

Take the Green Route!

Nature Cycle Route 1

Time - about 1 to 1.5 hours, Distance - about 3 miles



Key



Café

Route with hard surface

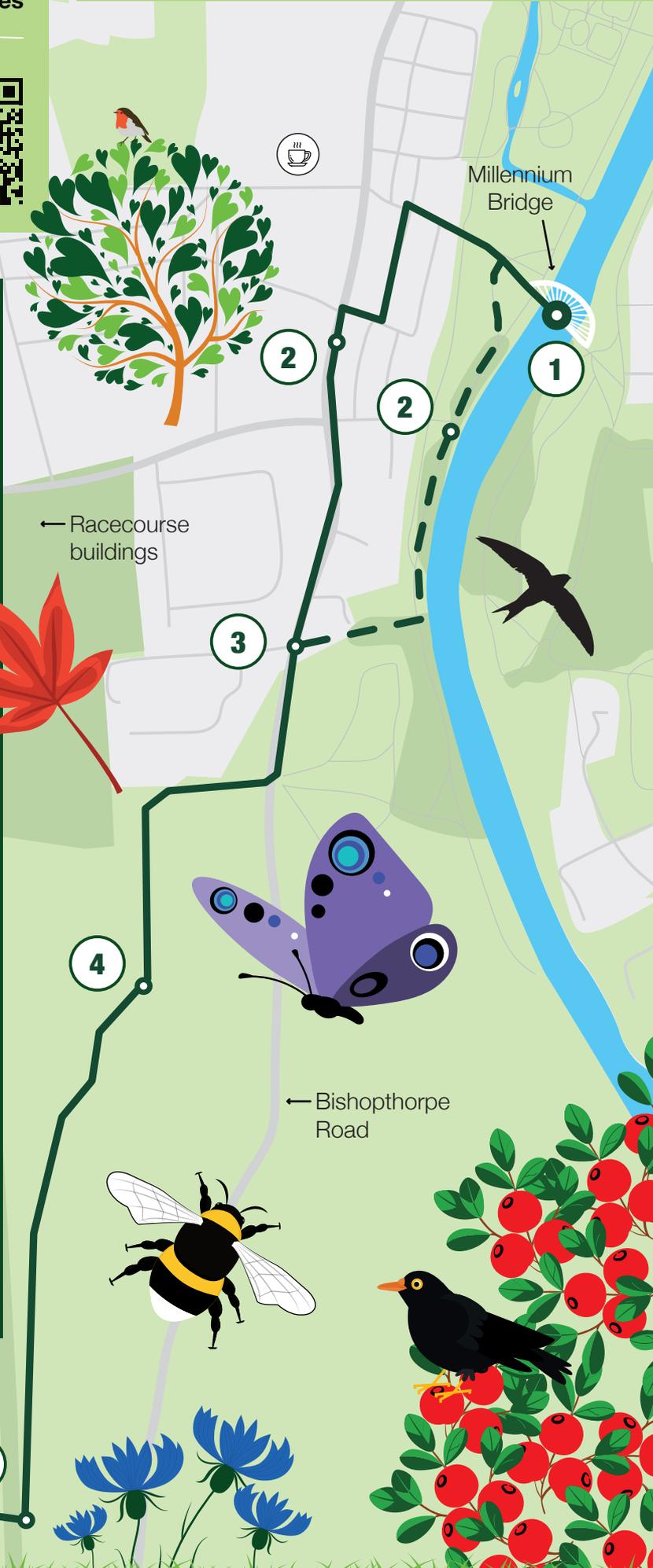
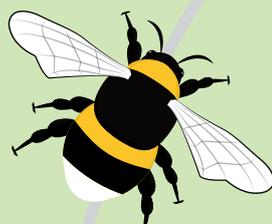
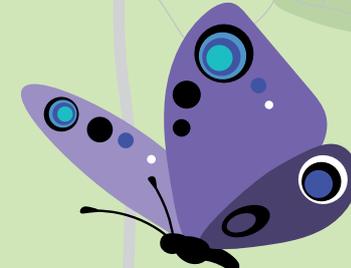
Route with steep incline



1. Knavesmire Woods Return



- 1 Start on the Millennium Bridge. Notice the reflections and ripples on the water. With the arch behind you, bear left off the bridge.
- 2 Follow the traffic free route towards Bishopthorpe along the riverside and up the steep hill. For a more gentle incline, go straight ahead off the bridge, left through the side streets, then left again onto Bishopthorpe Road.
- 3 At the top of the hill, join the shared route on the pavement. Cross the road, and turn left to follow the traffic free route through the racecourse grounds.
- 4 After the racecourse buildings, continue on the route downhill. Pause on the bench under the trees. Admire the view over the Knavesmire, and notice the patterns of clouds in the sky. This area has been developed as a Wilder Space. In summer, what wildflowers can you see?
- 5 Continue on the route to the end of the racecourse track. Turn right after the chicane. Take care on the sand over the tracks.
- 6 Take the fourth opening into the woods on your right. Sit on one of the benches, or simply explore. Breathe deeply. What can you see in the woods around you? What birds can you hear? When you are ready, return the way you came.



Knavesmire Wood

6

5

2

2

3

4

1

Millennium Bridge

← Racecourse buildings

← Bishopthorpe Road