HARDMOORS 26.2 **FRYUPDALE TRAIL MARATHON**

***PLEASE NOTE CHECKPOINTS MAY CHANGE LOCATIONS**

1. From Race Start **ascend field**.
2. Pass through gap and **turn right through gate**
3. Continue alongside **wall** (keeping wall to your right)
4. **Turn right** and descend field
5. Pass through **gap in the Hedge**
6. On reaching road **turn right**
7. **At junction turn left** and follow road as it as it bends to the right & ascends
8. **Continue on road** as it bends to the left and descends
9. **Continue on road** for 0.5 miles
10. **Turn right to leave road** just before houses on right (signed Bridleway to Rosedale)
11. Continue on track **through field up hill**
12. On reaching wooden gate (with blue arrow) **continue straight ahead through wooden gate** ignoring metal gates at either side
13. **Continue directly uphill** alongside barbed wire fence on your right
14. On reaching large wooden gate pass through and **continue directly ahead** keeping close to stone wall & wire fence on your left
15. As moorland opens up **continue on wide(lower) footpath**. Ignore paths off to left or right
16. At end of fence line **cross wooden pallet** across stream & bare left on lower path Continue ahead through wooden gate.
17. Follow path on left over to stream crossing, **cross stream and follow path uphill**
18. At top of climb turn **right onto bridleway** (near cairn) continue on track for 1 mile
19. When track reaches road **turn left onto the road CHECKPOINT 1 (3.5 miles)**
20. Continue ahead on road for 0.3 miles and **take footpath off to the left leaving the road**
21. After a mile on the road leave road by **taking path on left** (Public Bridleway/Esk Valley)
22. Follow path **through heather**.
23. **On reaching road turn left onto road** & continue alongside road for just under a mile.
24. Turn right off road into pub car park **(Lion Inn) CHECKPOINT 2 (7 miles)**
25. Leave checkpoint & instantly **turn right just before pub onto path**

26. Follow wooden fence & then stone wall up towards **standing stone**

27. Follow path alongside stone wall as it descends down to the **old disused railway line.**

28. On reaching the wide track turn right on the track passing the information board on your left & continue on track for 2 miles.

29. **At path junction leave track & turn right** (signed bridleway) Esk Valley marked

30. **Descend track** passing pond on left

31. **Pass through large wooden gate** & continue descending (now steeply).

32. At path junction take **left fork passing over bridge**. Continue on track with wall to the right

33. Pass through **two wooden gates**

34. Directly after second gate & before the track starts to ascend turn right to leave track following signed footpath (signed Castleton)

35. Stay on path across field.

36. **Pass through small wooden gate** (Esk Valley) & continue ahead on path

37. Cross small **wooden bridge** & continue alongside metal wire fence (on right)

38. At **fingerpost** follow path downhill & cross over **stone bridge**

39. Climb the bank & turn left to follow fingerpost (Esk Valley)

40. Follow path keeping **river to left**. The path is boarded in places with fingerposts along way

41. The path descends towards the river & a stone wall. Continue alongside the wall & go through **wooden gate,** continue alongside wire fence & follow **fingerpost** (Esk Valley) to next gate

42. Continue along the path with **stone wall to right & river to left**

43. On reaching lane turn left on lane briefly, **cross river** & turn right off lane (signed Castleton) to cross grass diagonally to next footpath sign

44. **Follow Castleton** sign

45. Following **path alongside wire fence & river** (both on right)

46. Cross **small bridge** (stile first) & continue directly ahead to reach next small wooden bridge, climb over stone stile

47. **Pass by house on right** keeping alongside fence line

48. Cross stile & continue across field aiming for next stile.

49. Cross next stile & continue across field **following telegraph posts**

50. At end of field cross next stile over stone wall & continue directly ahead Keeping wire fence to your right & **pass through next gate** (Esk Valley)

51. Continue across next field keeping river to your right.

52. **Cross over small wooden bridge** (Esk Valley)

53. Continue directly ahead over next field

54. Pass through **large wooden gate** (Esk Valley)

55. Continue ahead keeping on path and gradually ascending to next large wooden gate

56. Go through gate & turn right onto wide stone track

57. Continue ahead on track for just over 0.5 miles.

58. As track starts to bend to left and ascend steeply, take path leaving track on right.

59. Continue through **wide wooden gate** (Esk Valley marked)

60. Continue directly ahead on path with stone wall to right.

61. Pass through **wooden gate** & continue directly ahead

62. Pass through **next gate** and continue directly across field

63. Go through next gate & pass by **farm buildings on right** following Esk Valley fingerpost

64. Go through next bloody **wooden gate**

65. Continue ahead on track with **stone wall on left**

66. Pass through yet again another bloody wooden gate ignoring metal gate on your right

67. On reaching track/lane junction take **left fork uphill** (Esk Valley marked)

68. Continue on lane uphill to pass through **wide metal gate**

69. Continue on lane for next 0.3 miles **CHECKPOINT 3 (13 miles)**

70. leave the lane by turning right on feint path opposite the public bridleway track on left

71. Follow path across heather to eventually reach a road.

72. Cross road and briefly turn left on road & before road sign turn right to leave road & continue ahead on feint track

73. On reaching wide track turn right onto track & continue directly ahead

74. Follow main track as it briefly descends & corners to the left.

75. At next path junction follow path briefly downhill to fingerpost & turn left (Esk Valley marked)

76. Continue on path following **fingerposts** with wall & trees to your right

77. Follow **fingerposts** & path, turn right downhill keeping stone wall to right heading for copse of trees ahead of you on left

78. Follow path & wall as it **descends & ascends** passing by a second copse of trees

79. Continue on path as it leaves stone wall & starts to descend (passing Esk valley fingerpost)

80. Follow path as it descends steeply & then crosses the **large wooden bridge** over the river.

81. Climb bank & continue uphill following **Esk Valley fingerpost**

82. At top of the bank turn left following **Esk Valley fingerpost**

83. Stay on path until reaching the **road**

84. Turn right onto road & **ascend hill**

85. At road junction turn left & continue on road ahead (ignoring any footpaths off the road)

86. **Continue on road** for 0.40 miles

87. When road forks take left fork & **continue over bridge**

88. Pass **Eskdale Inn** on right & go under **railway bridge**

89. Continue following road uphill

90. **Take track on right** leading off road (signed Bridleway Danby)

91. Continue ahead on track

92. Keep on track as it passes **houses on right** & goes through 3 large wooden gates.

93. Continue on track through **woods**

94. Pass through **next gate** & continue directly ahead on path

95. On reaching path junction turn right (Esk Valley marked) onto wide track

96. Continue on main track ignoring any paths off to left or right

97. Continue across tarmac lane and continue on path briefly **alongside road** (road on right)

98. When path runs out continue on **road** briefly

99. At signpost on right **leave road & cross stile** (signed Public Footpath Danby)

100. Descend field & **take gate on left** (Esk Valley marked)

101. Continue on path between bushes and trees uphill

102. Pass through next **gate & over stone stile**

103. On reaching road turn right downhill & then left **over bridge**

104. Turn right & head for road

105. On reaching road turn right & continue on road to pass over **stone bridge** (over railway lines)

106. Continue over **next stone bridge** (over river) & continue on path briefly.

107. Cross road & **take path on left** (signed Bridleway) leaving road & passing house on right

108. When bridleway reaches road, **turn left on road** & continue ahead for 0.5 miles.

109. Look out for a signed path on the left (**signed Danby via Moors Centre**) leave road and go through the wooden gate

110. Pass through next gate & **continue over railway track**

111. Go through next gate & continue ahead on path

112. Pass through next gate & over wooden bridge to go through another gate

113. Continue on path directly ahead between bushes & hedges

114. At end of path cross through gate and turn left onto the road,

115. Continue on road until reaching Junction

116. At junction turn right (**signed Danby beacon 1.5 miles**).

117. Continue on road uphill for 0.5 miles. Take first road off to the left & continue ascending (Ignore any footpaths and keep to the road)

118. Ignore road on right & continue uphill on road to the **Beacon** & **CHECKPOINT 4 (20 miles)**

119. At junction Nr Beacon turn right onto wide stone track **(signed Leaholm 3¾ miles)**

120. Continue on track for 1.6 miles & at track junction take wide stone track on right

121. At end of track turn left onto road, continue on road & at next junction turn right

122. Continue downhill into Leaholm (**signed Leaholm 0.5 miles)**

123. Pass by train station on right & cross over the bridge passing the school on your left.

124. Just after school also on left is a car park & toilets, just after toilets take the track on the left (signed bridleway Glaisdale 2 miles) next to an exploring Lealholm info sign

125. Continue along track passing house on the right

126. Continue on **track for 0.5 miles**.

127. Pass through metal gate & turn right **(signed Glaisdale)** continue through farm buildings to go through another metal fence **(Esk valley way signed)**

128. Continue ahead on path through field alongside river (River on right)

129. Pass through wooden gate & continue directly ahead on path

130. On reaching wide stone track turn left onto track & descend

131. Just before reaching river take steps on right & climb up to the w**ooden bridge**

132. Cross bridge & continue steeply up the track

133. Continue uphill as the track turns into a road. **CHECKPOINT 5 (24 miles)**

134. Continue on road ignoring any paths or tracks off to the left & right

135. On reaching road junction continue directly across road & **uphill on Hall lane**

136. Continue on the road ignoring any paths off to the left or right

137. Eventually the road stops at a wooden gate, go through the gate & continue directly ahead on wide track for 2 miles ignoring any paths or tracks off to the left or right.

138. When the track eventually joins the road, turn left onto the road

139. Continue directly ahead on the **road for 1 mile.**

140. Leave road at **wide wooden gate** on right **CHECKPOINT 6 (28 miles)**

141. Leave checkpoint pass through gate & **take thin path almost directly in front of you**. (Not the wide track slightly more to your right)

142. Continue on path through heather to descend hill to reach **stone wall with wooden gate**.

143. Pass through wooden gate & descend very boggy hill (steep single track in places)

144. Continue downhill on path as it descends through woods ignoring any turn offs.

145. On reaching wooden gate continue through gate and **continue on path descending hill** between two stone walls to reach road.

146. On reaching road turn right & take first left at road junction, continue descending road.

147. Follow road as it turns to the right and ascends.

148. Continue on road past farm buildings

149. Continue on road as it climbs steeply and bends to the left and then to the right and back to the left as it reaches a junction.

150. At the junction turn right and **continue along the road**

151. Watch out for the left turning leading off the road through bushes (opposite1st farm building on right in far distance)

152. Continue through bushes into field

153. Follow path close to stone wall on your right

154. At end of field and on reaching the stone wall **pass into the next field** to turn left alongside stone wall (signed Cycle Hub)

155. Go through wooden gate & turn left to descend down to the **Cycle Hub & RACE FINISH**