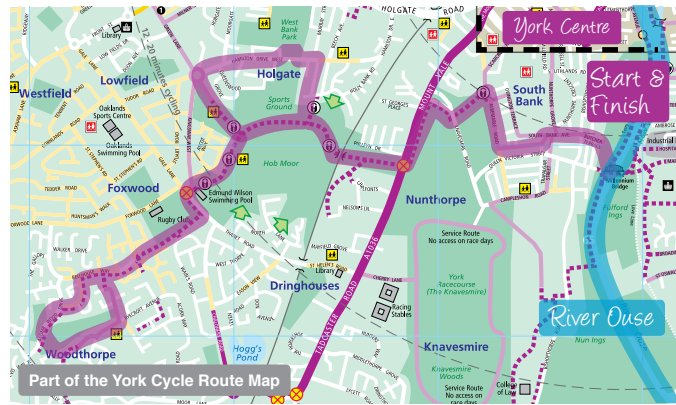


Ride Notes

- 1 Cross straight over Bishopthorpe Road from Butcher Terrace to South Bank Ave. Take the left fork onto Brunswick Street and right at T-junction onto Albemarle Road. If you miss Brunswick Street, a right onto Ovington Terrace and left onto Philadelphia Terrace (steep!) will get you to the right place to cross open area on cycle track.
- 2 Site of old gallows, known as *Tyburn*, is close to where the cycle track crosses the Tadcaster Road.
- 3 The *Hob Stone* is on the right as you cross Little Hob Moor. The *Plague Stone* is next to it. Here, those who were in contact with the plague collected food left for them, and paid for it by leaving money in vinegar in the dip in the stone.
- 4 *Hob Moor* is one of the ancient commons of York. Local people had the right to graze their cattle there. Cattle still graze there. Friends of Hob Moor help to look after the area with its medieval ridge and furrow and its old pasture and skylarks.
- 5 *West Bank Park* has newly refurbished toilets if you need them.
- 6 These *cycle tracks* in a residential area transform the lives of children going to local schools. An eye-opener for those of us who live in other areas.
- 7 *Acomb Wood* is an area of mixed woodland and ancient meadow surrounded by a large housing estate, and split by Acomb Wood Drive.



Time: About 1hr.

Route info: Approx. 7 miles – 2 miles to coffee break, 5 miles to explore Acomb Wood and return to start.

Fairly easy, mostly traffic free cycle which commences by using some of the advisory routes for cyclists in the South Bank area of York then is all traffic free cycle routes. Anyone wishing to take a trailer/tagalong should contact the Walking and Cycling Officer in good time and during office hours on 01904 551608 for a key to open the gates on Hob Moor. (A £15 refundable deposit will be required for the key).



Cycling City York is a community-led partnership project involving City of York Council, cycle campaign groups, major employers, education and healthcare providers and cycle retailers. Its aim is to improve routes and facilities for cyclists and get more people cycling. York has been designated as a Cycling City from 2008-2011. Please visit our new website www.cyclingcityyork.org.uk

For more information on cycle routes in York, guided rides, one-to-one cycle training or for details about Cycling City events and initiatives see www.york.gov.uk/cycling, email cycling.city@york.gov.uk or phone (01904) 551550.



Sustrans is the UK's leading sustainable transport charity, and also publishes maps of the National Cycle Network routes which pass through York. Thanks to members of the First Friday Cycle Group for the information & to Monica Nelson for the front cover watercolour. Olwyn Fonseca

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Easy cycle rides for leisure

One of a series of short rides suitable for most ages and abilities

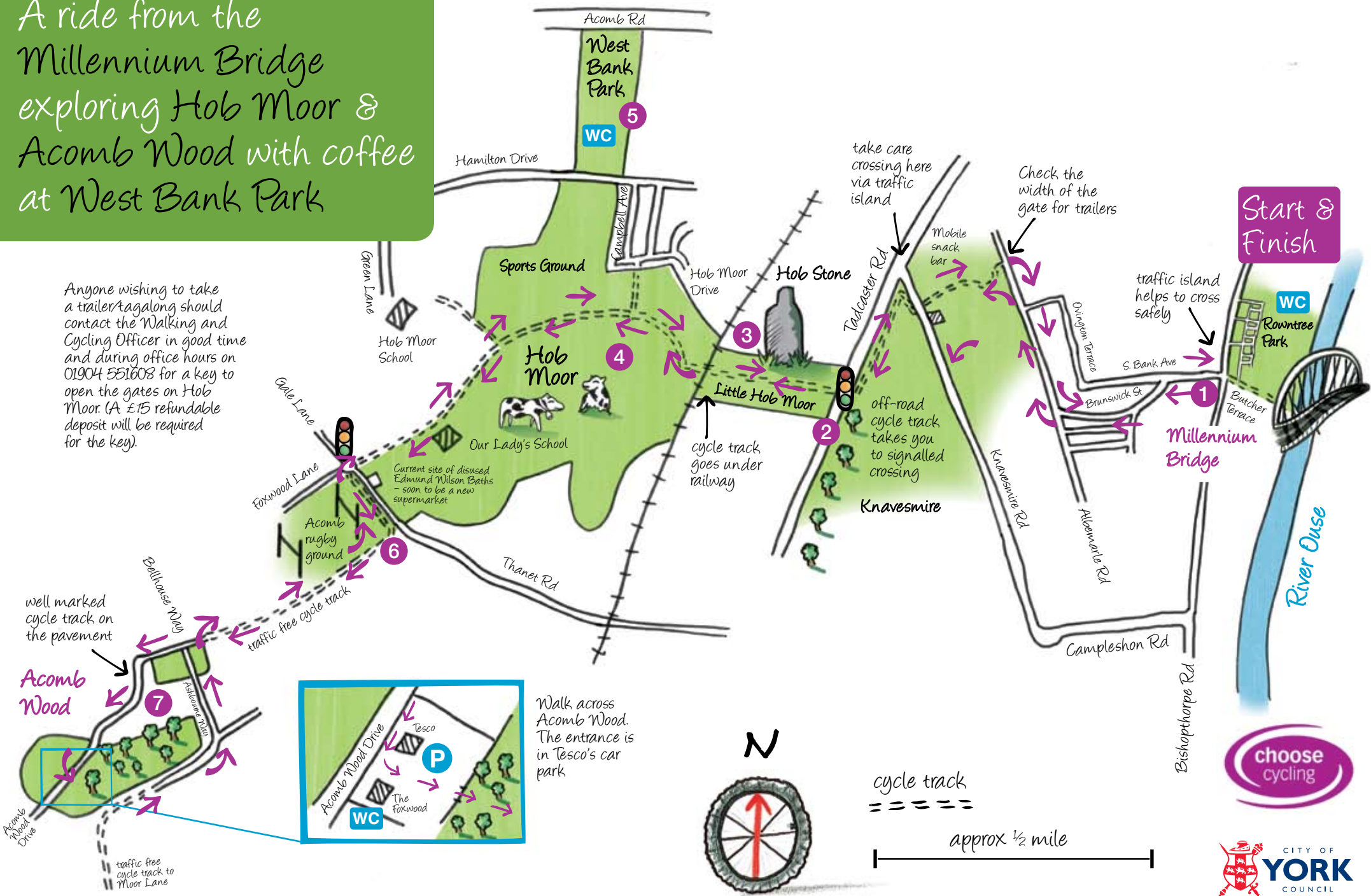
Time: 1 hr



A ride from the Millennium Bridge exploring Hob Moor & Acomb Wood with coffee at West Bank Park

A ride from the Millennium Bridge exploring Hob Moor & Acomb Wood with coffee at West Bank Park

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Walk across Acomb Wood. The entrance is in Tesco's car park

