

Wharfedale

# breathing spaces

an invitation to  
connect with nature  
for wellbeing



# breathing spaces

**Wharfedale has many relaxing green and blue spaces created by the River Wharfe flowing through the valley. The diversity of places in which to enjoy nature includes riverside parks, rugged moorland, ancient woodland, nature reserves and disused railway paths.**

When we connect to nature, we feel good, our blood pressure lowers, stress hormones reduce, and immunity and mood are boosted. Discover the mental and physical health benefits of Wharfedale's 'Breathing Spaces' with this booklet. Visit one site or all of them. Follow the prompts to help you connect with nature and feel the difference in your mind and body.

Getting there: Postcodes (approximate locations) and What3words [www.what3words.com](http://www.what3words.com) are provided to help locate the sites. Plan your journey on public transport using Metro Journey Planner [www.wymetro.com/plan-a-journey/](http://www.wymetro.com/plan-a-journey/)

Wharfedale Breathing Spaces is a Get Out More project supported by Enable2 CIC, BUPA Foundation and The National Lottery Community Fund, in partnership with the Wharfedale, Airedale and Craven Alliance.





# Breathing spaces within easy reach of town centres

## 1 St Peter's Church Field, Addingham

This wildflower meadow is bordered by the town beck with snowdrops on its banks and beautiful flowering cherry trees in spring. It has seasonal ponds in the depressions of medieval fishponds, a labyrinth mowed into the meadow and a bench from which to appreciate this green space. Access via Church Street. *What3words ///clays.cling.buzz*

*Distance from Addingham Centre 0.5 miles.  
Postcode LS29 0QS*

## 2 Mill Ghyll to Ilkley Tarn

This a bubbling stream flows down mossy rocks between Wells Walk and Wells Promenade. Featuring trees, benches and a zig zag path with wooden bridges, this breathing space provides a peaceful town centre escape. Access from Station Road. Continue uphill to discover Darwin Gardens and Ilkley Moor and Tarn. *What3Words ///builds.treetop.goad*  
*Distance from Ilkley Centre: 0 miles.  
Postcode LS29 9HS*

## 3 Middleton Woods, Ilkley

Middleton Woods (also known as Bluebell Woods) is an ancient woodland dominated by oak trees. As well as its stunning display of bluebells, look out for other spring flowers including wood anemone, wood sorrel, lily-of-the-valley and lesser celandine. There are also historical and archaeological features such as bell pits from early mining activities. Access at Denton Road, by walking alongside the River Wharfe from the town centre and crossing at the suspension bridge. Alternative access via Curly Hill. *What3words ///mountain.ranged.germinate*  
*Distance from Ilkley centre: 0.8 miles.  
Postcode LS29 0DE*

## 4 Heber's Ghyll to Ilkley Moor

A quiet path next to a woodland stream clad in ferns and ivy leads up to the famous Ilkley Moor. Follow the right-hand side of the stream and weave steeply up over several bridges to emerge on the moor edge. Explore the moor to find the ancient Cup and Ring stones, carved over 4000 years ago. For more information visit the Friends of Ilkley Moor <https://www.ilkleymoore.org/shepherds.spells>  
*Access via Heber's Ghyll Road. What3words ///ferried.*  
*Distance from Ilkley centre: 1.2miles.  
Postcode LS29 9QH*



## **5 Sun Lane Nature Reserve, Burley in Wharfedale**

On the site of an old tip, Sun Lane Nature Reserve is now a habitat for birds, wildflowers and butterflies looked after by volunteers. With benches on the crest of the hill, the wide-open views from this Local Nature Reserve can be appreciated. Access via Sun Lane. *What3Words ///replays.fools.embodied*  
Distance from Burley in Wharfedale centre: 0.7 miles  
Postcode LS29 7LJ

Sun Lane Nature Reserve

## **6 Disused Railway Path, Burley in Wharfedale/Otley**

A level path lined with trees marks the former railway route of the Otley and Ilkley Joint Railway, which ran until 1965. There are plans for this route to become the Wharfedale Greenway, with access for walkers, cyclists and horse riders. The path can be accessed via:

**6a** Burley in Wharfedale at Hag Farm Road. Take the footpath on your left along the field edge and railway line. Go through the tunnel and turn right up the steps. *What3 Words ///hems.risky.trickles*  
0.6 miles from Burley centre  
Postcode LS29 7AA

**6b** Otley: at Bradford Road roundabout take the footpath on Rotary Way. *What3words ///dance.airbrush.crucially*  
0.7 miles from Otley centre  
Postcode LS21 3LE

**6c** Otley: at Leeds Road roundabout step over the low barrier. *What3words ///hype.sunk.flagpole*  
0.7 miles from Otley centre  
Postcode LS21 1DL

## **7 Gallow's Hill Nature Reserve, Otley**

A peaceful site beside the River Wharfe, there are woodlands, wildflowers, ponds, bird feeders and benches to enjoy. Keep a look out for a kingfisher flying above the river, the birds at the feeders or you might be lucky enough to see an otter. Access by walking from Otley town centre through the riverside parks or via Gallows Hill. *What3words ///abacus.outboard.motorist*  
Distance from Otley centre: 0.8 miles. Postcode LS21 1HL



### **8 Sinclair's Field, Otley Chevin**

In this popular forest park on an escarpment overlooking Otley, seek out this open meadow with seats to admire the long reaching views over the sand and gravel pit lakes and the town beyond. A community orchard, rare breed sheep and a stone maze can also be found in this area. Access via Johnny Lane. *What3words* ///headstone.repayment.compliant Distance from Otley Centre: 1 mile Postcode LS21 3JL

### **9 Riverside Park, Pool in Wharfedale**

Enjoy the River Wharfe flowing past, birds singing and wildflowers in summer. This park feels a world away from the busy roads passing through the centre of the village. Families will enjoy the play park and pond, but it can get muddy. *What3words* ///fictional.unleashed.serenade Distance from Pool in Wharfedale centre: 0.4 miles Postcode LS21 1EQ

### **10 Pool Bank Quarry, Pool in Wharfedale**

It is a strenuous uphill walk to get to this disused quarry, but it's worth the hike! Moss-covered rocks, trees, and ferns now fill the former quarry and there are long-distance views through the trees. Accessed via Pool Bank New Road, the Avenue des Hirondelles is lined with horse chestnut trees and has a grand stone archway at the entrance. Alternative access via Old Pool Bank. *What3words* ///president.torches.eyelashes Distance from Pool in Wharfedale centre: 0.5 miles Postcode LS21 1EY



Riverside Park

**On your walk, try one of these short exercises to prompt a deeper connection with nature.**

### **1 Slow down**

Walking at your normal speed, consider what catches your attention. Then try walking slower, slowing down all your movements and your breathing. What do you notice now?

### **2 Be still**

Find a place to sit or stand comfortably and be still. Take a few minutes to listen to the ebb and flow of sounds around you. Where are the sounds coming from and how do they relate to each other?

### **3 Focus**

Choose a colour and look out for all the different shades that appear in nature. Focus on the grass for example. Are all the blades the same colour? Look out for other things that are green and see how many different shades you can spot.

### **4 Use your nose**

We take our sense of smell for granted and rely on it less than our sight and hearing, but it is essential for survival and has a strong connection to emotion. Try focusing on smells and where they are coming from. Do any smells evoke memories?

### **5 Notice**

Look up. Notice the tree canopy and pay attention to how the light falls. Notice the shapes of the branches and how they relate to one another. What movement can you see? How do you feel?

### **6 Connect**

Use your sense or touch to feel the different textures around you; rough bark, a smooth leaf or damp grass. How does touch help us feel connected?

### **7 Create**

Gather natural materials such as leaves, sticks and grasses to make a picture or pattern on the ground. Being creative can get you into a flow state where your mind focuses only on what you are doing, and worries and thoughts can be left behind.



Breathing Spaces walks are available via social prescribing. Social prescribing is a way of linking patients in primary care with sources of support within the community. It provides GPs with a non-medical referral option that can operate alongside existing treatment to improve health and well-being. Please contact your GP practice if you would like to book an appointment with the Social Prescriber. Available for anyone 12 years old & older.

**Get Out More** is a Bradford-based social enterprise on a mission to help people engage with nature to feel better in mind and body. We run outdoor programmes for people of all ages in West Yorkshire, using local woodlands, parks and natural spaces to bring people together, be active and feel good, working towards our vision: communities and nature growing healthier together.

**Get Out More**  
Tel: 01535 668588  
Email: [info@getoutmorecic.co.uk](mailto:info@getoutmorecic.co.uk)  
[www.getoutmorecic.co.uk](http://www.getoutmorecic.co.uk)  
  **GetOutMoreCIC**

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