

Ride Notes

Access to the start of this ride is now even easier for those in the west of York thanks to new cycle lanes across Clifton Bridge.

- 1 **Clifton Ings** – ancient flood meadows, full of wild flowers because it has never been ploughed or enclosed. Cut for hay in July.

A footpath follows the riverside but the cycle path stays close to Ings Dyke and soon crosses it to Rawcliffe Meadows.

- 2 **Rawcliffe Pond** created in 1991 and managed for wild life.

- 3 **Rawcliffe Meadows** is owned by the Environment Agency and managed by Friends of Rawcliffe Meadows. It has many wild flowers. The grass is cut for hay in July and grazed in the autumn.

- 4 **Rawcliffe Bar Country Park**. Open grass areas with a pond, newly-planted woodland and a children's play area next to the Park & Ride.

- 5 The cycle path goes under the ring road.

- 6 **Route 65**, which we follow for most of this ride, comes from Hull and Selby and continues north past Beningbrough Hall to Easingwold and Teesside. The track is looked after by Sustrans (Sustainable Transport) Voluntary Rangers.

- 7 For a slightly longer ride turn left and follow Route 65 signs along quiet lanes nearby to Shipton.

- 8 **Skelton Nursery Gardens and Café**.



Time: About 40 minutes each way with a café stop at Skelton Nursery.

Route info: Approx. 7 miles. Using almost entirely off-road cycle paths and one minor road. This ride is not currently fully accessible to bike trailers/tagalongs.



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 3

A riverside ride from **Clifton Bridge** to **Skelton Nursery** and back via **Clifton Ings** and **Rawcliffe Meadows**

A Riverside Ride from Clifton Bridge to Skelton Nursery and back via Clifton Ings and Rawcliffe Meadows

This ride is signed Route 65. It is part of the NCN (National Cycle Network)

Note: cycle barrier under bridge at start of ride not currently accessible to trailers/ragalongs

Start & Finish

P

cycle crossing

Clifton Ings

Rawcliffe Meadows

Rawcliffe Bar Country Park

Park & Ride

WC

A19 ring road

The signs for Route 65 turn left where we turn right

7

small section of country lane

Stripe Lane

Skelton

walk on footpath for 100 yards or so - separated from road by grass verge

6

Miniature Forth Bridge

8

Skelton Nursery Gardens & Café

A19

Rawcliffe Landing

5

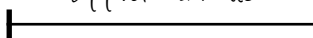
After a café stop it is certainly possible to return along the footpath beside the A19 - but the way you came is much more scenic. (There is a proper cycle path along A19 but on the opposite side of the road)



cycle track



approx 1/2 mile



Steeply sloping approach to riverside walk and cycle path under bridge