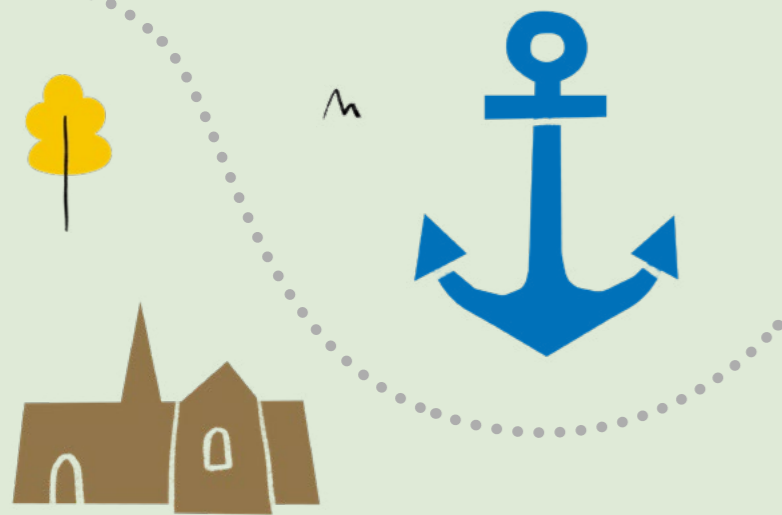


# EXPLORING YORK



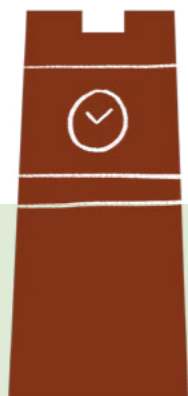
## Bishopthorpe to Acaster Malbis return trail

 Distance **4.5 miles**  
 Est. Time **1:30hrs**

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.visitYork.org](http://www.visitYork.org)



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.



### Making waves

A wide variety of colourful boats can be seen on the River Ouse including cruisers, narrowboats, houseboats and dinghies. Some are used as homes and the owners have created distinctive gardens along the riverbanks.

### Naburn Swing Bridge

Sailing vessels used to travel up the River Ouse bringing goods to York. When they reached Naburn they were charged a toll to enter the city and the bridge crossing the river swung open to allow the boats to pass. The bridge was also used by trains travelling to between London and Scotland including 'The Flying Scotsman'.



### 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!?
- .....



### Bike trail

As you enter Bishopthorpe the walk continues along part of the National Cycle Network. The surfaced path running between Bishopthorpe and Riccall was formerly the route for the East Coast Main Line and a disused station still exists at Naburn. The cycle trail also hosts the Solar System Walk which features scale models of the sun and the planets in our solar system plus two replicas of satellites.



### Cleaning up

Before toilets were invented people used to use chamber pots and often emptied the contents of these pots directly into the street. As a result many people died from dysentery, cholera and other water-borne diseases. These days our sewage waste ends up in places like Naburn Sewage Treatment Works which performs the very important job of cleaning our household waste before discharging clean water into the river.



### How many different types of leaves can you find?

- |   |   |   |   |
|---|---|---|---|
|  |  |  |  |
| <input type="checkbox"/> Alder  | <input type="checkbox"/> Ash  | <input type="checkbox"/> Beech  | <input type="checkbox"/> Rowan  |
|  |  |  |  |
| <input type="checkbox"/> Sycamore   | <input type="checkbox"/> Oak  | <input type="checkbox"/> Birch  | <input type="checkbox"/> .....  |



### Fishers

The Naburn Swing Bridge features an unusual metal sculpture entitled 'The Fisher of Dreams' but if you look carefully you may spot a fisher of a different kind. A kingfisher is regularly seen feeding in this area. Their favourite kinds of food include minnows, sticklebacks, shrimps and tadpoles.

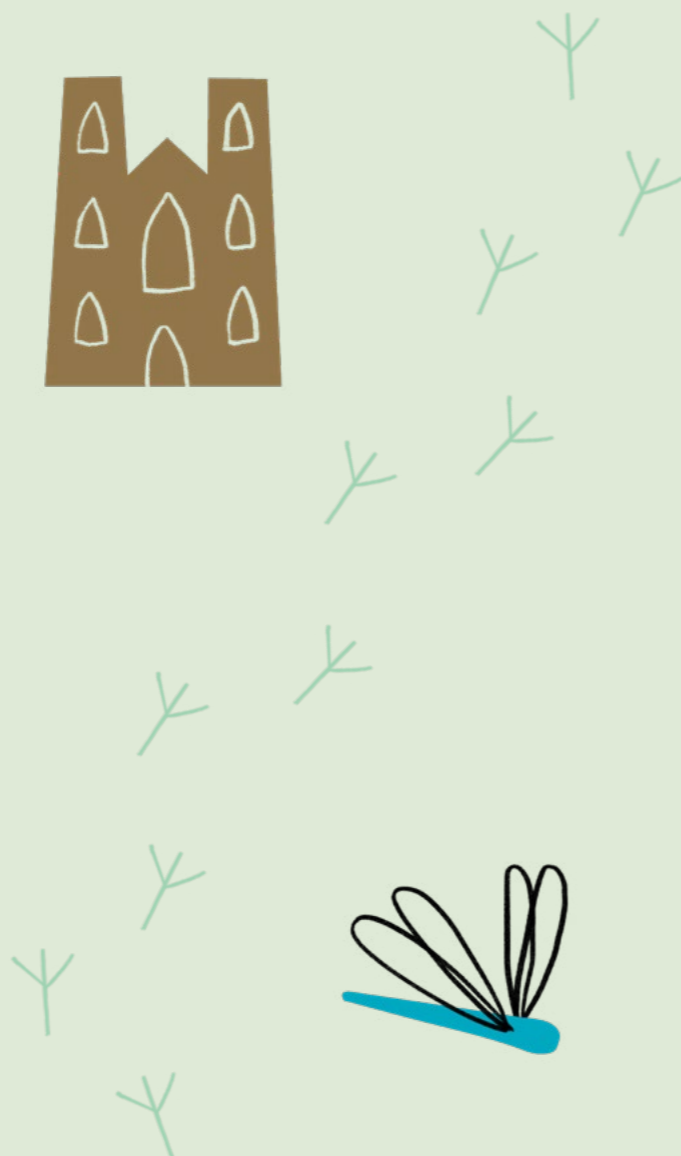
### That's the Spirit

Pubs in York have a reputation for being haunted. The Ship Inn in Acaster Malbis is no exception. If you visit this pub be prepared for the unexpected. Landlords have reported chairs moving on their own, the fire lighting spontaneously and seeing a misty grey male ghost.



### Brunswick Organic Nursery

A colourful selection of garden flowers can be found at Brunswick Organic Nursery. The flowers are grown by people with learning difficulties who also make an attractive range of handicrafts which are available to buy in the nursery shop.



# Bishopthorpe to Acaster Malbis return trail

## 1 Start

Start the walk from the bus stop on Acaster Lane (buses 11 and 21). Head south away from Main Street. Turn left upon reaching Ferry Lane.

## 2

Follow Ferry Lane as it leads to the River Ouse.

## 3

Ferry Lane bends to the right at this point and then runs parallel to the river. Continue to walk beside the river until reaching Acaster Malbis.

Refreshments may be available at The Riverside Rest Café. Benches with seating are available opposite the café.

## 4

The footpath passes underneath an old railway bridge at this point.

Look out for a kingfisher which can regularly be seen feeding in this area.

## 5

The footpath eventually reaches Acaster Lane. After reaching the lane turn left, cross the road and walk past a caravan site.

After passing (or resting at) the Ship Inn turn right up Hauling Lane. Look for a public footpath sign on the right immediately after passing the Inn.

## 6

After entering a caravan site turn left and almost immediately turn right and walk between two long rows of parked caravans.

## 7

Upon reaching the end of parked caravans turn left on to a surfaced road and head toward an exit gate. Go through the pedestrian gate to reach Darling Lane.

After exiting the caravan site turn right and walk briefly along the quiet lane.

## 8

Continue to follow the lane as it bends to the left and passes another caravan site. The route follows a quiet lane. Stay alert for traffic.

## 9

Upon reaching a junction turn left and look for a public footpath sign on the right just a short distance from the junction.

Join the public footpath which passes through several fields before reaching Bishopthorpe.

## 10

Continue to follow the public footpath through several fields.

## 11

The public footpath reaches the York to Selby Cycle path at this point. Upon reaching the cycle path turn left.

The cycle path passes Brunswick Organic Nursery where food and drink are available as well as a good selection of garden plants.

## 12

The cycle path passes under a bridge at this point. Walk to the end of Appleton Court.

## 13

At the end of Appleton Court turn right and walk to the end of Copmanthorpe Lane.

## 14

At the end of Copmanthorpe Lane turn left and walk along Main Street. Buses 11 and 21 return to York from the Bishopthorpe Post Office bus stop.



## Accessibility

The first part of the riverside walk is accessible. After passing under Naburn Bridge the riverside walk has two stiles. The parts of the walk passing through fields and through Bishopthorpe are also accessible.

## Buses

Take bus 11 or 21 to Acaster Lane End (Bishopthorpe). To return to York take bus 11 or 21 from Acaster Lane End or bus 11 from Main Street (Bishopthorpe). Bus 21 from The Ship Inn (Acaster Malbis) can also be used to return to York.