

# Lunchtime Walks

## Walk 3 - Shoppers Special

Do you go shopping at lunchtime? A lot of people head off up the High Street for lunch, to do some shopping, or just for a break - but to keep healthy, you must put a bit more into it than just window shopping. If you know what you're going for, why not take an extra ten minutes and get in some exercise as well?

This walk offers alternative ways of getting to either side of the High Street, and lists all the alleys and arcades to get to and from the shops.

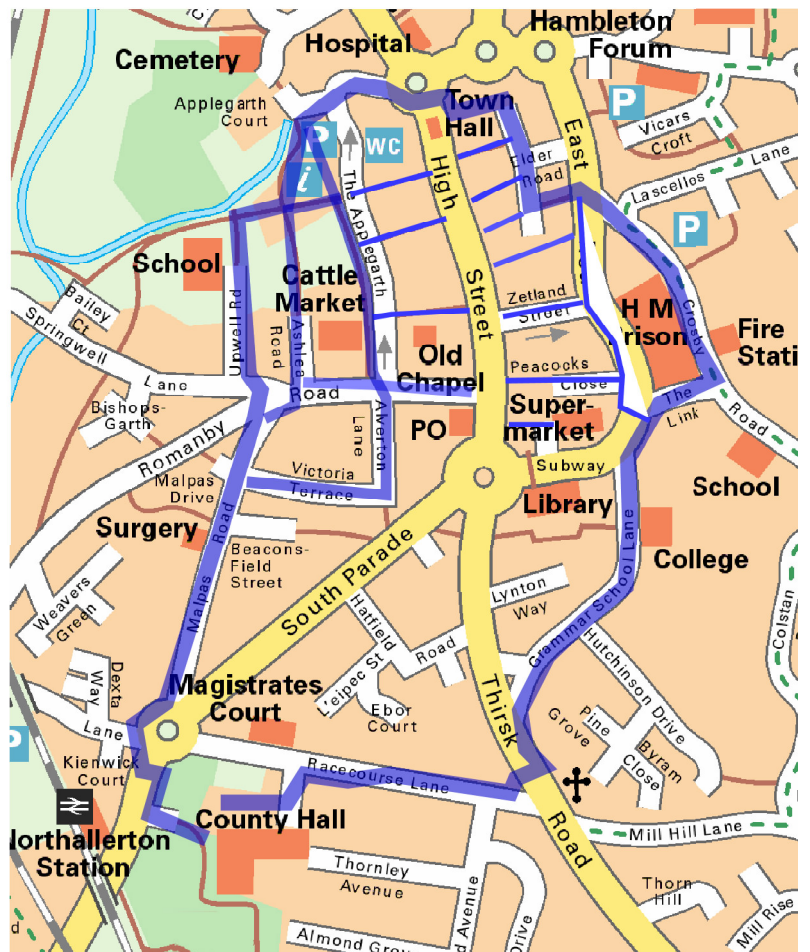
To get the most out of this walk, you should always walk right up to the top of the High Street and back. It takes about ten minutes to walk there via the Applegarth, and about 15 via the prison. We need a pen from Boyes and a sandwich from Slice, so let's go shopping.

Leaving County Hall, head East (right) along Racecourse Lane. At the end, turn left and cross Thirsk Road then follow Grammar School Lane round to East Road. Bear right then right again down The Link, and follow the prison wall round into Crosby Road, passing the fire station and eventually returning to East Road to cross at the pelican crossing. Turn right to pass the Golden Lion car park, then left before the Broadacre building to arrive at the rear of Boyes.

While we're in the queue waiting to pay for the pen, think about what you are going to do next. We remembered to start off at a moderate speed to give our muscles time to warm up, but if you are stood in a queue for more than a couple of minutes they will be cooling down - so take it gently for the first few minutes when you get going again.

OK, we've got our pen, next stop Slice. We could go out the front door of Boyes and straight up the high street, but it's busy and people will get in the way, so instead we'll go out the back door, turn left and walk the length of Elder Road to Elders. Here decide between going straight ahead, through the gates and left to come out on the High Street beside the taxi rank (this is a bit rough underfoot), or turn left before Elders and follow the alley to emerge beside the Fleece - either way, you can now go round the Town Hall to Slice to pick up that sandwich.

Crossing the High Street and turning right, follow the wall around past the County Inn (or cross the road to walk on the pavement) and out into the Applegarth car park. Follow on around two sides of the car park to arrive at the corner nearest the school, then follow the path either along beside the Mart into Ashlea Road or in front of the school into Upwell Road. At the end head straight across Romanby Road into Malpas Road. (Be careful if following this route in reverse - this crossing has very limited visibility. Use the new pedestrian crossing to cross safely) From here, it's a good stride out past the doctors surgery towards the County Records Office. Don't forget to slow down a bit round here and relax your muscles for the last few minutes of the walk.



There are a number of alternative ways of getting to the Applegarth, most of which are covered in other walks. Alternatives for the East Road side tend to be longer, as they involve walking right round the College which adds ten minutes onto the walk. Once in the Applegarth or East Road, you have plenty of choice of snickets and arcades to get through to the High Street:-

Starting at the South end and working clockwise, we have:

Romanby Road - no pavement on the South side and quite busy (although there are plans to make it one way, which might improve things).

The Tickle Toby alley, which is signposted as a public footpath from the Applegarth side.

Barkers Arcade (but no window shopping please - remember your health)

Garthway Arcade

The Applegarth itself, coming into the roundabout by the Town Hall and going out the other side as Friarage Street

Heading back down, we have:

The entry by the taxi rank, which crosses the end of Elder Street and ends up as a car sales area on East Road.

The Fleece alley which comes out by Elders

Central Arcade

Black Bull Yard (just opposite Barkers Arcade and the pelican crossing)

Boyes Alley (between Boyes and Spectacle Warehouse, comes out near the South end of Elder Street)

Golden Lion Yard / car park

Zetland Street

The alley to the left of the greengrocer, comes out in Tesco's service yard.

and finally three which come out in Tesco's car park.

It would make a good hours walk just exploring all of these - but not on a market day!

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)

