

	Harrogate Spa Old & New PT 276 - 11km			
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 car park is the Victoria Car Park, East Park Rd, HG1 5LQ. This is a multi-storey car park, fees apply. There is free roadside parking on Harlow Moor Road if you prefer to start the walk there (see**). (Postal Code (approx.) HG2 0QB)			
PUBLIC TRANSPORT	If arriving at the bus station, turn left and walk up the road 100yds 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.			
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 2021. BWF declaration on next page.			
ROUTE DESCRIPTION CHECK/UPDATED	26th May 2021 (Please check you are using the latest version if you printed this off a while ago).			
DATA PROTECTION	The data provided on this form will be retained until 1 st February 2022 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	£1.00 per walker (Cheques payable to: Lincolnshire Vikings Walking Club)			
AWARD	At the present time there is no award available for this trail. A logbook sticker is available on request - YES/NO			
CONTACT/ ADDRESS FOR STAMPING OF BOOKS	Pat Charlton, 262 Wolsey Way, Lincoln, LN2 4ST Email: yov.lwvc@gmail.com <i>Please use this form (page 1) to submit your entry and claim IVV stamps</i>			
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		QUESTION 8		
If you are walking any of the following Permanent Trails and sending your IVV books in, you only need send to one organiser, they will arrange to pass your books to the other organiser who will then post back to you using your SAE. Hadrian's Wall Trail PT45, Lincoln Tourist Walk PT92, Nottingham City Trail PT100, Lincoln Town & Country Walk PT166, Victorian Legacies PT212, Temple Newsam House & Gardens PT216, Newark on Trent Jubilee Walk PT241, Sandringham House Royal Residence Trail PT242, Banks of the River Ouse in Selby PT248, Abingdon Trail PT264, Ermine Street Trail PT273, Grantham Machine Gun Corp Armistice Trail PT287, Lincoln Armistice Trail PT305.				

ROUTE DESCRIPTION

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.
------------------------	--

TL = TURN LEFT; TR = TURN RIGHT; SO = STRAIGHT ON

Cross Station Parade at the pelican crossing to Victoria Gardens, go left to the statue of Queen Victoria then TR through Victoria Gardens and back down Station Parade. Pass the public toilets on your left, take the next left into Cambridge Street, then turn immediately right down Beulah Street. Follow Beulah Street to the bottom, (note the circular design on the pavement halfway down).

Q1. When was the circle installed?

At the foot of Beulah Street turn immediate left passing in front of Harrogate Theatre. Go ahead along Oxford Street and TR past the Halifax office down Cheltenham Crescent. Note the Majestic Hotel ahead.

Continue down Cheltenham Crescent to Kings Road. Cross Kings Road at the traffic lights. Ahead are the Exhibition Halls of Harrogate Conference Centre. TL along Kings Road, then TR at the traffic lights to see the Royal Hall (Kursaal). Return to the traffic lights and cross the road to Crescent Gardens, passing the St George Hotel 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. When was it purchased? (see information boards at base of statue)

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.

TR up Parliament Street. Note the Turkish Baths on your right, all that remains in use of Harrogate's spa history. At the top note the cenotaph war memorial to the left by the pelican crossing. TR passed Betty's Tearoom and down Montpelier Hill, bear right past the Slug & Lettuce Pub. Note part of the Stray to your left (see walk notes below for explanation of the Stray).

At the bottom cross the road to the right of the roundabout at the zebra crossing, pass in front of the Crown 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, walk up the lower path on the left (known as the Elgar walk) with a stream on your left. When you reach the Café on your left, note the information about Bogs Field on your right and the Wishing Well on your left.

Q3. What year was this wishing well opened?

Now 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.

TR opposite the pump room, go past the toilets and then past the New Zealand garden and TL onto Cornwall Road. Go left up Cornwall Road to the end of the road, passing the site of the Royal Baths Hospital on your left (now housing). At the end of the road TL into Harlow Moor Road, passing the Harrogate Spring Water bottling plant on your right. **

After another 100 yards or so (at the third speed bump) cross the road with care and take the tarmac path to the right signposted RHS Harlow Carr.

Q4. When was this path constructed? (see plaque at beginning of path)

Follow the footpath to a large grassed clearing (keep to the right-hand side) and on to just before a road. TL on the marked path into woodland to visit RHS Harlow Carr Gardens or the gift shop, café and toilets. Retrace your steps to the clearing in the woodland, cross the clearing to the opposite corner and go up the path behind the red bin. Shortly emerge onto a road by a metal gate. Ahead you will see the Harlow Hill water tower on the skyline. TL and when you get to a road, 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. Turn right between tennis courts and past the crazy golf and exit the park by a roundabout. Cross the road to the right of the roundabout and go ahead to a T-junction. Turn right onto Cold Bath Road. 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.

Q5. What year was the bathing house demolished?

Continue up Cold Bath Road then take the next left (Wordsworth Crescent). At the end TL 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, cross to other side then TR. Opposite Trinity church, see the site of the first railway station in Harrogate.

Q6. When did the station close?

TL down the path opposite the church and go to the roundabout. Cross the road on your right with care via the traffic island. Take the tree-lined path to the right across the Stray, crossing another path to reach a monument. *This is built over the Tewitt Well, which was the first mineral well discovered in Harrogate, in 1571.*

Here TL 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.*

Q7. How many casualties were treated in the hospitals? (see plaque to right of cross)

TL 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 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.* TL at end of the buildings, and follow the road passing Christ Church and across the Stray to a T-junction. Turn right onto Park Parade.

Q8. Which artist lived at No. 20?

Continue along Park Parade to Regents Parade, passing Bilton House on your left. Where Regents Parade joins Skipton Road, turn left onto Westmoreland Street, which shortly becomes East Parade. Proceed along East Parade passing Mowbray Community Church, bear left at the end, cross the road at the pelican crossing and go down Bower Street. Continue through the pedestrian tunnel ahead under the railway. Emerge onto Station Parade by the bus station. Turn left up Station Parade back to the 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.