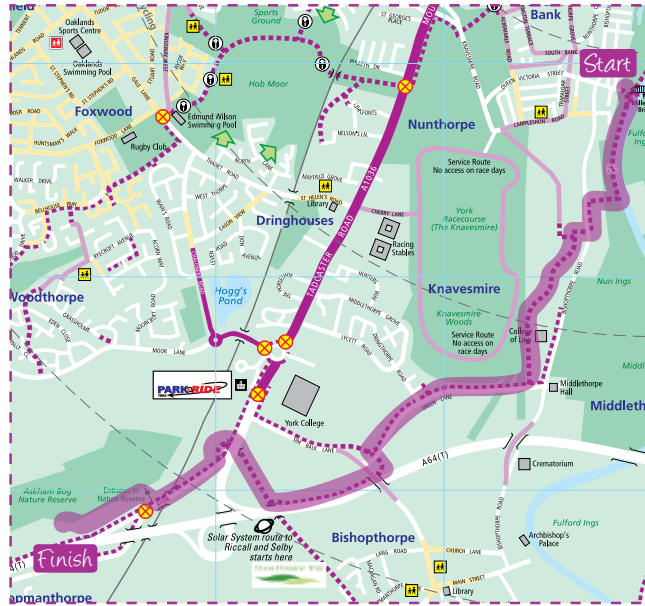


Ride Notes

- 1 The Millennium Bridge has transformed east-west cycling access in the city.
- 2 Car Boot Sales make this area busy on Saturday mornings in the summer.
- 3 The Knavesmire – York's racecourse. Usually, even on race days, you can use the cycle track.
- 4 Cycle track. We use a small section of Route 65, part of the National Cycle Network (NCN). Route 65 crosses Yorkshire from Selby to Teesside.
- 5 The Sun. We turn right at the model of the Sun which is at the start of a Solar System cycle route with scaled models of all the planets, towards Ricall. See Ride No. 1 for more details on this route.
- 6 Tesco. There is easy cycle access without going on the road.
- 7 Askham Bog – owned and managed by Yorkshire Wildlife Trust.
- 8 All-weather, non-slip boardwalk to protect plants from trampling by foot.

At one time cart horses were used to drag cut logs out through the trees, gentler on the plants than machinery would have been. Horses were used as late as the 1990s.



Time: About 30 minutes each way with a picnic stop at Askham Bog.

Route info: Approx. 6 miles. Using almost entirely off-road cycle paths with just 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



Ride No 4

A ride from the Millennium Bridge to Askham Bog Nature Reserve and back

A Ride from the Millennium Bridge to Askham Bog Nature Reserve and back (entirely off-road)

Askham Bog is a remnant of the ancient valley mire – rich in plants, insects and birds.

Don't forget to take a chain to lock your bikes so that you can walk around the boardwalk.

Open access to boardwalk trail. Cross bridge over dyke to observation platform by pond.

Return the same way



short stretch on pavement then cross at traffic island

Start

Follow Route 65 signs

rather narrow passage up to road

2

3

4

5

6

7

8

Askham Bog

Finish

boardwalk dyke
Middle Wood
Near Wood

Far Wood

P

Copmanthorpe

separate cycle track next to road

Park & Ride

Tesco

WC

York College

Sim Balk Lane

Model of the Sun

Route 65 to Selby on old railway line

Tadcaster Rd

Knavesmire

A64

Bishopthorpe

Bishopthorpe Rd

cycle track – under bridge next to dual carriageway but safely fenced in

cycle track

approx 1/2 mile

