

# Wear Walking for Health

As well as being a great way to get out in the fresh air, walking can help to increase your fitness, stamina, confidence and well-being, reduce the risk of heart disease, control body weight, strengthen bones, reduce high blood pressure and reduce stress and anxiety.



## Bishop Auckland Health Walk Route 1 - The College Walk

An easy **1.5 mile circular walk** in Bishop Auckland starting from the Car Park at Woodhouse Close Leisure Complex



From the entrance to the Car Park at Woodhouse Close Leisure Complex



... turn left and follow the path ...



... past Bishop Auckland College at the top of the bank ...



... down to the junction. Cross carefully following the road towards the town centre.



Follow the footpath to the junction with Lambton Drive.



Turn right and follow the footpath ...



... carrying on up the slope ...



... until you reach the junction with Woodhouse Lane.



Turn left and follow the footpath ...



... down to the traffic lights. Cross carefully to the right and turn right.



Follow the path past the Library and the front of Woodhouse Close Leisure Complex.



Returning to the Car Park.

**The Cafe at Woodhouse Close Leisure Complex is open for refreshments. Telephone 01388 602557 for details.**

**... and Remember!** Any walking is better than none but to make sure you are getting the maximum health benefits, a brisk walk is better than a stroll and you should work towards walking for 30 minutes on most days of the week at a pace which makes you warm and your breathing slightly more heavy than normal.

**For further details join the "Wear Walking for Health" Programme.**

**Contact :** "Wear Walking for Health" Community Services Department Wear Valley District Council  
Civic Centre Crook Co. Durham DL15 9ES Tel 01388 765555 [www.wearvalley.gov.uk](http://www.wearvalley.gov.uk)



# Bishop Auckland Health Walk Route 2 - The Henknowle Walk

An easy **1.25 mile circular walk** in Bishop Auckland starting from the Car Park at Woodhouse Close Leisure Complex.



From the entrance to the Car Park turn right and follow the path.



Cross carefully straight on at the traffic lights ...



... and carry on down the footpath passing the TA Centre to the left ...



... and Barrington Lodge to the right.



When you reach the junction with Devon Place turn right.



Follow the footpath ...



... along and round until you meet ...



... the junction with Watling Road. Turn left ...



... then carefully cross the road ...



... to the entrance of Jane Armstrong Park.



Follow the path to the top corner leaving by the gate.



Turn right and follow the footpath.



Carry on and follow the footpath round ...



... to the junction with Proudfoot Drive where you turn right.



Follow the path along to the junction with Woodhouse Lane then turn right.



Carry on down the footpath until you reach the Car Park.

**The Cafe at the Woodhouse Close Leisure Complex is open for refreshments.**

**Telephone 01388 602557 for details.**

## Hints and Tips - get the most out of your Walking.

- Take Care - paths may be uneven and muddy.
- Watch out for traffic - follow the Highway Code.
- Wear strong shoes or boots
- Carry some waterproof clothing
- Do not undertake activity if you feel unwell, take time off to get better.
- Please be considerate of local residents

**SO STRIDE OUT AND IMPROVE YOUR HEALTH!**

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## Bishop Auckland Health Walk Route 3 - The Recreation Ground Walk

An easy **1.25 mile circular walk** with slight inclines starting from the 4 Clocks Centre in Newgate Street through Bishop Auckland Recreation Ground. Parking can be found at The Morrisons Car Park (Parking fee payable)



From the 4 Clocks turn right to access and cross Morrison's Car Park ...



Cross Bob Hardisty Drive at the Crossing. Continue along the path through the gap in the wall passing Lingford Court on the left



At the junction turn left for 50m, then right into Hutchinson Street.



At the top of the incline take the 2nd left path into the Recreation ground.



Continue straight ahead up the incline. (Extra loops can be added using the footpaths)



At the main gates turn left into Etherley Lane.



At the Road Bridge turn left at the 'Public Footpath' sign. Follow the path past the Post Office Depot ...



... turn left into the Rec. Ground opp. B&Q and follow the slope past the Tennis Courts to leave the Rec. Ground



Turn left then continue past the island.



Follow the path straight ahead with houses behind metal railings to the right



Leave via the steps, turning right into Nelson St. At the end turn right into Bishop St and left into May St. Carry straight on to pass Lingford Court



Turn right into the walled path to join Bob Hardisty Drive. Take care as you cross back through the Car Park to the 4 Clocks

**... and Remember!** Any walking is better than none but to make sure you are getting the maximum health benefits, a brisk walk is better than a stroll and you should work towards walking for 30 minutes on most days of the week at a pace which makes you warm and your breathing slightly more heavy than normal.

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# Bishop Auckland Health Walk Route 4 - The Cockton Hill Walk

An easy **1.25 mile circular walk** with a slight incline starting from the 4 Clocks Centre in Newgate Street to Cockton Hill through Craddock Street. Parking can be found at The Morrisons Car Park (Parking fee payable)



Crossing at the Pedestrian Crossing turn right. Take care at the ASDA access road continuing over the Railway Bridge, past the Lady Eden Unit and Methodist Church.

From the 4 Clocks turn right into Newgate St. Follow the path until Bishopgate Medical Centre.



Turn Left into Craddock St. opposite the Baptist Church



Continue straight ahead - exit by the footpath at the bottom right corner of Craddock St.



Turn right to follow the path. Continue straight ahead to the end of the houses.



Turn left at the metal railings. Follow the path to St Andrews Road



Turn left past the Territorial Army Centre



Turn left at the white house into St. Aidans Walk. Follow the signs for the Community Centre



Turn left at the Post Box into Taylor Road. Take the 1st right.



Follow the path past the Community Centre. Bear right to rejoin the path and re-trace your steps.



Continue straight ahead. Turning back into Craddock St at the White House. With the General Hospital facing, turn right to pass the Methodist Church and re-trace your steps back to the 4 Clocks.

**Need a room for your meeting or training**

**The 4 Clocks Centre is open weekdays.**

**Telephone 01388 609852 for details.**

## Hints and Tips

**- get the most out of your Walking.**

- Take Care - paths may be uneven and muddy.
- Watch out for traffic - follow the Highway Code.
- Wear strong shoes or boots
- Carry some waterproof clothing
- Do not undertake activity if you feel unwell, take time off to get better.
- Please be considerate of local residents

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## Bishop Auckland Health Walk Route 5 - The Town Centre Walk

An easy **1 mile circular walk** in Bishop Auckland Town Centre starting from the 4 Clocks Centre in Newgate Street. Parking can be found at The Morrisons Car Park (Parking fee payable)



From the 4 Clocks turn right to access and cross Morrison's Car Park ...



... at Bob Hardisty Drive turn right ...



... follow the footpath ...



... to the traffic lights crossing with Newgate Street.



Cross carefully. Take the left footpath & continue past the flowerbeds ...



... to the junction and turn right onto Tenters Street.



Follow the road to the bottom and turn left onto Newgate Street.



Follow the pedestrianised street to the Market place and turn right towards Auckland Castle.



At Durham Rd with the Bishops Clock facing, turn right.



At the road junction turn right onto Kingsway. Continue along Kingsway turning right to reach the traffic lights at Newgate St.



Cross carefully and turn left towards the Pentecostal Church. Turn right into Flintoff St. Turn right again to rejoin Newgate St.



Cross with care and return to the 4 Clocks Centre.

A Tourist Information Centre and café can be found in Bishop Auckland Town Hall. The Laurel Cafe is open weekdays. Tel 01388 602610 for details.

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# Bishop Auckland Health Walk Route 6 - The Edgar Grove Walk

An easy **1.25 mile circular walk** with a slight incline starting from the 4 Clocks Centre in Newgate Street through Bishop Auckland Recreation Ground. Parking can be found at The Morrisons Car Park (Parking fee payable)



From the 4 Clocks turn right to access and cross Morrison's Car Park ...



... at Bob Hardisty Drive turn right ...



... follow the footpath ...



... to the traffic lights crossing with Newgate Street.



Cross carefully. Take the left footpath & continue past the flowerbeds.



Take care crossing the road at the junction and walk up the slope to the footbridge.



Cross the footbridge and keep to the right ...



... through the 2 Edgar Grove housing arches and follow the slow incline ...



... to join Etherley Lane. Turn left and continue along Etherley Lane.



Turn left and pass through the gates into the Recreation Ground ...



... continue down the slope to the exit at the left corner. \*



Continue straight ahead keeping the metal railings on your right ...



... then turn left at the end of the path.



Turn right into Hutchinson Street. At the junction at the end of the houses turn left ...



... then first right, pass Lingford Court and turn right into the walled path ...



... to join Bob Hardisty Drive. Take care as you cross back through the Car Park to the 4 Clocks

**The  
4 Clocks Centre  
is open  
weekdays.**

**Telephone  
01388 609852  
for details.**

## Hints and Tips - get the most out of your Walking.

- Take Care - paths may be uneven and muddy.
- Watch out for traffic - follow the Highway Code.
- Wear strong shoes or boots
- Carry some waterproof clothing
- Do not undertake activity if you feel unwell, take time off to get better.
- Please be considerate of local residents

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\* An extra loop can be added using the footpath.

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## Bishop Auckland Health Walk Route 7 - The Auckland Castle Walk

An easy **1.25 mile circular walk** with a moderate incline around the grounds of Auckland Castle starting from Bishop Auckland Market Place.



Starting from the Market Place ...



... head towards the Castle Gateway taking care as you cross the road



Follow the drive way passing the Castle entrance on your left until you reach the iron gateway into the park. Turn left.



At the end of the Castle boundary wall take the right path towards the Deer House



Take time to explore the Deer House.

To avoid a moderate climb later in the walk return by the same route. Otherwise continue down the slope to the left.



At Bishop Trevors Bridge pause to enjoy the view and gather your strength ...



... before turning around continuing on the path up the moderate incline on the right back towards the Castle.



Leave the Park by the iron gate into the Castle driveway ...



...and return to the Market Place through the Castle Clock Tower Gateway Arch.

Opening times and dates for the Castle, Castle Tea Room and access can be found at the **Clock Tower Gateway or by telephoning 01388 601627**

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