

## Thirsk and Sowerby

# JUBILEE WALK

The Hambleton Strollers 'Jubilee walks' have been designed for anyone who finds walking on rough ground a challenge. They can be walked as a whole or in smaller sections depending on the time available - and how far you are able to walk.

There are routes for Northallerton, Thirsk and Sowerby, Bedale and Aiskew, Easingwold, Great Ayton and Stokesley.

The majority of the Thirsk and Sowerby walk is on pavements and paths with just a small amount on rough ground. The red route is the full seven mile route and is more challenging with some footpaths that are uneven and narrow. The blue route is designed to be wheelchair friendly or for anyone not wanting to tackle uneven ground - however you may need to go off course to find dropped kerbs.

The walk takes in the outskirts of Thirsk and Sowerby. We could have gone slightly further out of the towns in some areas but this would have taken in more stiles or rough ground.

The walk sets off at the usual starting point for Thirsk and Sowerby Strollers walks - the Leisure Centre - but you could start anywhere along the route.

All distances given are approximate and the whole walk is a circular route. It could be broken down into two circular walks - the northern blue route is 2.75 miles, southern blue route 2.5 miles, northern red route 2.5 miles and southern red route over five miles.

Walking risks are as usual - crossing roads, overhanging trees, uneven pavements, uneven ground and walking next to cycle lanes.

Other than that the only thing to watch out for are the usual 'deposits' left on pavements.

We hope you enjoy the walk - if you are new to the area you will get a good feel for the place. If you live here you will find some paths you did not know existed. It might even help you decide where you would like to live!

Hambleton Strollers is an accredited Walking for Health scheme, running short risk assessed, volunteer leader led walks around the market towns of Hambleton. The scheme encourages people to take up walking or help those returning to walking after illness or injury. To take part you should be able to walk for at least half an hour. We never leave anyone behind and the walks usually end with a refreshment stop - coffee, tea and a chat! The walks are no more than an hour long - and everyone is welcome.

Pick up a leaflet from your doctors surgery, local library, council office or tourist information centre; call 01609 771624; or check out [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

If you are a stronger walker we can put you in touch with other groups who walk for longer and further.

Volunteer walk leaders to help run our walks are always needed - call Paul Fisher on 01609 771624. Full training will be given.

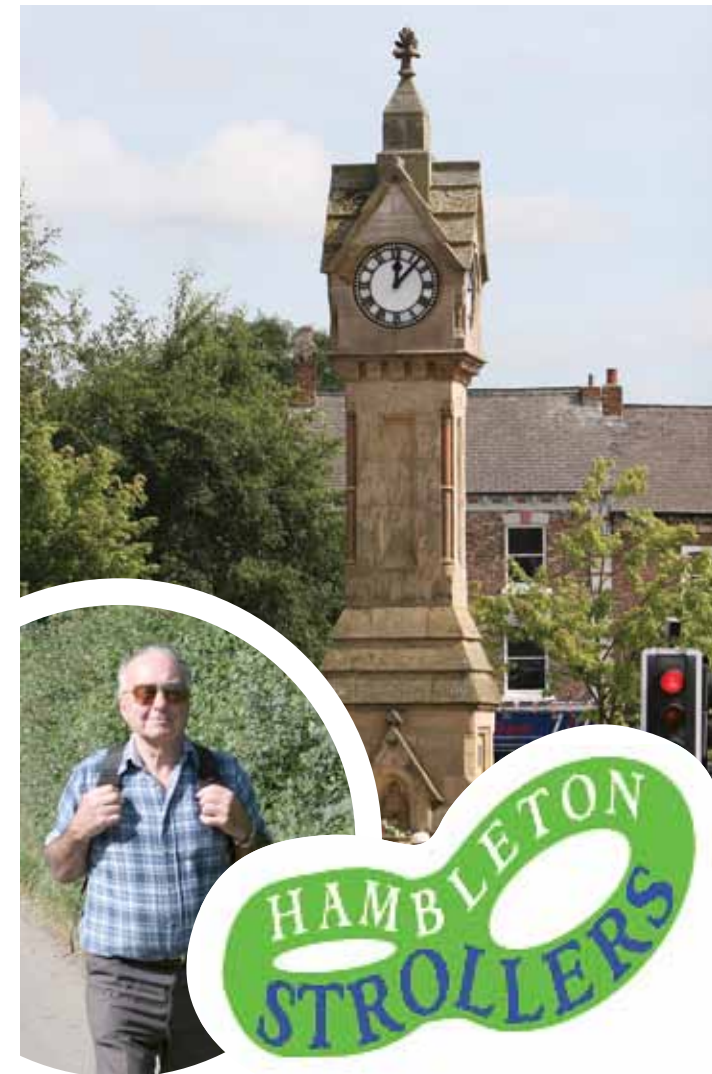
### Toilets

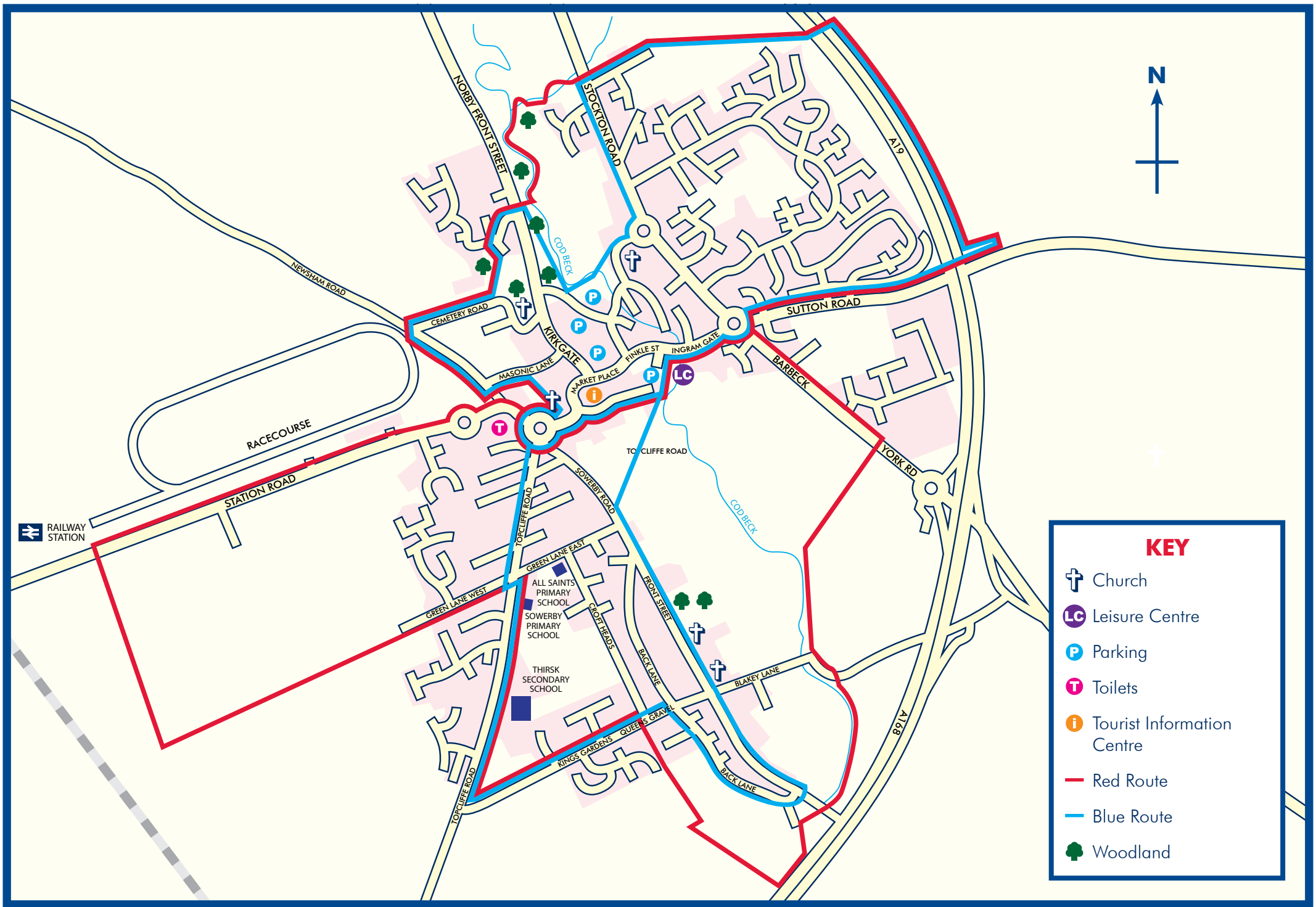
Tesco

### Refreshments









Thirsk town centre

Enjoy your walk!





**KEY**

-  Church
-  Leisure Centre
-  Parking
-  Toilets
-  Tourist Information Centre
-  Red Route
-  Blue Route
-  Woodland