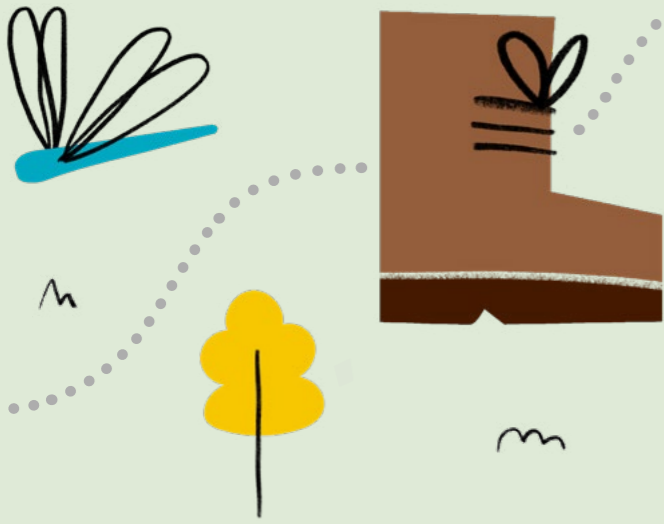


# EXPLORING YORK



Exploring York and all that it has to offer has never been so easy.

We've routes for all ages and abilities, ready and waiting for you to explore.

Whilst you're out and about, remember let's be respectful and patient of others. Let's keep as safe as possible by following social distancing measures.

## Askham Bar to Askham Bog and Copmanthorpe trail

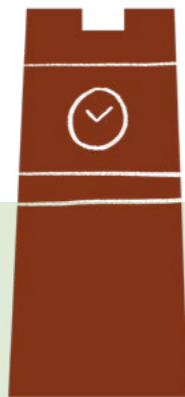
Distance **2.5 miles**

Est. Time **1-1:30 hrs**

If you're planning to travel to, from and through York we want to make sure you have access to travel information that will help keep you safe and be able to plan your journey.

You can explore information about active travel and its benefits by downloading our Cycle route maps, Walking Guides and information on our popular Urban Cycle Skills Sessions at [www.itravelyork.info](http://www.itravelyork.info)

For further information on how to explore York safely go to [www.visitork.org](http://www.visitork.org)



### Askham Bog

The reserve has a raised boardwalk which is a short looping walk accessible at all times. Wellies or boots are required for the rest of the bog which can be boggy with some deep pools and ditches.



### Roman Roads

The Romans built an extensive road network across the country. One such road followed the course of what is now Tadcaster Road and after passing through Copmanthorpe continued on to Tadcaster which at that time was known as Calcaria.

### Did you spot any birdlife on your walk?

- Blackbird
- Blue tit
- Bullfinch
- Chaffinch
- Chiffchaff
- Goldfinch
- Great tit
- Great-spotted woodpecker
- Greenfinch
- House martin
- Robin
- Swallow
- Swift
- Whitethroat
- Willow warbler
- Vulture!?
- .....



### Askham Bog

A remarkable survivor of the ancient fenlands of Yorkshire – it occupies the site of a lake, left behind by a retreating glacier 15,000 years ago. Since Roman times Askham Bog has been used by local communities as a source of peat for fuel. In 1946 the famous sweet manufacturers Francis Terry and Arnold Rowntree bought the bog and the Yorkshire Naturalists (now Wildlife) Trust was formed to receive it as a gift.



### Hemlock

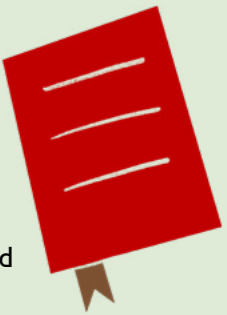
Growing very close to Askham Bar the tall but deadly hemlock plant can be found. In ancient Greece the famous philosopher Socrates chose to die by drinking hemlock after being sentenced to death by those who didn't like his speeches and views on democracy.

### What kind of flowers can you see?

- Dandelion
- Daisy
- Clover
- Bluebell
- Daffodil
- Rose
- Orchid
- .....

### Copmanthorpe

Copmanthorpe is an ancient village. It was mentioned in the Domesday Book of 1086, a book produced for William the Conqueror, which listed most of the towns and villages in England and Wales as well as details of land ownership. The name of the village is derived from Old Norse and means Traders Village or Craftmans Village.



### Copmanthorpe Flower Walk

Along the approach to Copmanthorpe the bright purple common knapweed is frequently seen. This colourful flower is a favourite source of nectar for bees, butterflies and other insects. The abundant white and yellow flowered ox-eye daisy is also a favourite with insects. A single plant can produce tens of thousands of seeds which can lie dormant for up to forty years.

# Askham Bar to Askham Bog and Copmanthorpe trail

## 1 Start

Start the walk from the entrance to Askham Bar Park and Ride site.

It's also possible to store a bike here and Park and Pedal into the city centre.



The reserve has a raised boardwalk which is a short loop accessible at all times. Wellies are required for the rest of the site which can be boggy with deep pools and ditches.



## 7

At the end of the flower trail turn sharp left and follow the footpath running beside Tadcaster Road back towards Askham Bog and then retrace your steps back to Askham Bar.

## 4

After visiting Askham Bog return to the main road, turn right, cross the road at a pedestrian crossing and walking straight ahead, follow a surfaced footpath which leads to Copmanthorpe.

## 5

The footpath passes under the A64.

## 6

After passing under the bridge look for a gravel track on the right. Follow this track uphill through an area full of wild flowers.

Along the walk you'll find a pond, originally made to prevent local flooding after heavy rain, the pond is also valuable to wildlife; dragonflies and damselflies can be seen patrolling this area.



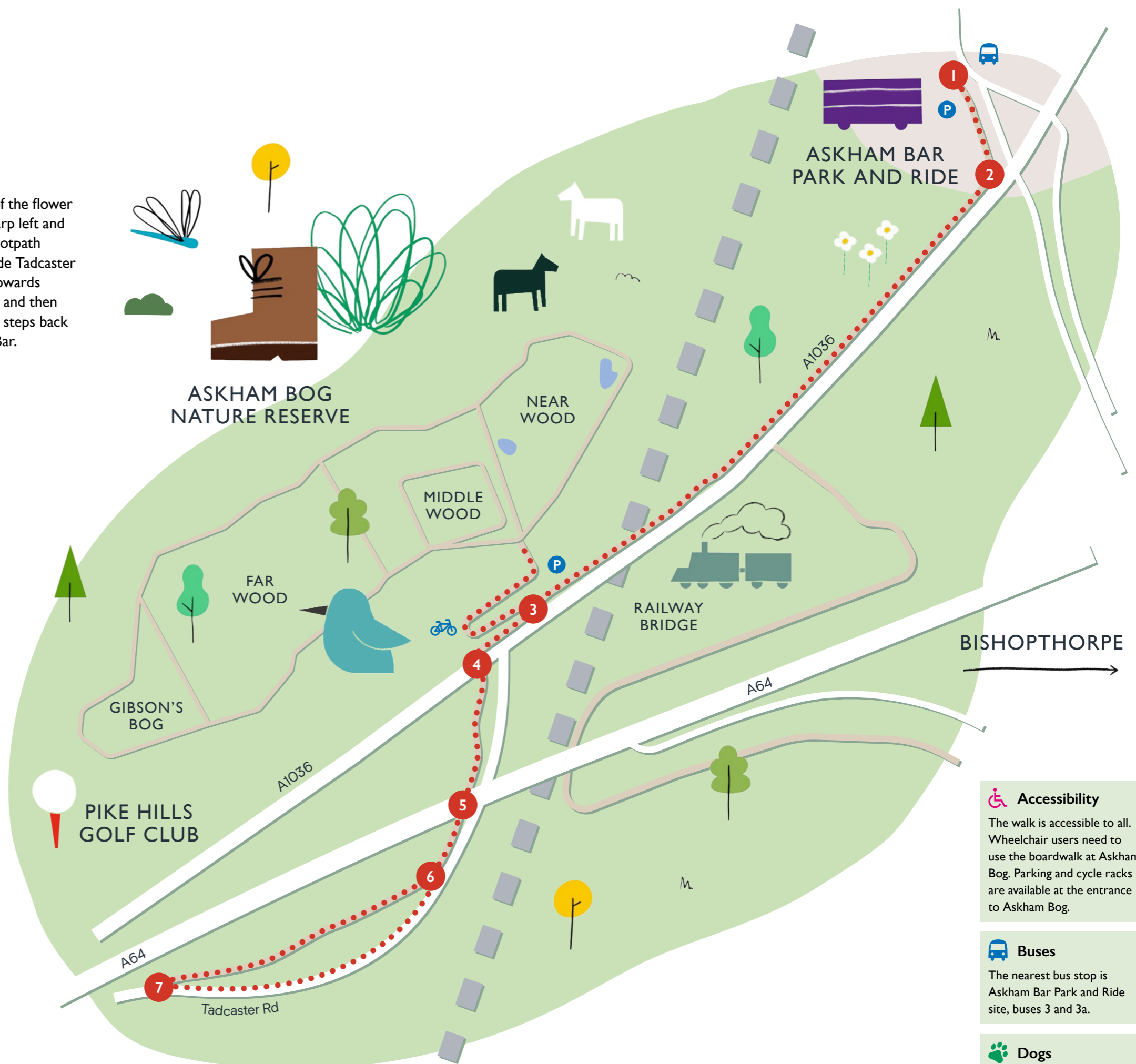
## 3

To enter Askham Bog cross the gravel car park. Turn right passing through a gate and follow a track which skirts a golf club.

Look out for the massive Royal Fern, the largest kind of fern found in the UK. It loves damp places like Askham Bog and can grow up to 3 metres tall.



## ASKHAM BOG NATURE RESERVE



**Accessibility**  
The walk is accessible to all. Wheelchair users need to use the boardwalk at Askham Bog. Parking and cycle racks are available at the entrance to Askham Bog.

**Buses**  
The nearest bus stop is Askham Bar Park and Ride site, buses 3 and 3a.

**Dogs**  
Dogs are allowed at Askham Bog on the boardwalk on leads only.

COPMANTHORPE

BISHOPTHORPE