

A QUIET WALK IN A BUSY PLACE.



This walk will help you to experience the wonders of God's creation by using your senses. Walk mindfully, take all the time you need to linger, rest, pray and nourish your body, soul, and spirit. Walk in silence and let God enrich you. It is a gentle walk accessible to all, and your experience of it will be different each time. Start the walk at Saint Andrews United Reformed Church on South Cliff. Saint Andrews opened for worship in 1865 sit for a few minutes on the bench in the church gardens. Look around and then gaze up at one of the tallest Spires in Scarborough. Look beyond to the sky and imagine the vastness of our universe beyond. If the church is open, feel free to pop in.

Leave the church gardens when you are ready, cross the main road (there is a crossing a little further up the road). Opposite Saint Andrews, go along Albion Rd and the parish Church of Saint Martin on the hill is just ahead of you. If open, look inside at the unique pre-Raphaelite interior.

Go around the far side of the St Martin's and pause on the sheltered bench and if it is bathed in sunshine feel the warmth on your skin. Leave the church grounds and turn left walking towards the sea, look up at the buildings on your right ...are you intrigued by what you see?

Pass South Street on your right and keep walking ahead towards the sea, cross the Esplanade, which is ahead of you, and pause to see hear and smell the sea. In the winter you can see the spa theatre below you, in the summer you may only be able to glimpse it through the trees.

Turn right and walk up the gentle slope away from town, keep the sea on your left and when the path forks take the left path. Rest for awhile on one of the benches with uninterrupted views of the Bay the castle and the town. The parish Church of Saint Mary's can be seen to the left of the castle. Hear the waves below and notice their movement. See how the water reflects the sky.

Continuing up the path you might choose to take a detour to see and smell the Rose Garden on your left. If you like, stop and rest on one of the many benches. Some face out to the sea - look to the horizon and contemplate the depth and breadth of the oceans. Some of the benches face in land - here you can feel the nourishing warmth of the sun on your face. Look between the buildings to Oliver's mount beyond and its War Memorial. Notice the flowers along the way, maybe touch the palm trees. When you reach the clock tower go underneath it, and then turn right going through the gap in the hedge. Perhaps you might want to buy a drink if the Yay coffee van is there.

Cross the road and go into the sensory Shuttleworth gardens, filled with strongly scented fragrant plants and flowers in raised beds. Take a moment to rest in this calm Oasis. Within the gardens is an enchanting miniature garden planted in 1937 known as the fairy garden with its own fairy post box.

When you're ready, cross back over the road and go back to the gap in the hedge, turn right and then take the next path to your left follow the route marked for wheelchair users as it meanders gently through South Cliff gardens. Take in all the colours shapes sounds and textures and smells on the way. You may hear the rustling of wildlife and at times you will glimpse the sea, although sometimes it will be hidden, you might still be able to hear it. As you walk offer thanks for the beauty around you and for the people who helped create it. As you near the sea the path passes behind the clock cafe where again you might enjoy some refreshments on the terrace.

You might choose to go to the beach, if the tide is out try walking barefoot, feel the texture of the sand between your toes, paddle in the sea and notice the temperature. Smell the seaweed, listened to the seagulls and if its low tide choose a rock to sit on. What creatures you can find in the rockpools? pick up a Pebble touch it, feel its, shape and weight. Be mindful and in the moment.

To see a world in a grain of sand,
and a heaven in a wild flower,
hold Infinity in the palm of your hand,
and eternity in an hour
William Blake 1757 to 1827

When you're ready returned to the promenade and walk towards the town until you come to the Cliff Lift, the oldest in the UK, you can go a little further along to the spa if you wish to take refreshments and then either take the lift or walk back through the gardens taking one of the many paths, some of them have a lot of steps why not take the path less travelled!

At the top, cross the road opposite the lift station and walk a little way up Esplanade Gardens and into to the gardens on your right-hand side, stroll through to the far corner, sit for a while and relive your walk. Mull over what you have experienced, are you at peace? have you gained new insight?

Come out of the gardens onto Prince of Wales, terrace turn left and walk to the crossroads. then turn right and walk down West St, back to the starting point of your walk with St Andrews church in full view ahead. We hope that you have found this walk both challenging and a blessing and have walked knowing the grace of God.

We hope that you will visit us again.

St Andrew's, Scarborough, YO11 2LN – <http://www.scarborough-urc.org.uk/>