

Active Travel Harrogate

with Knaresborough, Ripley and Wetherby cycle routes



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

For more information visit:
www.opennorthyorkshire.co.uk

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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.



Cycle Shops



- Cycle Sense:** High Street, Tadcaster. 01937 530303
- Halfords:** Knaresborough Road, Harrogate. 01423 887102
- Prologue:** Cold Bath Road, Harrogate. 01423 503000
- Spa Cycle:** Camwal Road, Starbeck. 01423 887003
- Specialized Concept Store:** West Park, Harrogate. 01423 528240
- Wetherby Bike Shack:** Horsefair, Wetherby. 01937 588 944

Cycle Hire



- Chevin Cycles:** Hydro Retail Park, Ripon Road, Harrogate. 01423 568222
- CorCoach:** Waterloo Street, Harrogate. 01423 313613
- Nidderdale Cycle Hire:** Summerbridge. 07821 463853
- North Yorkshire Electric Bikes Ltd:** electric bike hire 19, Bond End, Knaresborough. 01423 603423
- The Electric Bike Shop:** 59-61 Leeds Road, Harrogate. 01423 457117
- Vern Overton Cycling:** Darley, Nidderdale. 07595 460465

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.

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 your health.

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

Walking & Cycling



For more information about walking and cycling in Harrogate visit www.opennorthyorkshire.co.uk

The Sustrans website has up-to-date information and detailed mapping for the whole of the National Cycle Network, as well as a downloadable map for the Slow Tour ride from Harrogate to Ripley. Visit www.sustrans.org.uk/slowtourofyourshire

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

Tourist Information



- Harrogate:** at the Royal Baths on Crescent Road. 01423 537300
- Knaresborough:** at the Library, 40 Market Place. 01423 866886
- Also visit www.northyorks.gov.uk/knaresborough-library
- Wetherby:** in the library at 17 Westgate. 01937 582151



Nidd Viaduct

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

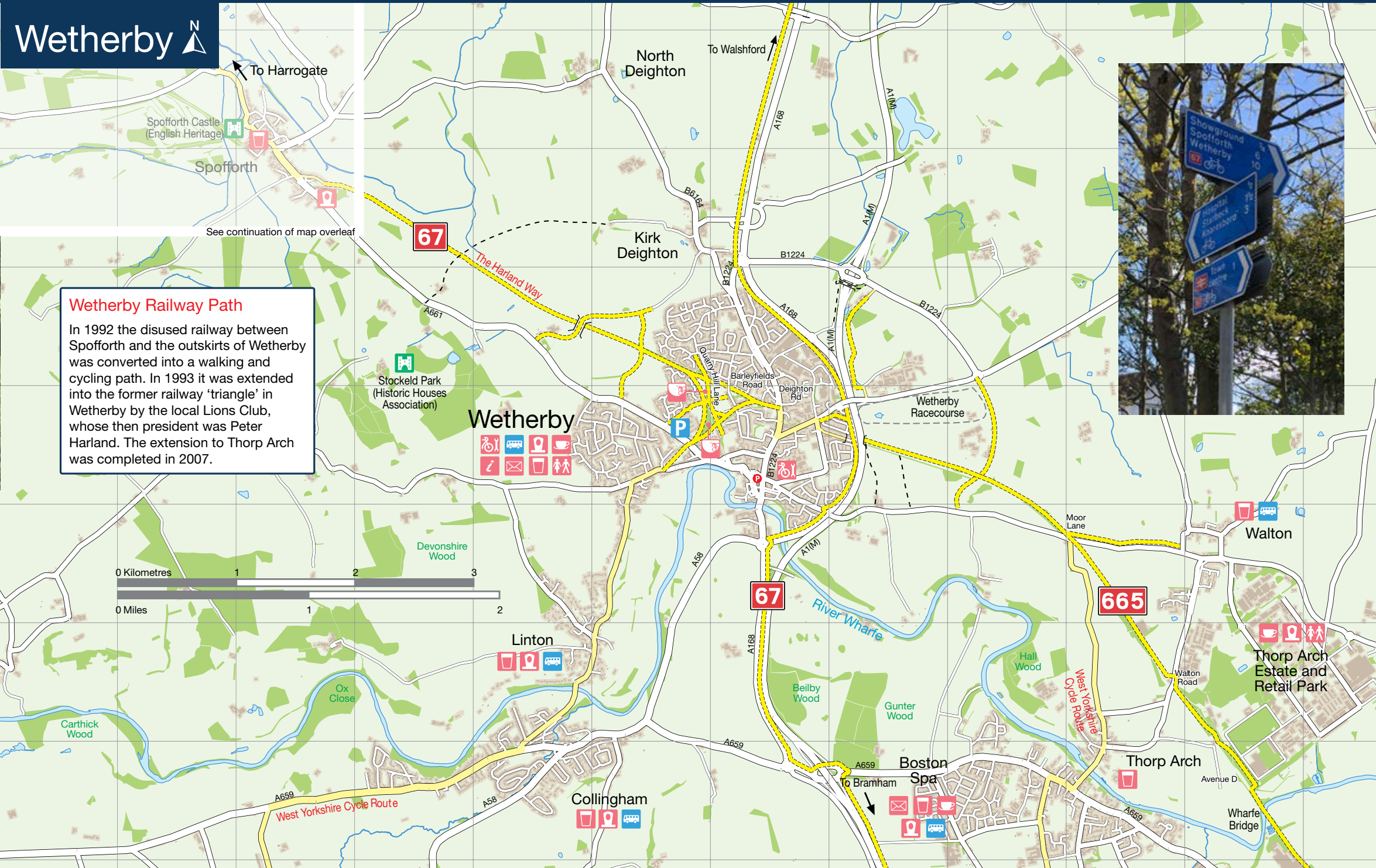
For **National Rail Enquiries** call 03457 484950 or visit www.nationalrail.co.uk

Bus



The number 36 bus runs every 10 minutes between Harrogate & Leeds. Visit www.harrogatebus.co.uk

Wetherby



Wetherby Railway Path
In 1992 the disused railway between Spooforth and the outskirts of Wetherby was converted into a walking and cycling path. In 1993 it was extended into the former railway 'triangle' in Wetherby by the local Lions Club, whose then president was Peter Harland. The extension to Thorp Arch was completed in 2007.



Working in partnership with



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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.