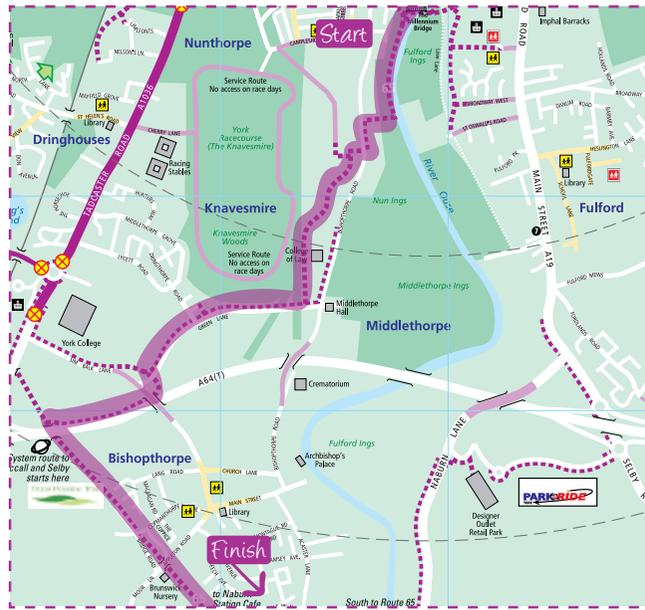


Ride Notes

- 1 The *Millennium Bridge* makes a good starting point for a ride. There's even parking space nearby should you live too far (or have very young children on bikes) to cycle there. Many people have had to rethink the map of York since this bridge made east-west cycling so easy.
- 2 There is a large car-boot sale here every Saturday morning in the summer.
- 3 Quite sharp narrow corner. Watch out for cyclists coming the other way.
- 4 The *Solar System sculptures*. We meet the *Sun* first. Here we turn left under the A64. Humps under the bridge are for skateboarders.
- 5 Should you wish to go to *Tesco*, access via a curving ramp is safe and easy. Designated cycle/pedestrian access is just along the pavement.
- 6 The *Planets* are to scale with the sun and are the correct scale and distance apart.
- 7 *Brunswick Organic Nursery* is right next to the cycle track. It provides some sheltered employment and sells fruit drinks and snacks and has picnic tables.
- 8 *Old Station Café* – a delightful place to stop but it's worth phoning beforehand to check if it's open. Tel: 01904 647528
- 9 *Blacksmiths Arms, Naburn* – Child-friendly, opens at 12.00 and open at weekends for breakfast in summer. Tel: 01904 623646



Time: About 40 minutes each way with a café/picnic stop at Naburn Old Station.

Route info: Approx 8 miles. Using mostly off-road cycle paths, one minor road and with one main road to cross.



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.

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.



Adapted from original map drawings and ride notes by volunteer Sustrans Ranger, Olwyn Fonseca. Thanks also to Lynne Clark and members of the First Friday cycle group for their help Front page: Watercolour by Monica Nelson

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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, 20 mins



Ride No 1

A ride from the **Millennium Bridge** to the old swing bridge at **Naburn** and back via the **Sun and the Planets** sculptures

A Ride South from the Millennium Bridge to the old swing bridge at Naburn past the Sun & the Planets

Route 65 & the Transpennine Trail continue south to Selby

