

		<p align="center">Harrogate Spa Old & New PT 276 - 11km</p>					
START VENUE		Harrogate Railway Station, Station Parade, Harrogate, HG1 1TE **The Permanent Trail is open but please adhere to current restrictions and guidance **					
CAR PARKING		The nearest long stay/multi-storey car park is the Victoria Car Park, East Park Rd, HG1 5LQ.(fees apply). There is free off-road bay parking on Harlow Moor Road (junction with Sussex Avenue approx. post code HG2 0QB start **). On street parking may be available in Lascelles Rd/Harlow Moor Drive, join route at ***.					
PUBLIC TRANSPORT		If arriving at the bus station, turn left and walk up the road 100m to railway station.					
DISTANCE/GRADE		11km - Grade 1					
TERRAIN		The route uses pavements through the town and parks, also woodland tracks. There are numerous busy roads to be crossed, please use the pedestrian crossings or traffic islands where they are available.					
GENERAL INFORMATION		There are several locations along the route that deserve time being spent at them. There are numerous "brown" historical information signs on the route.					
REFRESHMENTS:		You will find places to purchase food and drinks in the town centre and at the RHS Harlow Carr Gardens.					
TOILETS		Public Toilets are indicated in the route description.					
BWF / IVV		This trail is registered until 31 December 2025.					
ROUTE DESCRIPTION CHECK/UPDATED		8th March 2024 (Please check you are using the latest version if you printed this off a while ago). Admin update 19th June 2025					
DATA PROTECTION		The data provided on this form will be retained until 1 st February 2026 for statistical analysis and will then be securely destroyed.					
ENTRY FORM		Please complete the section below and send your IVV logbooks, Payment and an SAE to the Contact Address. Please check the postage rate for weight/ thickness of the envelope. Overseas postage is more expensive.					
ENTRY FEE		£1.50 per walker – payment preferred by Bank Transfer to Metro Bank Account: 45237087 Sort Code: 23-05-80 Name: Region 3 IPA (<i>Metro Bank do not operate "Confirmation of Payee" so a warning saying this account cannot be checked is likely</i>) Please use PT 276 +Surname as payment reference (Cheques by exception only when bank transfer is not possible payable to: LJ Elliott)					
AWARD		A woven cloth badge is available for £2.50. The badge design is shown above. A logbook sticker is available on request - YES/NO					
CONTACT/ ADDRESS FOR STAMPING OF BOOKS		Spike & Helen Elliott, 11 St Ives Close, Macclesfield, Cheshire. SK10 3JX Email: cheshireipa@btinternet.com Please use this form (page 1) to submit your entry and claim IVV stamps					
NAMES OF THOSE COMPLETING THE WALK							
DATE WALK COMPLETED							
EMAIL		(in case we need to contact you about your entry)					
PT POSTAL CARDS		Will be stamped if you do not wish to send your IVV books - YES/NO		PAYMENT ENCLOSED		£	
QUESTION 1				QUESTION 5			
QUESTION 2				QUESTION 6			
QUESTION 3				QUESTION 7			
QUESTION 4							
BWF DECLARATION		The organisers are not liable for accidents, thefts and/or damage to property. Every effort will be made by the organisers to make this a safe, enjoyable and memorable event.					

ROUTE DESCRIPTION

From the Main Entrance, cross Station Parade at the pelican crossing to Victoria Gardens, Turn Right on the pavement and pass underneath the overhead walkway and pass the public toilets on your left. Take the next Turn Left into Cambridge Street (sign missing), then immediately Turn Right down Beulah Street. Follow Beulah Street to the bottom, (note the circular design on the pavement halfway down).

At the foot of Beulah Street Turn Left to reach Harrogate Theatre.

Q1. On the brown plaque by the entrance to Harrogate Theatre; what date did Harrogate Theatre open? [Harrogate Theatre – SP Royal Connection – visit]

Continue passing Theatre and go ahead along Oxford Street to the Halifax at 24 Oxford Street. Turn Right after the Halifax and go downhill on Cheltenham Crescent (no sign until end, *Cambridge Road is to the left as you Turn Right*). Note the Majestic Hotel ahead. Bear left at the junction remaining on Cheltenham Crescent and continue to reach Kings Road at the traffic lights. Cross Kings Road at the traffic lights. Ahead are the Exhibition Halls of Harrogate Conference Centre [SP Royal Connection – visit]. Turn Left along Kings Road, then Turn Right at the traffic lights to see the Royal Hall (Kursaal). Return to the traffic lights and cross the road to Crescent Gardens, note the former Council Offices (stone building) on your right. Go to the middle of Crescent Gardens.

Q2. In the glass pavilion at the centre of the garden is a statue of Cupid & Psyche. On the information boards (at base of statue), look at No.4 about the Royal Baths. What did the Royal Baths replace?

Cross the road opposite Crescent Gardens at the traffic island with care and go left to pass the Tourist Information Office. Continue past the Royal Baths building (now a Chinese restaurant) to the traffic lights. Turn Right up Parliament Street. Note the Turkish Baths on your right, all that remains in use of Harrogate's spa history and then the former Winter Gardens. At the top note the cenotaph war memorial to the left by the pelican crossing.

Turn Right at Betty's Tearoom and go down Montpelier Hill (note brown plaque for Betty's on right hand side). Note part of the Stray is to your left indicated by a Brown Plaque (see walk notes below for explanation of the Stray). Bear right keeping buildings on your right. Cross over Montpelier Street and into Montpelier Parade and at Montpelier Gardens by the small round-ish building, turn left and cross using the zebra crossing, passing in front of the Crown Hotel and follow the pavement round to the right. *There is a Blue plaque to the RAF on the side of the hotel.* Continue to the right to the Royal Pump Room Museum. *At the rear of this is a tap where the sulphur water from the spring can be smelt. This is reputedly the strongest sulphur well in Europe.*

Cross into the Valley Gardens via the zebra crossing. *There is a plaque on the left to the United States Army/Hospital.* Walk up the lower path on the left (known as the Elgar Walk) with a stream on your left. Just before you reach the Café on your left, there is a Wishing Well on your left and an Information Board about Bogs Field on the right.

Q3. On the sign about Bogs Field, How many of Harrogate's 88 Mineral Wells are found here?

At the café, bear right then left on the path to pass between two large (horse chestnut) trees, keep right and go ahead to see the Magnesia Well pump room (recently restored) on the left (*There are 2 wells just behind here, they are the small structures with a roof over them*). Turn Right opposite the pump room, go past the toilets and then past the New Zealand garden and Turn Left out of Valley Gardens to Cornwall Road (no sign). Turn Left up Cornwall Road keeping the road on your right, passing the site of the Royal Baths Hospital on your left (now housing). The pavement then narrows and is grassed over in places so you may wish to cross to the opposite side until the Busy Bees Nursery. Turn Left into Sussex Avenue and continue to end.

[** Free off road parking in bays on Harlow Moor Road opposite Sussex Avenue]. [*** if parking on Lascelles Road or Harlow Moor Drive, turn right out of either street onto Harlow Moor Road and continue to the Wooden Finger Post for RHS Harlow Carr/Birk Crag, then Turn left and follow from the plaque below; you will end the route at the end of Nursery Lane East, which you pass on way to the RHS Finger Post].

Turn Left onto Harlow Moor Road and in about 100m you will pass the Harrogate Water Brands – Harrogate Spring Water bottling plant on your right.

Continue uphill and at the Wooden Finger Post (on your left) indicating you Turn Right for RHS Harlow Carr (it's by a speed bump) cross the road with care, note the plaque on the floor at the beginning of the path mentioning the Pinewoods Conservation Group and the Army Foundation College. Continue on the tarmac footpath into the woods. Follow the tarmac footpath passing a large grassed clearing on your left and an information board about the Pinewoods on your right. Continue ahead and just before a road Turn Left on the black tarmac path (signpost RHS Harlow Carr - Garden Entrance) into woodland and follow the path to emerge at a car park, turn right and cross the road (the Garden Entrance is to the right).

Q4. On the Finger Post in front of you (next to the metal cage structure with tree branches inside) – Who's Café Tea Rooms is to the right?

If you wish to visit RHS Harlow Carr Gardens or the gift shop, café and toilets they are to the right.

Otherwise cross back over to the car park and retrace your steps (*path signposted for Harrogate Town Centre via the Pinewoods and Valley Gardens*). On reaching the path (*by sign for car park 3*) Turn Right and retrace your steps to the large grassed clearing in the woodland, Turn Right and cross the clearing to the opposite corner by 2 red bins. Go on the woodland path just to the right of the red bins, there is a metal fence a few metres to the left. Follow the path through the trees to emerge onto a tarmac road by a metal gate (by greenhouses and Horticultural Nursery Car Park). Ahead you will see the Harlow Hill water tower on the skyline. Turn Left on tarmac road in direction of wooden signpost for Valley Gardens. At the end of Nursery Lane East, cross the road with care and follow the tarmac footpath opposite through the woods and into Valley Gardens.

Follow the tarmac path down the hill, passing the Bowling Green. At the junction of paths with the tennis courts to the right.

Q5. On the left is a Plaque to the Royal Bath Hospital. What date were the first military patients received? *This is the rear of the hospital area you walked along earlier on the road*

(The toilets that are by the Magnesia Well Pump Room that you passed earlier are 100m to the left)

Turn Right between tennis courts and past the crazy golf and exit the park through the King Edward VII Memorial Gate (there is plaque on the right after you leave the park) by a roundabout. Cross the road to the right of the roundabout and go ahead to a T-junction. At the end of Valley Drive Turn right onto Cold Bath Road (no sign- but you will see Artisan Street and then Cold Bath Place on the right). After Queens Road cross to the left-hand side of the road. At the entrance to Beechwood Crescent there is a Plaque describing the Cold Bath.

Continue up Cold Bath Road then take the next left (Wordsworth Crescent). At the end Turn Left along Otley Road, cross the road at the pelican crossing by West End Avenue. Continue down Otley Road. Note more of the Stray on your left. Arriving at Trinity Road (no sign), cross to other side then Turn Right (there are concrete bollards lining the edge of the path on your left). Opposite Trinity church, see the stone marking the site of the first railway station in Harrogate, Brunswick Station part of the York North Midland railway.

Turn Left down the path opposite the church and go to the roundabout. Cross the road on your right (Leeds Road) with care via the traffic island. Take the tree-lined path to the right across the Stray, crossing another path to reach a monument, which is built over the Tewit Well. *This was the first mineral well discovered in Harrogate, in 1571, it is the oldest spring in Harrogate.*

Q6. Who discovered the Tewit Well?

Here Turn Left and then take the footpath on your right going over a bridge. Follow the path along the south side of the Stray, crossing St James Drive and then Oatlands Drive. The path then becomes Slingsby Walk.

Note Wedderburn House on your right just before the next road. Cross Wetherby Road with care. *Note the memorial to the 1st World War wounded who died in hospital. The Grand Duchess Georgievna Romanova was staying in Harrogate when World War 1 broke out and founded several hospitals and convalescent homes to treat the wounded.*

Turn Left and go to the stone building ahead – St John's Well. *This was the second mineral well discovered in Harrogate, also known as the "sweet spa".*

Continue ahead for approx.. 50 metres and cross the road with care at the traffic island, follow the path to a road and cross it at the pelican crossing. Go ahead on the road to right of the buildings, *note the site of the first theatre in Harrogate at Mansfield House.* At the end of the buildings (ignore path straight ahead), Turn Left then immediately take the path to the Right (*faded painted sign on path saying No Cycling*) across The Stray (grassed area) and follow to reach Park Parade near building numbers 27-28 and 29. Go into Walkers Passage (narrow alleyway between these buildings).

Continue along alleyway which emerges in a small park and at end of path Turn Left along road. At end, Turn Right on North Park Road. Just before the zebra crossing, look to the right to see the old gateposts with "Claro House" on them, this the old Police Station in Harrogate. A few paces after the zebra crossing you will reach The Old Police Station Gate No 1 (sign on right of gates)

Q7. What and how many are either side of the main entrance doors to the old Police Station?

Continue along the road passing the Masonic Hall on your right until you reach the Odeon (cinema).

Note: If the building work opposite the Odeon is still underway and the footpath is closed, you will need to follow the ALTERNATIVE INSTRUCTIONS.

Use the pedestrian crossing, cross the road (towards to the East Parade sign), Turn Left and then immediately Right over the bridge (visible on the left). At the end of Station Bridge, Turn Right into Station Square. Queen Victoria statue opposite. Continue to return to main entrance of Harrogate Railway Station and the starting point.

ALTERNATIVE INSTRUCTIONS

Cross over the road and go clockwise round the roundabout (towards the North Park Road sign) and go over Station Bridge using the left hand side pavement. At the end of the bridge, use the pedestrian crossings to the right crossing into Victoria Gardens opposite (by statue of Queen Victoria). Go ahead to the pedestrian crossing opposite the Main Entrance to Harrogate Railway Station (may be slightly obscured by building works that you have navigated around). Cross over to return to main entrance of Harrogate Railway Station and the starting point.

Welcome back. We hope you have enjoyed exploring this town. The following notes give a history of Harrogate Old and New.

Walk notes

The walk aims to introduce you to the history and development of Harrogate. You can easily spend a whole day or more exploring the town. In particular the Royal Pump Room Museum explains more of the history of Harrogate as a spa town, and Harlow Carr gardens are well worth a visit for garden lovers. Harlow Carr also has a very good gift and book shop.

Historically Harrogate was part of the Royal Forest of Knaresborough and most of the land was owned by the monarch through the Duchy of Lancaster.

Initially Harrogate was two distinct villages.

There was Low Harrogate where the Montpellier Quarter is, and the Royal Baths, the Royal Hall, and the big hotels - The Majestic, Crown, St Georges and Old Swan.

High Harrogate was initially the area around Christ Church Square, including the hotels at Cedar Court and the Granby, but developed to the west during the 19th Century until it merged with Low Harrogate.

Harrogate developed primarily as a spa town, from the first discovery of mineral wells in 1571 to a boom in the late 19th to early 20th century following the arrival of the railway in 1848, when it attracted royalty from across Europe. Princess Alix of Hesse and her sister, Princess Victoria of Battenburg, were regular visitors.

Harrogate spa water contains iron, sulphur and common salt. The town became known as 'The English Spa' in the Georgian era. In the 17th and 18th centuries its 'chalybeate' waters (containing iron) were a popular health treatment, and the influx of wealthy but sickly visitors contributed significantly to the wealth of the town. To meet the demand for accommodation some large hotels were built – the Majestic, St George, Cairn, Crown, Old Swan - and to entertain the many visitors the Theatre (formerly the Royal Opera House) and the Royal Hall were built.

The Royal Baths were said to be the most advanced centre for hydrotherapy in the world. The Turkish Baths were only one of many facilities during the Royal Baths' heyday – also included was a medicinal waters' dispensary, hydrotherapy departments, mud baths and steam rooms as well as the full complement of consulting doctors. What may seem like a bizarre range of treatments today – including the likes of 'Plombiere' douche, Harrogate Hot Water and Galvanism – were familiar practises back then.

The First World War brought social change. Although the number of rich visitors coming to Harrogate to 'take the waters' declined, those of middle income increased and the Harrogate spa was the only one in England to make a profit during the inter-war years.

Harrogate saw its demise as a spa during the 1940s to 1950s due to the introduction of new treatments for diseases through the development of medical science. In 1968 the NHS stopped sending people for treatment.

By the 1940s, Harrogate had begun to reinvent itself as a conference town. The Old Swan Hotel secured the International Toy Fair for the town in the 1960's, cementing Harrogate as a place for business and congregation. Harrogate Borough Council took the decision to develop Harrogate as an Exhibition and Conference centre to maintain employment and tourism to replace the dwindling spa trade. Harrogate Conference Centre opened in 1982. This has so far prospered well, although there is today increasing competition for the exhibition and conference trade. The 21st century has seen the development of Harrogate Spring branded mineral water, which has been very successful.

Harrogate is also lucky to be the home of two organisations which help contribute to the success of the town – the Yorkshire Agricultural Society who run the Great Yorkshire Show at their showground to the southwest of the town (now the premier agricultural show in England), as well as Flower Shows

in the spring and autumn – and the Royal Horticultural Society who have their northern show gardens at Harlow Carr to the west of the town.

In consequence of its history as a spa town and later development as an exhibition and conference venue, Harrogate has a large number of hotels, restaurants, cafes, bars and pubs.

Harrogate is fortunate that the town centre is surrounded to the south, and extending to the east and west, by a large area of open parkland known as the Stray. The Stray dates back to 1778 when it was created from the Forest of Knaresborough to link many of Harrogate's springs together in one area. It is now protected by Act of Parliament for use by the townspeople and cannot be developed.

Harrogate remains a popular place to visit and to live, and has been voted one of the happiest places to live in the UK in recent years.