

# Lunchtime Walks

## Walk 5 - Romanby South

We have explored that part of Romanby East of the railway; today we are going to look at the area between the railway and Boroughbridge Road. This residential area is a mixture of older and new estates, with quiet roads and many cul-de-sacs - and a few well hidden linking paths. This is a very pleasant walk in spring or summer, especially for the garden watchers as most of the gardens are mature and well maintained.

This walk takes over half an hour to complete but there are plenty of short cuts for those pressed for time. Unfortunately both the outward and return legs cross the level crossing, so there is a risk of additional delays.

Starting from the front of County Hall, head out through the main gates and turn left. Head south under the railway bridge, and cross the level crossing - take care on this road as it is very busy and the pavement is narrow. As you cross here, look to your left - you can see how this low level line drops down from the main line before swinging round, going back under the main line and heading off for Middlesbrough.

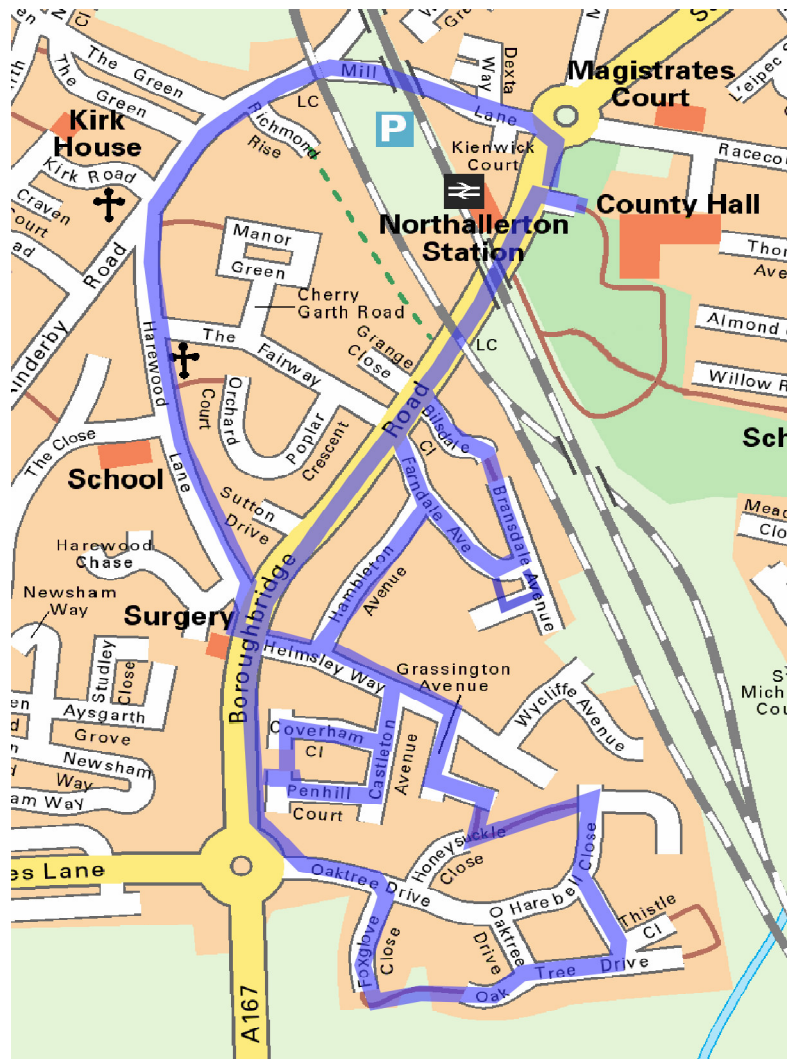
After the crossing, take the first turning on the left into Bilsdale Close. Continue through the divider that separates Bilsdale Close from Bransdale Avenue and head down Bransdale Avenue then turn right into Farnsdale Avenue. Or for a change, go straight on here, next right, and back through the children's playground - adding about 30 seconds to the walk!

Past the cricket ground, turn left into Hambleton Avenue and at the end turn left again into Helmsley Way. Cross the road and take the second turning on the right into Grassington Avenue. Follow this round to the left and at the end take the cut through to the new estate and Honeysuckle Close.

You are now about half way round the walk, so if you are in danger of being late back turn right here and right again onto Oaktree Drive to cut off five minutes; otherwise, turn left and follow the foot path through to Harebell Close. Turn right and then as Harebell Close bends to the right, go straight on down Oak Tree Drive. At the end turn right, and straight on where the road splits. At the end of the road follow the path through to Foxglove Close. Follow the pavement down Foxglove Close, turn left at the end and then right at the roundabout to return to County Hall via Boroughbridge Road.

There are a number of ways of shortening this walk or changing the route, especially to break up the walk back down Boroughbridge Road. To shorten it a bit..

After the level crossing, take the second left down Farnsdale Avenue and turn right into Hambleton Avenue to save about three minutes.



From Helmsley Way take the first right up Castleton Avenue and turn right down Coverham Close or Penhill Court. These cul-de-sacs are linked at the end by a foot path which also connects through to Boroughbridge Road, cutting about 10 minutes off the walk. You can also use this route in reverse to avoid walking all the way down Boroughbridge Road; go along Hambleton Avenue and left onto Farndale Avenue to add about a minute but give a much more pleasant walk.

If you are heading back down Boroughbridge Road and find you have some time to spare, either because you took a short cut or you walk fast, try this detour which will add about seven or eight minutes. Cross Boroughbridge Road near the doctors surgery and bear left along Harewood Lane. This is a road we use parts of in several of the other walks, but here we have an opportunity to walk the full length.

Pass Romanby School and cross The Close. The garden on the corner here often has some unusual plants and is well worth looking at in Summer. Cross the road near the Church and carry on down past the clock tower to Ainderby Road. Turn right, cross the level crossing and return to County Hall via Mill Lane or the station underpass.

There are lots of other options of this area whose quiet streets deserve exploring. It is a pity that there is no connection through the roads behind the cricket club - this would be a great short cut.

## Walk Safely

This route shows that it is possible to have a walk round County Hall without crossing any main roads - yet it still has a warning about narrow pavements under the railway bridge. Because of the location of County Hall, it's difficult to go anywhere without crossing a major road, and while our roads are not very busy, accidents do still happen.

Away from the main roads, there are still dangers of tripping and slipping, and while we warn of obvious permanent hazards, we cannot foresee road works and badly parked cars.

So walk safely, cross roads carefully, watch out for kerbs, steps, mud, wet grass and ice, and take either a friend or a mobile phone so if the worst does happen you can get help.

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 heart.

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](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)

