



List of Stately homes and Gardens can be found here

LINK 

More York based parks and green spaces

LINK 

Live Well York Site

- www.livewellyork.co.uk
- www.yor-ok.org.uk (for Children)

The above websites are for all adults and families in York. It has helpful information and advice, on hundreds of local groups and activities and what events are happening across York.

The Community Activities directory is about the groups and activities taking place in your area. Supported by many organisations across York. You can find out more about the organisations involved on the Live Well York Partners page.



FREE PLACES

- The Homestead Clifton
- Rowntree Park, York
- Roundhay Park, Leeds
- Wolds Way Lavender Farm. Located off the A64 York to Scarborough road to the east of Malton and Rillington
- Yorkshire Lavender Farm, Terrington
- Goddard's House and Tearooms
- Treasurer's House, York
- Yearsley Woods
- Beaumont Park, Huddersfield



WITH ENTRY FEE

- Castle Howard
- Breesy Knees, York
- Beningbrough Hall and Gardens, York
- RHS Harlow Carr, Harrogate
- York Maze
- The Forbidden Corner, Lyburn, N Yorks
- Fountains Abbey, Rippon
- Eden Camp
- Dalby Forest
- Harewood House - between Leeds and Harrogate
- Ripley Castle - Outside Harrogate
- Temple Newsam, Leeds
- Yorkshire Sculpture Park, Wakefield

[Click here to find out more information](#) 



Nature and Mental Health Week

10-16 May 2021



Being in nature can help improve our mental health. This mental health week focuses on the benefits nature can provide for your mental health, such as creating feelings of calm, relaxation and connectedness. Here are some ideas of how you can access nature and support good mental health.

[Click here to find out more information](#) 



Cycling Activities

York has a vibrant and welcoming sustainable transport community, offering a range of walks, rides, support and volunteering opportunities.

York Cycling Maps:

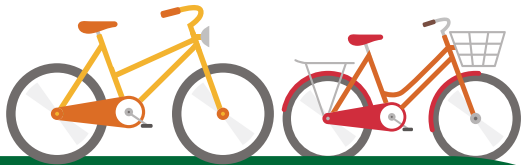
- www.itravelyork.info/maps-guides

York Cycling Resources:

- www.itravelyork.info/cycling

York Cycling Resources:

- www.itravelyork.info/community-groups



Way of the Roses Cycle Route

York is privileged to have one of Sustrans' iconic coast-to-coast routes running through the city. The Way of the Roses enters York through Sustrans woodland at Hurns Gutter, crosses Rawcliffe Ings skirts the Minster and leaves the city's boundaries through Sustrans 'Balloon Tree Copse' near Stamford Bridge.

Bikes belles have put together a

series of ideas for local walks or rides along green routes and spacious green or blue spaces around York. All routes also have ideas about how you can tune into nature as you go:

<http://yorkbikebelles.community>



Walking Activities

The City of York Council have guides on various and exciting walks around the local area:

- www.york.gov.uk/open-spaces/countryside-walks/1
- www.itravelyork.info/downloads/download/9/wildlife-walks
- www.york.gov.uk/york-city-centre/city-walls/1



North Yorkshire Walks, Horse and Bike rides

North Yorkshire has more than 10,000km of public rights of way and offers off-road routes for cyclists and equestrians. These routes cater for all abilities. They use mainly bridleways, green lanes and some unclassified roads. Some routes are rugged and hilly. Most of the routes are suitable for both horse riding and biking, read individual route guides for detailed information.

North Yorkshire and York Local Nature Partnership

www.nypartnerships.org.uk

This is the Government initiative to change how we work on the natural environment. This vision is to see the natural environment of North Yorkshire and York conserved, enhanced and connected across the whole LNP area for the benefit of wildlife, people and the economy.

Conservation Activities with Conservation Volunteers

www.tcv.org.uk/yorkshire/tcv-york

The TCV run practical conservation tasks in various locations in York and the surrounding area from 10am-3pm on the last Sunday in each month. Transport is provided from York city centre. No experience necessary. The work varies from season to season.

