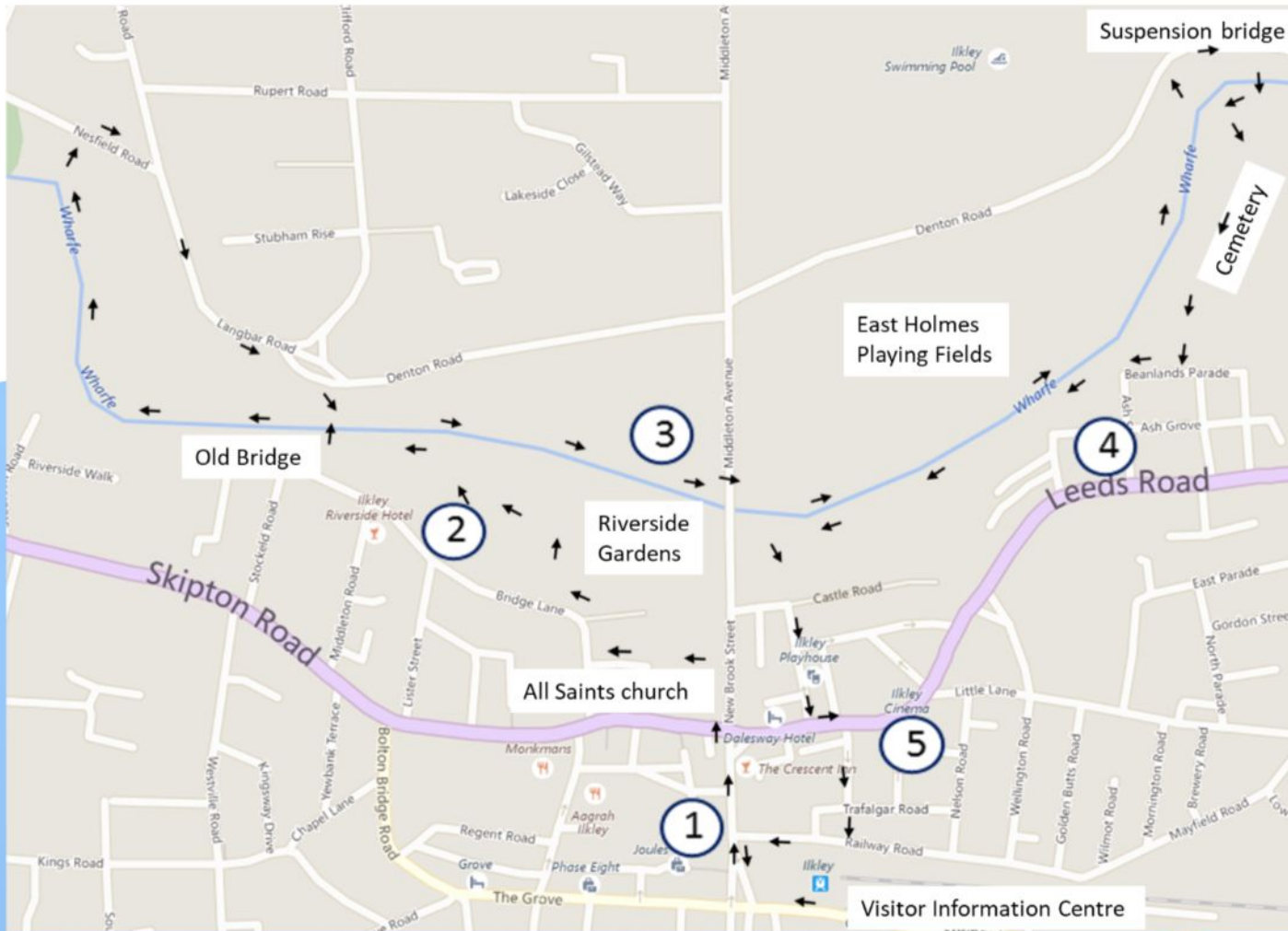


TRANQUILLITY TRAIL ILKLEY



Being in tranquil spaces can help us relax, clear our heads and help us to regain focus. Ilkley is a wonderful place full of interesting open spaces and close to the river Wharfe. Being surrounded by nature has also been found to be hugely beneficial for health and wellbeing especially if we can also hear the sounds of nature. The Tranquillity Trail allows you take time to appreciate nature even in the midst of this thriving community. You can leave the car behind on this occasion and in most weather and in all seasons enjoy a peaceful walk. This can facilitate important downtime, personal reflection and mindfulness with the bonus of healthy exercise. This leaflet guides you on a circular walk along relatively quiet routes to some beautiful tranquil spaces without leaving Ilkley.



Manor House (just past All Saints church)



ADDITIONAL INFORMATION

The Tranquillity Trail takes about an hour to complete without rest stops but taking a more leisurely pace may suit better.

For further walks, tours and places to visit contact Ilkley Visitor Information Centre, Town Hall, Station Road, LS29 8HB. Tel: 01943 602319

1. Town Centre. From the Information Centre walk towards the junction at the top of Brook Street with beautiful flower beds. Walk down this attractive shopping Street on the left hand-side and cross Church Street to All Saints church and continue ahead until the corner of the church yard is reached. Turn left here and walk along the path past the 17th century Manor House and then down steps to the boundary of a small number of new homes. Turn right downhill and then left to follow the path past the homes to a gap in the stone wall on the right that



leads to a steep path down into the park.

2. Park and riverside walk to the west At the bottom of the path turn left onto the main path that takes you through the centre of Riverside Gardens, a quiet space away from traffic noise. This leads to the riverside walk where the weir on the River Wharfe can be heard. Turn left and follow the path past the Riverside Hotel to the Old Bridge built in 1675. Cross over and then turn immediately left to follow a gravel path alongside the river. There are excellent views of the river and the wooded banks.



Follow the path until it meets Nesfield Road. Turn right along this quiet residential road and note the fine views of Ilkley Moor to the south. Continue along this road and then cross over and bear right to follow Langbar Road to the roundabout adjacent to the Old Bridge. Walk over to the bridge and turning left follow the riverside path going eastwards.

3. Riverside walk going east. The path affords wonderful views of the river Wharfe and the surrounding wooded banks are full of interest. The soundscape is dominated by the sound from a series of rapids. The



path takes you past sports fields to the main road, New Brook Street. Ascend the steps, cross the road and descend on the other side.

Continue to follow the river eastwards passing rugby pitches on the left and more rapids on the river Wharfe. The path leads to Denton Road and here turn right onto the pavement and follow round to the pedestrian suspension bridge.

4. Suspension bridge and riverside walk going west. Cross the suspension bridge with fine views of the river in both directions. Turn right on reaching the far bank and follow the riverside path for a short distance. On the left gain access to the edge of the cemetery grounds and immediately turn right so you are effectively following the river on a cemetery path. Look out for attractive cemetery chapels over to the left. Walk straight ahead, cross a small green and arrive at a quiet residential street, Beanlands Parade, Turn right and soon regain the riverside path and turn left. Walk straight ahead following the river on your right and residential properties on the left. Further on the houses give way to a steep grassy bank. This is one of the most tranquil parts of the trail as traffic noise is at a minimum and natural sounds dominate. Walk almost to the road bridge and turn left and mount the flight of steps.



5. Ilkley Playhouse and Railway Station. Walk ahead past the Ilkley Playhouse, built originally as a working men's club in 1876, along a quiet residential road to the main Leeds Road and cross at the traffic lights. Walk ahead past the cycle shop into Nelson Road, cross over Trafalgar Road and into an alley that leads to Railway Road that forms the northern wall of the railway station. Turn right here and walk back to Brook Street. Turn left and you will find you have completed the Tranquillity Trail. We hope you have enjoyed the experience!