follow Brewery Terrace through to the High Street. Go to the left and cross by the pedestrian crossing. Then go right and then left into Bridge Road.
- After crossing the bridge turn left and walk alongside the River Leven. Just after the second ford as you pass the white house, pause to read the interesting plaque on the wall.
- At the end where you can see a main road ahead, cross the new wooden bridge over the stream and walk forward along the small path past the church and into the Market Square.
- Turn left along the Square which will take you back to the return over the pedestrian crossing.
- Go left for a short way and turn right down the Three Tuns Wynd. Return to North Road and the Health Centre.
- *As you went alongside the Leven you will have seen two small bridges: you can cross by one of these and return by the next – thus completing four crossings.*





Walk S2: Riverslea

Start/Finish: The Health Centre, North Road

Time: 40-50 mins (approximately)

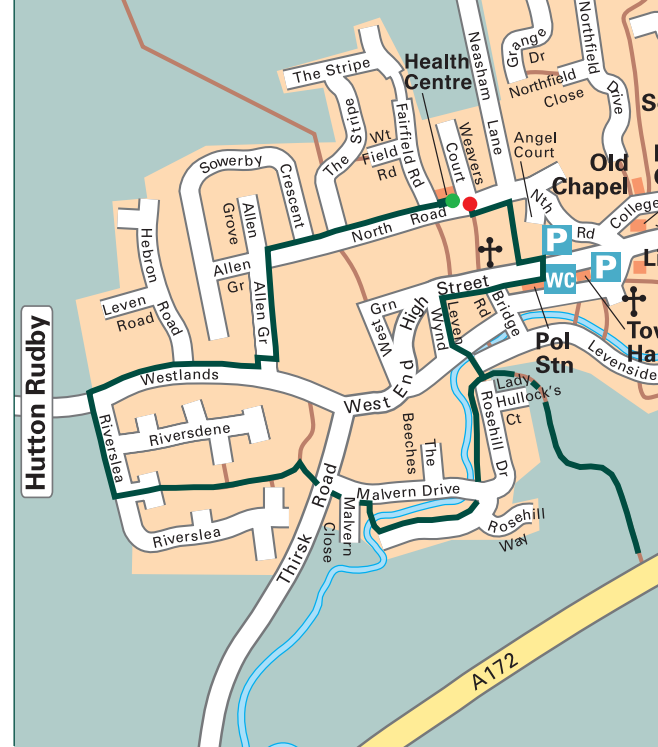
The Route: This interesting route gives you the opportunity to explore the western side of Stokesley.

Distance: 2.8km (1.8mls)

Riverslea

Directions

- Start at the Health Centre in North Road.
- Standing with your back to the building, go to the right along North Road.
- At the mini roundabout, turn left down Allen Grove. At the end turn right along Westlands.
- Take the first road left down Riverslea (take care: no pavement); then the second left leading onto a path going between houses 27 and 29. Continue straight through to the main road (Thirsk Road).
- Cross carefully and proceed into Malvern Drive. Find the cutting on the right between houses 2 and 4. This leads over a footbridge, into Rosehill Drive.
- Continue along Rosehill Drive and then beside the stream as far as Levenside.
- *At the end of Rosehill Drive, you could detour to the right and walk through the allotments. Return to Rosehill Drive the same way.*
- Cross the footbridge over the River Leven and proceed ahead through Leven Wynd (no name there) to the High Street. Turn right along the High Street and cross by the pedestrian crossing.
- Go left for a short way and turn right down the Three Tuns Wynd. Return to North Road and the Health Centre.





Walk S3: Neasham Lane

Start/Finish: The Health Centre, North Road

Time: 30-40 mins (approximately)

The Route: This walk takes you through the residential area to the north of the High Street. You will discover several paths and snickets you may never have seen before. These offer pleasant walking away from the traffic.

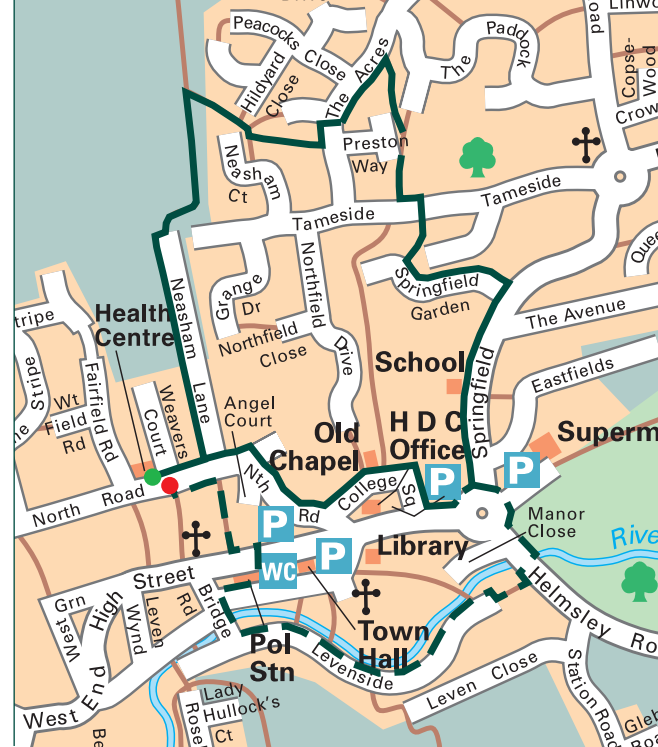
Distance 2.1km (1.3mils)

Note: *For a little extra distance, at the roundabout you can continue straight forward a short way on Helmsley Road. Cross by the pedestrian crossing. Follow the footpath/then road on the left of the River Leven. Go over the river by the road bridge leading into Bridge Road and on to the High Street. Cross at the pedestrian lights, turn left and return via Three Tuns Wynd to the Health Centre and North Road.*

Neasham Lane

Directions

- Start at the Health Centre in North Road.
- Standing with your back to the building, go to the left along North Road.
- Take the second left down a lane at the public footpath sign (beside The Courtyard pub, and called Neasham Lane). Continue to the end of the hard surface and bear right onto a footpath (possibly muddy).
- After 150m turn right onto open grass space. Bear left on the footpath at the end of the grass and continue to The Acres road. Cross the road and turn left. Shortly, find a path/cycleway to the right which leads down to Tameside.
- Here, at Tameside, turn left. Soon, take the footpath to the right (opposite 34) through to Springfield Gardens; turn left and continue to Springfield; turn right and continue to the roundabout. (*Note the historic "pinfold" on the right between the school and roundabout.*)
- Turn right and follow the pavement along High Street and round College Square. Go right into North Road and continue to the Health Centre.
- *For a little extra distance please see the extended route overleaf.*





Walk S4: Springfield & Meadowfield

Start/Finish: The Health Centre, North Road

Time: 40 mins (approximately)

The Route: This interesting route gives you the opportunity to explore the north-eastern area of Stokesley. You will catch splendid views of the Cleveland Hills as you walk.

Distance: 2.5km (1.6mls)

Springfield & Meadowfield

Directions

- Start at the Health Centre in North Road.
- Standing with your back to the building, go to the left along North Road.
- Continue round College Square and the High Street to the roundabout by the supermarket.
- Walk up the Supermarket car park and continue on the path to the right of the main store.
- Take the second left onto a path that leads through to Cleveland Avenue. Follow The Avenue to the left to reach Meadowfield at the end.
- Cross the road and turn right. Take the cutting between house numbers 59 and 61 that leads through to Elmwood Close.
- At the end, cross Pinewood Walk and continue forward on the footpath through to Tanton Road.
- Cross Tanton Road and turn right. Take another footpath to the left through to The Paddock.
- Turn right and, shortly, right again on another footway through to The Acres.
- Turn left, pass a road end and then turn left along a path/cycleway through to Tameside. Cross the road and go right and then left onto Northfield Drive.
- A footpath at the end leads right through to College Square. Turn right and continue round into North Road and back to the Health Centre.





Walk S5: Ellerbeck Way

Start/Finish: Stokesley Leisure Centre on the Great Broughton Road.

Time: 40 mins (approximately)

The Route: This more unusual route gives you the opportunity to explore a green area to the south of Stokesley. It passes through a well-designed light industrial area, and the views of open country and the hills are excellent.

Distance: 2.6km (1.6mils)

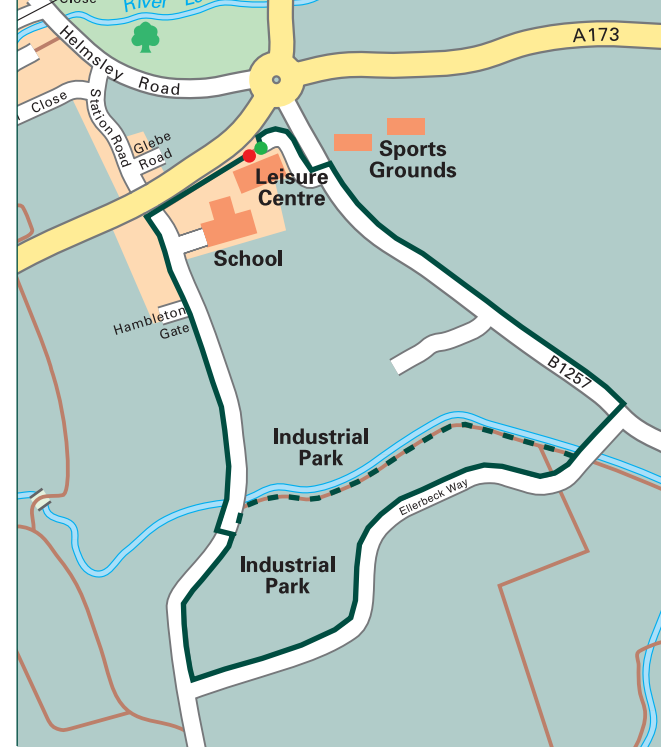
Please note: *Take great care at the road crossings.*

Ellerbeck Way

Directions

- Start at the Stokesley Leisure Centre on the Great Broughton road.
- Leave by the main entrance and cross the main road very carefully. Turn right and continue some distance on the pavement alongside the road.
- At a large road junction turn right and walk along Ellerbeck Way over the Canal Bridge.
- Keeping on the pavements, walk through the Industrial Park alongside the main road.

- *On dry days, you can turn right just after Canal Bridge and walk on grass beside the canal.*
- On reaching Station Road, cross over and turn right. Take care on the short section that has no pavement.
- Immediately before a bridge overhead, cross at the pedestrian crossing, and take the footpath to the right signed 'Leisure Centre' to return to the start point.





Walk S6: The Waterside

Start/Finish: Stokesley Leisure Centre on the Great Broughton Road.

Time: 60 mins (approximately)

The Route: This slightly more challenging route takes you out into more open country to the west of Stokesley. You will walk on a broad grass path alongside the drainage canals and may see wildlife and birds along the way.

Distance: 4km (2.5mils)

Please note: *The route of this walk is uneven in places and runs for a time along a field path. It is less suitable for winter or in bad weather. Take care at the main road crossings.*

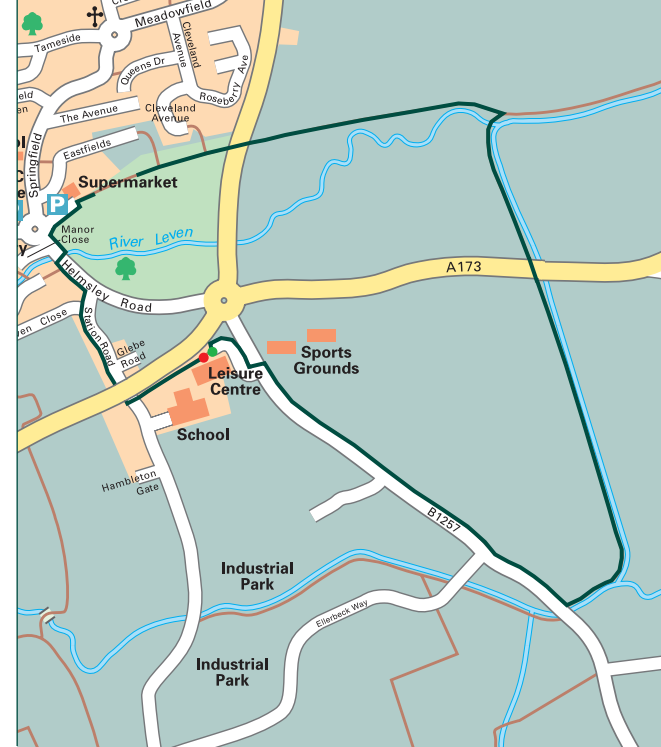


The Waterside

Directions

- Start at the Stokesley Leisure Centre on the Great Broughton road.
- Leave by the main entrance and cross the main road very carefully. Turn right and continue some distance on the pavement alongside the road.
- Where the canal crosses under the road, take the footpath to the left alongside the canal.
- Look out for herons here!
- On reaching the main Great Ayton road, cross carefully, and continue ahead beside the canal.
- The path leads over the River Leven and you turn left on the path at the stile.

- This path ends at the side of the A172 by-pass, which you should cross with care. Continue on the path ahead and through the supermarket car park.
- At the roundabout turn left, cross at the pedestrian crossing and continue on the same road.
- Take the first right along Station Road, go under a roadbridge, cross at the pelican crossing and immediately go left on the footway back to the Leisure Centre.



Feedback

We hope you have enjoyed using this pack of walks.

This is a pilot project for the whole of Hambleton District. There will be future editions for the other towns. We would love to hear your comments and suggestions for change – or just tell us that you did use the pack.

Please write them in the space provided here and pop this card into the postbox.

We may wish to consult you further on the use of this pack. If you would be willing to do this please print your name and telephone number here:

Name:

Tel:

Your comments please:

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**Travel Awareness Team
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