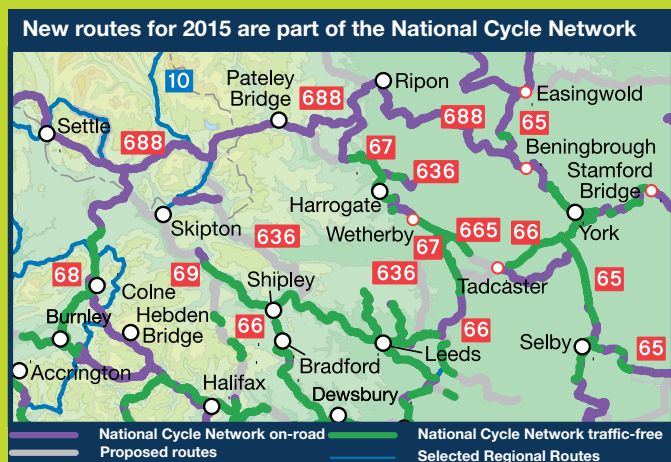




Cycle Harrogate with Knaresborough, Ripley and Wetherby routes



About Sustrans

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make everyday.

It's time we all began making smarter travel choices.

Make your move and support Sustrans today.

www.sustrans.org.uk

This map has been produced by



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Nidd Viaduct

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 loose surfaces
- 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.

Cycle Harrogate

With the recent completion of a missing section of National Route 67 from the centre of Harrogate to Follifoot village, 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.

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 08457 484950 or visit www.nationalrail.co.uk

Bus

The number 36 bus runs every 15 minutes between Harrogate (next to the railway station) and Ripley for most of the day. Visit www.harrogatebus.co.uk

Cycle Hire

Bike & Go: at Harrogate station. Visit www.bikeandgo.co.uk

Big Red Bike: just behind Harrogate railway station on East Parade: Call 01423 508941

Veloheads: just off The Avenue north of Starbeck railway station. Call 01423 819564

Walking and Cycling

For more information about walking as well as cycling in Harrogate (including the app), visit www.openharrogate.co.uk

The Sustrans website has up-to-date information and detailed mapping for the whole of the 14,000 miles of National Cycle Network. Visit www.sustrans.org.uk

Cycling for Health

Cycling is a great way to enjoy an active lifestyle and be healthier. Regular cycling can help you burn calories, reduce cholesterol and lower blood pressure, and generally improve your sense of well-being.

Find out more about opportunities and support for being more active at

www.harrogate.gov.uk/activehealth

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

Details of cycling events can be found at www.harrogate.gov.uk/cycling, and you can download the free map for the **Slow Tour** ride from Harrogate to Ripley from www.sustrans.org.uk/slowtourofyorkshire



Traffic-free cycling

Tourist Information

Harrogate: at the Royal Baths on Crescent Road. Call 01423 537300

Knaresborough: off the Market Place at 9 Castle Courtyard. Call 01423 866886
Also visit www.visitharrogate.co.uk

Wetherby: in the library at 17 Westgate. Call 01937 583144

Wetherby



Harrogate and Knaresborough



| | | | |
|--|--------------------------------------|--|-------------------------------------|
| | Traffic-free walking and cycle route | | Local café |
| | Advisory cycle route | | Public toilets |
| | Footpath | | Public house |
| | School | | Post office |
| | Hospital | | Tourist information |
| | College | | Train station |
| | Supermarket | | Bus station |
| | Post office | | Toucan crossing |
| | Library | | Parking |
| | Bike shop | | Tourist attraction |
| | Local shops | | National Cycle Network Route number |
| | | | Portrait bench |

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sustrans
JOIN THE MOVEMENT

National Route 67
to Fountains Abbey
and Ripon

Nidderdale Greenway

In 2013 a new 3 mile walking, cycling and horse riding route from Bilton to Ripley, was completed thanks largely to the re-opening of the 1848 railway viaduct over the Nidd Gorge. The whole project was a joint effort by Harrogate Borough Council, North Yorkshire County Council, local cycling groups and Sustrans, supported by The National Lottery. A little later the greenway was extended beyond Ripley along Hollybank Lane towards Clint.



Tour de France commemorative sculpture

Beryl Burton Way

Named after one of Britain's best cyclists, this is an off-road cycle route from Bilton Village Farm to the River Nidd in Knaresborough. It was developed by Sustrans to enable cyclists to avoid using the very busy A59. Born in Leeds, Beryl Burton (1937-1996) lived in Morley for most of her life. Racing first for Morley CC then Knaresborough CC, she won over ninety domestic championships and seven world titles. In 1967, she also set a 12-hour time trial record of 277.25 miles, which exceeded the men's record for two years.



Malcolm Margolis Portrait Bench



Each grid square on this map represents 1km (0.6 miles)



0 Kilometres

0 Miles

See continuation of map overleaf

67

To Wetherby

67