

# Active Travel Harrogate

## with Knaresborough, Ripley and Wetherby cycle routes



## Cycle Harrogate

There's now a continuous and easy to follow cycle route all the way between Ripon (via Fountains Abbey & Studley Royal World Heritage Site) to the north and Wetherby to the south of this historic spa town.

This of course includes the very popular and gently graded traffic-free section of the Nidderdale Greenway between the Asda car park off Dragon Road in Harrogate and Hollybank Wood just to the west of Ripley Castle. This is approximately 5 miles long and crosses the Nidd Gorge using the viaduct built in 1848 for the railway which used to run to Ripon and Thirsk.

The Beryl Burton Way (named in honour of the world champion racing cyclist from Leeds) forms the partly traffic-free link with the market town of Knaresborough with its ruined fortress overlooking the River Nidd, just over 4 miles from Harrogate town centre.

Both Harrogate and Knaresborough can be reached by bike-carrying trains.



Nidd Viaduct

## Benefits of Walking & Cycling

Active travel for our commute or for leisure is one of the easiest ways to get our recommended 30 minutes of daily exercise and what could be easier than popping on some comfy shoes and taking a walk to the local shops, dropping your children off at school or cycling to the station?

Walking is one of the cheapest ways to get around and doesn't leave a carbon footprint so it's ideal to help reduce air pollution and congestion in the town. But it also brings great benefits to you, helping to reduce stress and anxiety as well as being good for the waistline!

Cycling is a great way to enjoy an active lifestyle and be healthier. Regular cycling can help you burn calories, reduce cholesterol, lower blood pressure and improve your sense of well-being. It's also a fun way to keep fit and explore the hidden treasures in your local area you may not see from the car.

The best route to cycle isn't always the way you would travel by car so don't be put off. This map will show you the recommended cycle routes and you can download a copy at [www.opennorthyorkshire.co.uk](http://www.opennorthyorkshire.co.uk)

Find out more about opportunities and support for being more active at [www.harrogate.gov.uk/activehealth](http://www.harrogate.gov.uk/activehealth)

Harrogate's Wheel Easy Cycling Group offers company and encouragement for all levels of cyclists for both leisurely and challenging cycling in and around the Harrogate area. Visit [www.wheel-easy.org.uk](http://www.wheel-easy.org.uk)

Details of cycling events can be found at [www.harrogate.gov.uk/cycling](http://www.harrogate.gov.uk/cycling). Sustrans also have a free downloadable map for the Slow Tour ride from Harrogate to Ripley at [www.sustrans.org.uk/slowtourofyourshire](http://www.sustrans.org.uk/slowtourofyourshire)

## Tourist Information

**Harrogate:** at the Royal Baths on Crescent Road. Call 01423 537300

**Knaresborough:** at the Library, 40 Market Place. Call 01423 866886  
Also visit [www.northyorks.gov.uk/knaresborough-library](http://www.northyorks.gov.uk/knaresborough-library)

**Wetherby:** in the library at 17 Westgate. Call 01937 582151

This map has been produced through the Open North Yorkshire initiative which is a North Yorkshire County Council project funded by the Department for Transport.

For more information visit:  
[www.opennorthyorkshire.co.uk](http://www.opennorthyorkshire.co.uk)

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Nidderdale Greenway

## Good Cycling Code

- Cycle with care
- Always follow the Highway Code
- Be considerate to other users, and give way to pedestrians and horse riders
- Take particular care at junctions, when cycling downhill and on varying surface conditions
- Ride in single file on narrow or busy roads
- Consider wearing a helmet and high-vis clothing
- Cycle at a safe and responsible speed and cycle slowly where there is limited space and when you cannot see clearly ahead.

## Connecting your Journey

### Train



**Northern Rail** runs services to Harrogate and Knaresborough stations. Bicycles are carried free of charge with no reservations required for the maximum of two bikes per train (conductors do however exercise discretion and have the right to refuse entry if the train is busy). Visit [www.northernrail.org](http://www.northernrail.org)

For **National Rail Enquiries** call 03457 484950 or visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

### Bus



The number 36 bus now runs every 10 minutes between Harrogate and Leeds and every 20 minutes on to Ripon. Visit [www.harrogatebus.co.uk](http://www.harrogatebus.co.uk)

### Cycle Hire



**CorCoach:** electric bike hire on Waterloo Street, Harrogate. Call 01423 313613

**North Yorkshire Electric Bikes Ltd:** electric bike hire on Bond End, Knaresborough. Call 01423 603423

**Veloheads:** a bike library just off The Avenue north of Starbeck railway station. Call 01423 886355

**Nidderdale Cycle Hire:** bike hire in Summerbridge. Call 07821 463853

### Walking and Cycling



For more information about walking as well as cycling in Harrogate visit [www.opennorthyorkshire.co.uk](http://www.opennorthyorkshire.co.uk)

The Sustrans website has up-to-date information and detailed mapping for the whole of the 14,000 miles of National Cycle Network. Visit [www.sustrans.org.uk](http://www.sustrans.org.uk)

## Wetherby





# Harrogate & Knaresborough



- |                                      |                             |
|--------------------------------------|-----------------------------|
| Traffic-free walking and cycle route | Local shops                 |
| Advisory cycle route                 | Local café                  |
| Footpath                             | Public toilets              |
| Cycle parking                        | Public house                |
| Primary school / Secondary school    | Tourist information         |
| College                              | Train station               |
| Hospital                             | Bus station                 |
| Supermarket                          | Toucan crossing             |
| Post office                          | Parking                     |
| Library                              | Tourist attraction          |
| Bike shop                            | National Cycle Route number |
| Big Toe / Little Toe pump track      |                             |

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## Nidderdale Greenway

In 2013 a 3 mile walking, cycling and horse riding route from Bilton to Ripley was completed thanks largely to the reopening of the 1848 railway viaduct over the Nidd Gorge. The project was a joint effort by Harrogate Borough Council, North Yorkshire County Council, local cycling groups and Sustrans, supported by The National Lottery. A little later the Greenway was extended beyond Ripley along Hollybank Lane towards Clint.



Tour de France commemorative sculpture

## Beryl Burton Way

Named after one of Britain's best cyclists, this is an off-road cycle route from Bilton Village Farm to the River Nidd in Knaresborough. It was developed by Sustrans to enable cyclists to avoid using the very busy A59. Born in Leeds, Beryl Burton (1937-1996) lived in Morley for most of her life. Racing first for Morley CC then Knaresborough CC, she won over ninety domestic championships and seven world titles. In 1967, she also set a 12-hour time trial record of 277.25 miles, which exceeded the men's record for two years.



Malcolm Margolis Portrait Bench



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Each grid square on this map represents 1km (0.6 miles)

- 10 minutes
- 4 minutes

