

SUTTON BANK - HELMSLEY

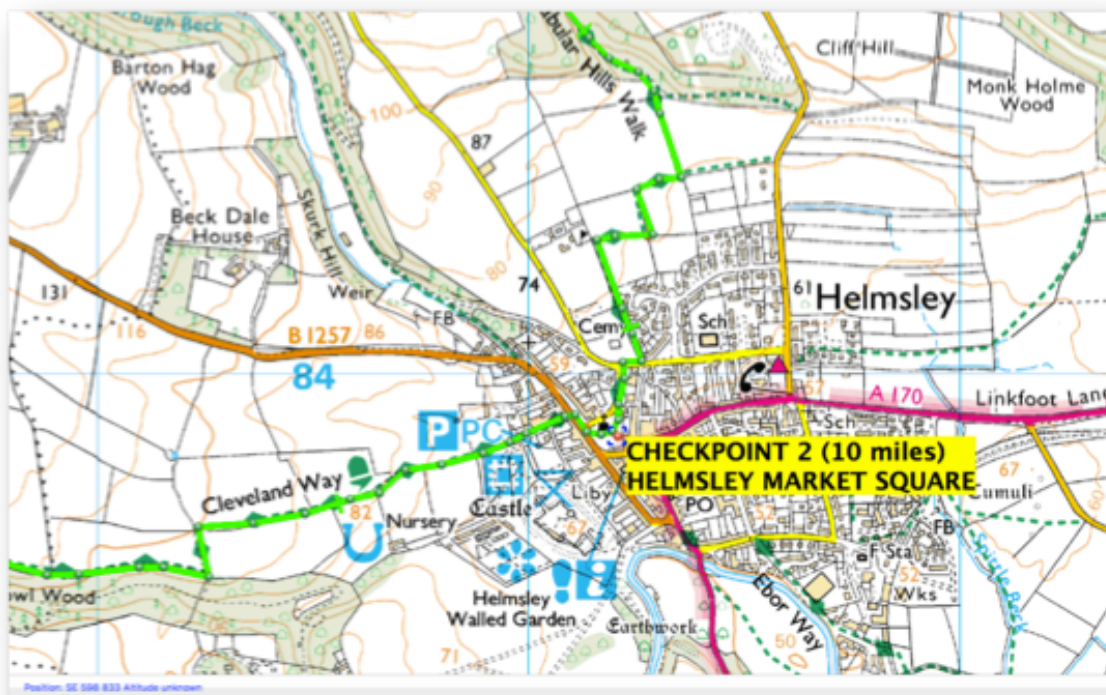
TB = TABULAR HILLS CW = CLEVELAND WAY

START (SUTTON BANK) - CP 4 (STAPE) 33 miles



1. Follow embankment for 0.75 miles. Drop down the path on the right (signed on day) & follow track (taking no turn offs) until you reach **CHECKPOINT 1 & WHITE HORSE CARPARK (1.5miles)**
2. After leaving the checkpoint climb the steep steps alongside the White Horse and on reaching the embankment turn left and head along the embankment
3. Turn right off the embankment following the CW signed path through **woods**. After roughly 0.3 miles cross the **side road** & then turn left to cross the **main road**.
4. At the other side of the road turn right to follow **main road** (on grass) for 0.1 miles. Pass the now empty **Hambleton Inn** to take CW signed **road on the left** leaving the main road
5. Continue on track for 0.2 miles and where road/track forks off, take right hand **gate** signed CW (Cold kirby) Follow path for 1 mile passing **3 gates** along the way. Turn right through **gate** and descend the **road** into **Cold Kirby**
6. When road forks take right fork and shortly afterwards take left hand footpath (signed CW **Rievaulx**) descending down **grassy track**.
7. Take right fork up the **bank** (do not turn left through the metal gate). At top of the bank turn left (signed CW) onto the **road**. Follow road/bridleway downhill for 1 mile.

8. Continue through gate on track (signed CW) keep right & descend (close to wire fence). Continue descending past the **wooden gate** & when the track forks, take left fork to the forest track
9. Turn left onto track & continue ahead until you reach a **crossroads of tracks**. Continue ahead veering right onto main track. Leave track, when track veers round corner, turn off to the left & immediately take right fork to gate (marked with acorn) go through gate & take **stepping stones**.
10. After **stepping stones** take a left turn onto a track, continue on track keeping woods to your right and stream to your left. Continue on the track, pass through the gate and turn left onto the **road**.
11. Follow the **road** for 1.1 miles passing over a **bridge** and ignoring any roads turning off. Turn off the road onto a track to your right (signposted CW Helmsley) half way up the **road hill**
12. Continue up track climbing steeply ignoring any tracks to the right or left. After 1 mile go straight ahead across **unmade road** (signed CW). Head towards stonewall & follow track keeping the wall on the left. Continue on path heading downhill ignoring paths off to the left & right
13. **Descend steps** and continue on track. **Ascend steps** and turn right at the top of the steps following the track keeping the wire fence to your left.
14. When the track reaches a corner turn left **uphill** and at the top turn right through a gate and **downhill** on the track., On reaching the end of the track pass by the **Cleveland Way Stone** on your right (this is the end/start of the Cleveland Way)
15. Continue straight ahead down the **lane** (toilets, carpark & Castle are to the right) at the end of the lane cross over the **road** & turn right following the pavement keeping the **church to the left**., then turn right crossing the road into the **MARKET SQUARE & CHECKPOINT 2 (10 miles)**



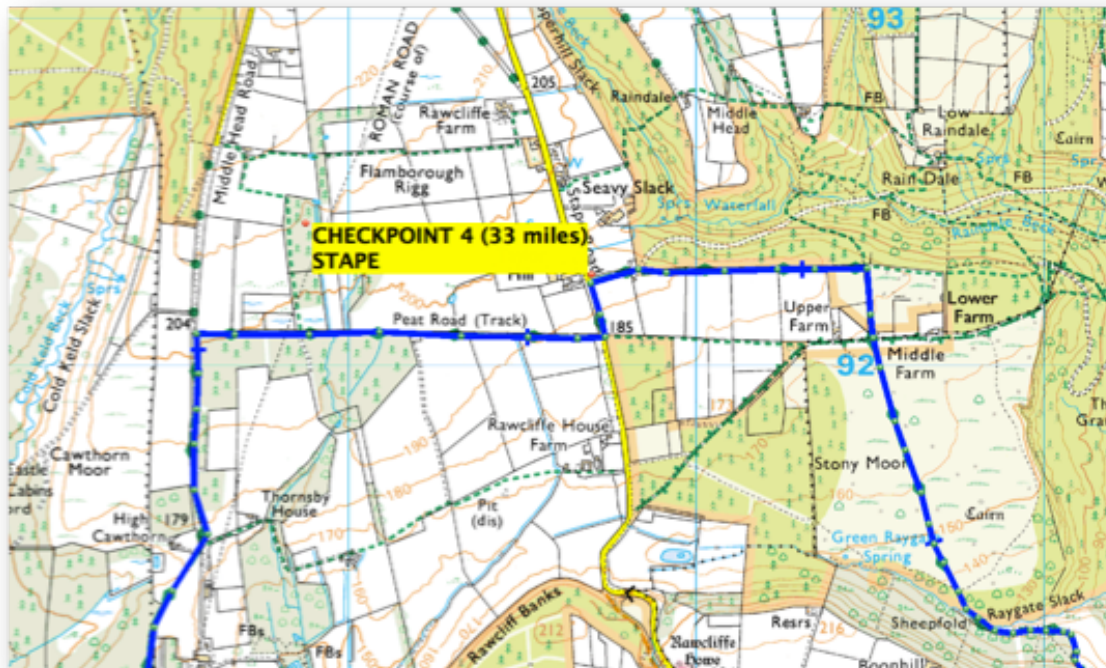
16. Leave the **Checkpoint** & head across road to the **Royal Oak**, take the lane **Elmslac Close** that is situated on the right of the pub & continue ahead until reaching the junction

17. Turn right at junction onto **Carlton lane** & turn left onto **Warwick place** (signed TB)
17. Pass **graveyard** on left & on reaching gate continue ahead passing **football ground** on the left pass through next **gate** and cut diagonally across field to far left corner. Pass through next **gate** cut straight across field & turn left through gate **heading for woods**.
18. Pass through next **gate** & at path junction turn left signed TB and Continue on **stone track**
19. At next junction turn right signed TB (**Carlton**) Continue ahead on **stone track** uphill.
22. At next **junction** continue straight ahead. Pass through **metal gate** & turn left onto road. **Follow road** & turn right to leave road on reaching the TB sign. Head up path on left of trees, keeping fence line to the left & continue on wide track
23. Keep on wide track through **woods** until reaching a signed right turning (TB) & descend path through trees. On reaching stone track at the bottom cut directly straight over and descend again through woods passing **wooden bench** on the left.
24. **Turn left through gate and follow path alongside river. Cross footbridge & head uphill towards the ruined barn. Keep barn to your left and pass the house on your right.**
25. Continue uphill on wide stone track. Pass through farm gate on right ignore left hand farm gate. When track forks (top of climb) turn left following TB sign (**Newton tower**)
26. Pass through **wooden gate** and continue on wide track. On reaching **road** turn right & immediately left off road through **gate** (signed TB).
27. Continue ahead **following fence line** (keeping fence on right) Pass through next gate on right and descend path through trees
28. Ascend path crossing **logging track** to continue ahead through trees. Pass by wooden gate on your left and follow path directly ahead
29. Pass through **gate** continue directly ahead across road Signed TB. Descend path towards **trees**.
30. Pass through trees and continue directly up bank, at top of climb reaching **road** continue straight ahead on the **road**
31. **On reaching junction turn right and continue ahead on road for just over a mile**
32. Turn left off road onto track alongside field (**signed Cauldron**). Continue on track keeping **hedge** to your left. Pass through **gate** and turn right along footpath
33. When track forks take left fork downhill. (TB fingerpost) At bottom of descent continue straight ahead crossing **stone bridge** passing **buildings** on your left and right
34. After crossing **bridge** turn left & as the track forks take right fork **uphill through trees**. Continue on track pass through **wooden gate**. When track forks take right fork uphill (signed TB).
35. Pass through **next gate** and ignore left hand fork. Continue ahead uphill. Continue directly ahead on **track** and ignore right fork On reaching road turn right (signed **Fadmoor** TB) At road junction turn left (signed **Fadmoor**)
36. On reaching next road junction turn left into **Fadmoor** and take the first right through the **village** & on the **green** is **CHECKPOINT 3 FADMOOR (20 miles)**



1. Continue on the **road** after leaving the **Checkpoint** for 1 mile. On reaching **Gillamoor** continue ahead through Village
 2. On reaching **War Memorial** just before **Church** leave the road and follow signed TB path to descend alongside church. At bottom of track turn right & continue on track as it turns left alongside the **farm**. Pass through the gate and cross over the **bridge**.
- Cross stile** & pass through **2 fields**. At end of field cross **stile** (right hand corner)
3. Cross next field diagonally to **cross stile**. Cross next field heading for right hand corner
 4. Cross **bridge** and turn left. Take next right up the **bank**. At fingerpost turn right & continue on **path**. Ignore tracks leading off to the right
 5. Cross through **gate** (signed with direction arrow) and head along path side of field between fence and hedgerow. At path junction continue straight ahead & pass through the **wooden gate**.
 6. Cross through field and next **gate** following direction arrow through next field. At end of field turn left through gate onto roadside path & turn right heading into **Hutton Le Hole**
 7. Ignore road fork to the left (Signed Lastingham) & continue ahead into the **village**
 8. Pass through the **village** and on leaving the village take the **left lane leaving the main road**
 9. Follow the lane briefly and turn left off the lane onto a path (signed TB **Cropton**)
 10. As path forks take right fork uphill. Pass through **gate** and continue on path uphill. At path junction on brow of the hill carry straight on ahead
 11. As the track corners to the right follow it onto **stone track**. Leave track to turn left following fingerpost (TB) continue downhill on grass path
 12. At next path junction continue straight ahead following **bridleway** At end of bridleway pass through the **gate** and follow fingerpost through field

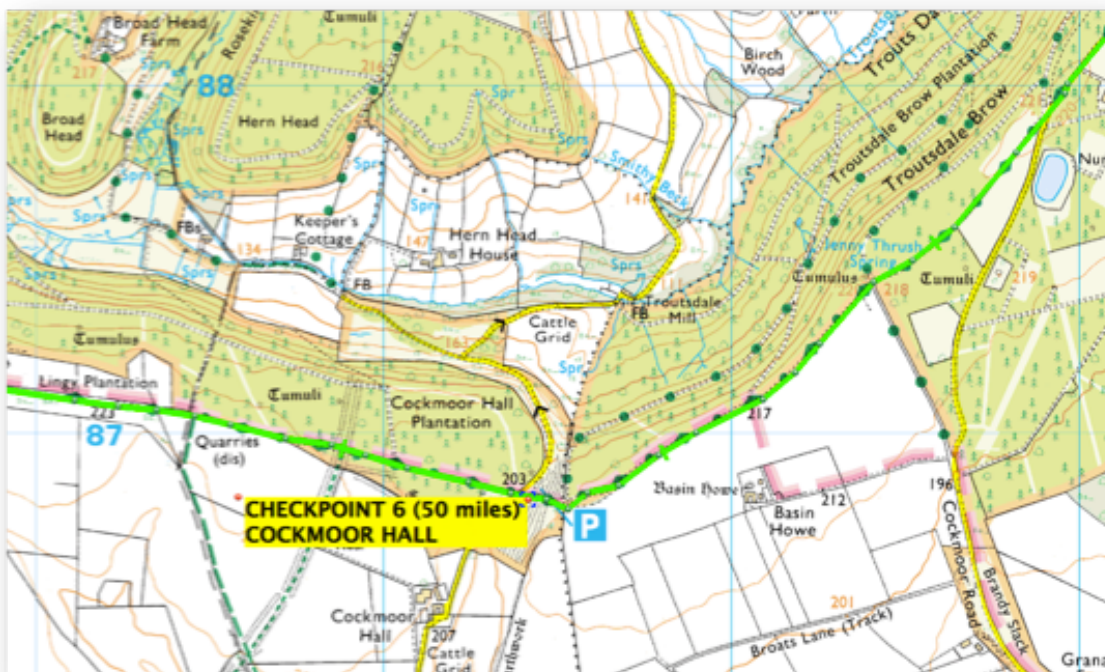
13. Pass through **wooden gate** & continue ahead on track. As track forks take right fork (signed TB) On reaching **metal gate** turn left following TB sign
14. On reaching the road (**Appleton Le Moors**) turn left onto road (signed TB) Pass **Church** and take the next road on the right (road sign **Cropton**)
15. Follow road & as road corners left continue ahead on track leaving road passing through **Appleton Mill farm** (TB signed) At end of lane turn left through gate (with directional arrow) into a field, keep to the right hand side of the field and cross the **wooden bridge**.
16. Pass through **gate** & turn left onto path. At path junction turn left following TB sign (**Cropton**) When path forks stay on **lower path** (left fork)
17. On reaching the **road** turn right and follow **road uphill**. As road starts to bend to the right, leave the road & turn left up **TB fingerposted path**
18. Pass by **church** on your left and continue straight ahead. On reaching the **road** turn left and continue on **road** for 1.5 miles
19. On reaching the junction follow the **Kelly Forest Cabins road sign** and turn left. Continue on road for just over 0.5 miles & opposite the **farm** turn right (TB signed) into the **woods**. Follow path through **woods**. Cross **wooden bridge** and continue uphill on **path**
20. When path forks continue ahead (left fork) Pass through **gate** & follow direction arrow to cross field aiming for **gate** directly ahead. Pass through **gate** and continue on path straight ahead. When track joins **bridleway** turn right onto the bridleway (TB signed)
21. On reaching road turn left up the road (TB) and take the first track off to your right (TB signed) to reach **CHECKPOINT 4 STAPE (33 miles)**



CP 4 (STAPE) 33 miles - CP 4 (CROOKNESS) 61 miles

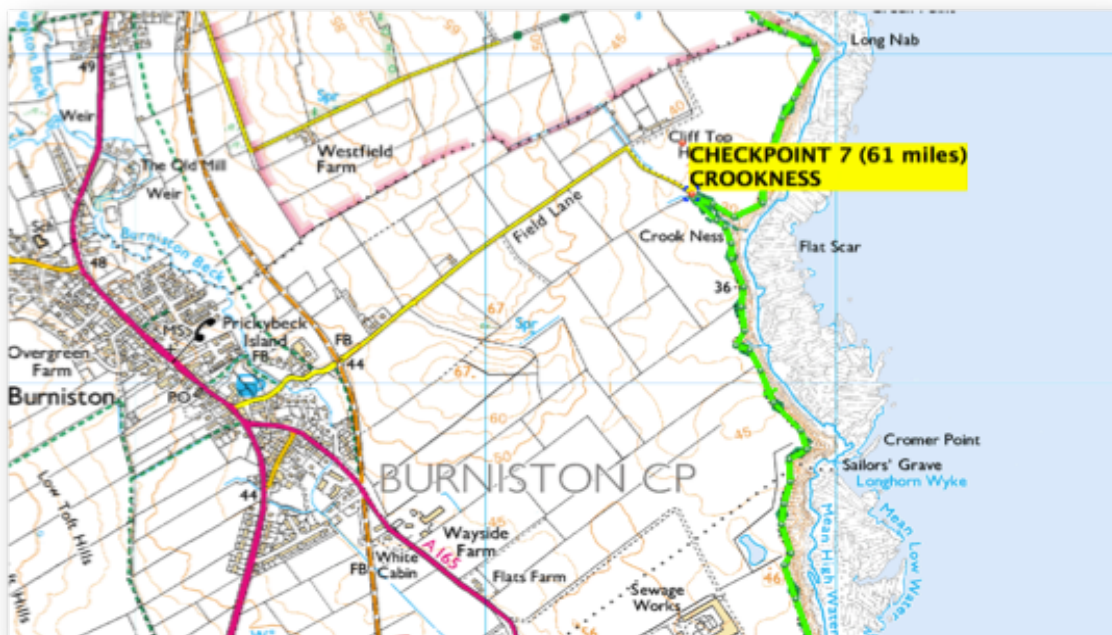
1. Leave **Checkpoint** & Continue on wide track briefly. On reaching the track off to your right.(Signed TB.) turn right passing **barn** on your right. Continue ahead on muddy track
2. At junction of tracks turn right through **woods** following TB sign. Continue on path & pass **cottage** on left as you pass through the gate. At paths junction continue directly ahead.(Signed bridleway)
3. On reaching the **stream** cross it & continue ahead on track through the **gate**. When track forks take right fork to climb the track up the hill.
4. Just before the track reaches the **road** turn left following TB sign. Continue on **track**
5. Ignore paths off to the left & right & continue ahead on **track**. Eventually **track becomes a lane**. Carry ahead on the lane for its full length. At end of lane turn left downhill (signed TB)
6. At bottom of hill ignore left fork & continue ahead to **cross bridge**.
7. Cross over **railway line** & pass through **farmyard**. Turn left off track to **cross bridge** (signed TB) Pass through **next gate** & head for the far left of the field to reach the **gate**
8. Turn right and keep to right of the field heading for **gate**. Pass through gate and continue **uphill**
9. **through woods** on path. When path forks take right fork. (TB fingerposted)
10. Continue on path & on reaching **gate** pass through & turn left (finger posted). Pass through next **gate** and continue ahead.
11. Pass through **next 3 gates** & continue on **track**.
12. When track forks continue ahead on track & ignore right fork down to **ruined church**. On reaching road turn left onto **road** and follow it uphill briefly (TB signed)
13. Leave road to follow TB sign on your right up the **bank** At path junction turn **left uphill**. Continue uphill past bench on left and follow road into **Levisham** heading for the **Horseshoe Inn**
14. Follow road to right hand side of the **pub** continuing uphill. The road eventually becomes a **track**. Pass through **gate** and continue straight ahead (TB signed **Saltergate**) At path junction again continue straight ahead on **track** for just over 2 miles
15. At end of track pass through gate & continue uphill on path alongside the **road**. Follow path ignoring fingerposts off to the left
16. Follow path off to the left with steps & **Pedestrians look both ways sign**, to cross road into **carpark** and **CHECKPOINT 5 HOLE OF HORCUM (42 miles)**
17. Leave **checkpoint** & head back in the direction you have come from (if you are facing the road turn right and keep to the right side of the road) keeping to the tree line side of the road
18. On reaching the **lane** on the right, turn right (signed TB) Continue on lane (ignoring path off to the left). Pass through gate straight ahead signed **Newgate Foot farm**
19. After **0.75 miles** leave track & turn right following TB sign (just before Track descends steeply)
20. Pass through **gate** and continue ahead on **track**. Pass through next **gate** with **blue direction arrow**

21. and continue straight ahead
22. Ignore any paths or tracks leading off the main track. When track bends to the right, leave track & continue straight ahead on narrow track (**fingerposted with black arrow with orange background** & a few feet further a TB fingerpost on your right).
23. When track reaches **crossroads** turn right onto main track (signed TB Cockmoor 4 miles)
24. Continue on **track**. When track forks turn left
25. Stay on track until reaching **road**
26. At road turn right and continue on road (TB fingerposted) for 0.4 miles and when road curves to the right leave road & follow **wide track** straight ahead.
27. As track corners to the right stay on track and ignore left fork
28. When reaching **track junction** turn left (TB fingerposted)
29. Continue ahead ignoring right turning & join the road passing **Givendale Head Farm** on right. Take TB fingerposted path on the left to leave the **road**
30. Continue on **path**.
31. At **path junction** continue straight ahead (TB fingerposted)
32. Pass through gate and cut straight ahead through **field** (alongside woods on your left to reach road)
33. Turn left on road briefly & turn right into carpark **CHECKPOINT 6 COCKMOOR HALL (50 miles)**



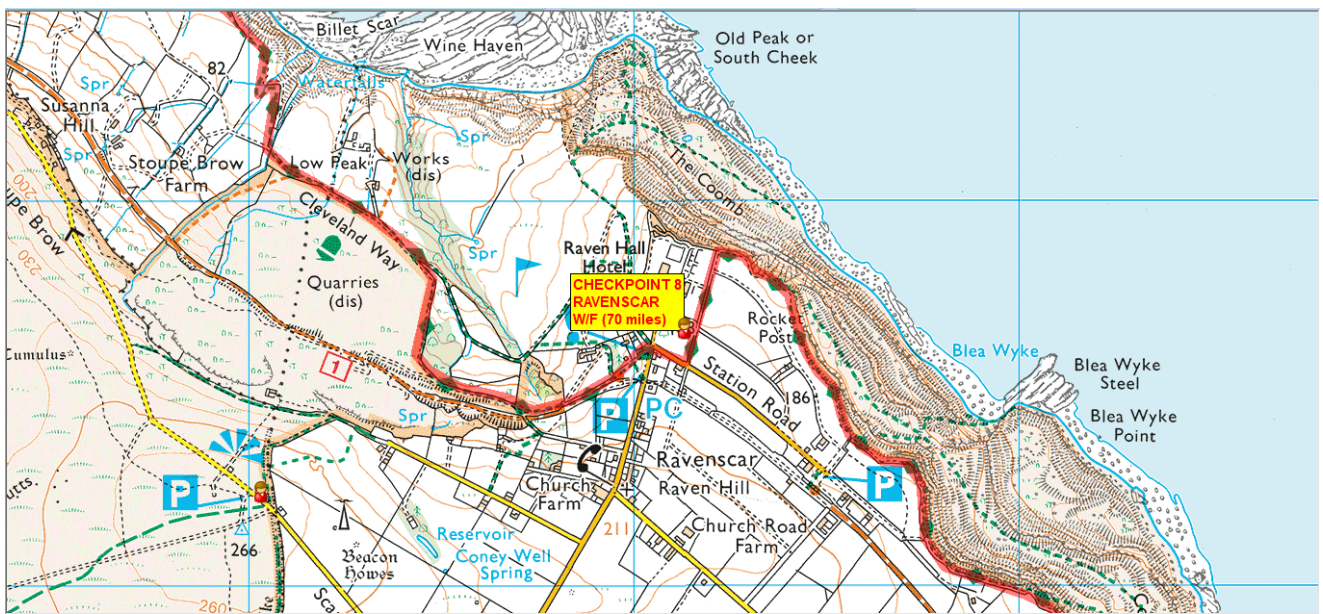
1. Leave **checkpoint** and head straight ahead on track between **gorse bushes**. Continue ahead through **gate** following TB Wrench Green sign.
2. Continue on **main track** ignoring any tracks to the left or right.

3. On reaching track & road junction follow Tab Hills fingerpost & continue straight ahead on **road**
4. Ignore tracks off the road. Continue **ahead on road** & ignore Raptor View signed turn off on left
5. When road turns sharply to the right **leave road** to continue directly ahead on track passing carpark on your left and '**Unsuitable for motor vehicles sign**' on your left
6. At **track junction** turn left TB fingerposted. At next track junction continue ahead onto **lane** Descend lane into the **village**
7. Follow lane through **village** as it bends right then left and crosses the **bridge & meets the road** Turn right onto **road** & follow road for just over a **mile** (passing Everley House café on right)
8. On reaching **bridge** (just after **Mowthorpe Farm**) cross bridge & turn left immediately leaving road & pass through **gate** (signed TB Scalby) Follow **path alongside river** for just over 2.3 miles
9. On reaching **stone bridge** pass through **gate** and cross road (TB signed) Pass through next **gate** and continue ahead with **river** to your left
10. At end of path & on reaching **next bridge** turn left & pass over the bridge (signed TB)
11. Cross road and follow path **uphill alongside road**. Pass by **Scalby Community Hall** on your right. Take next road on your right (**Station road**) Continue on **road** ignoring any side streets.
12. At **roundabout** continue straight ahead.
13. At **road junction** turn right & cross road immediately after. Continue along road briefly & take **2nd path on left** (signed public footpath to **Cleveland way**)
14. Continue ahead on path through **field**. At end of path (on reaching **Cliff Tops**) turn left onto the Cleveland way **YOU NOW LEAVE THE TABULAR HILLS TO JOIN THE CLEVELAND WAY**
15. Continue along the **cliff top path** (keeping the sea to your right)
16. On reaching **CHECKPOINT 7 (CROOKNESS) (61 miles)** cross concrete pathway & continue ahead along **Cliff top path**.



CP 7 (CROOKNESS) 61 miles - CP 12 (SALTBURN) 101 miles

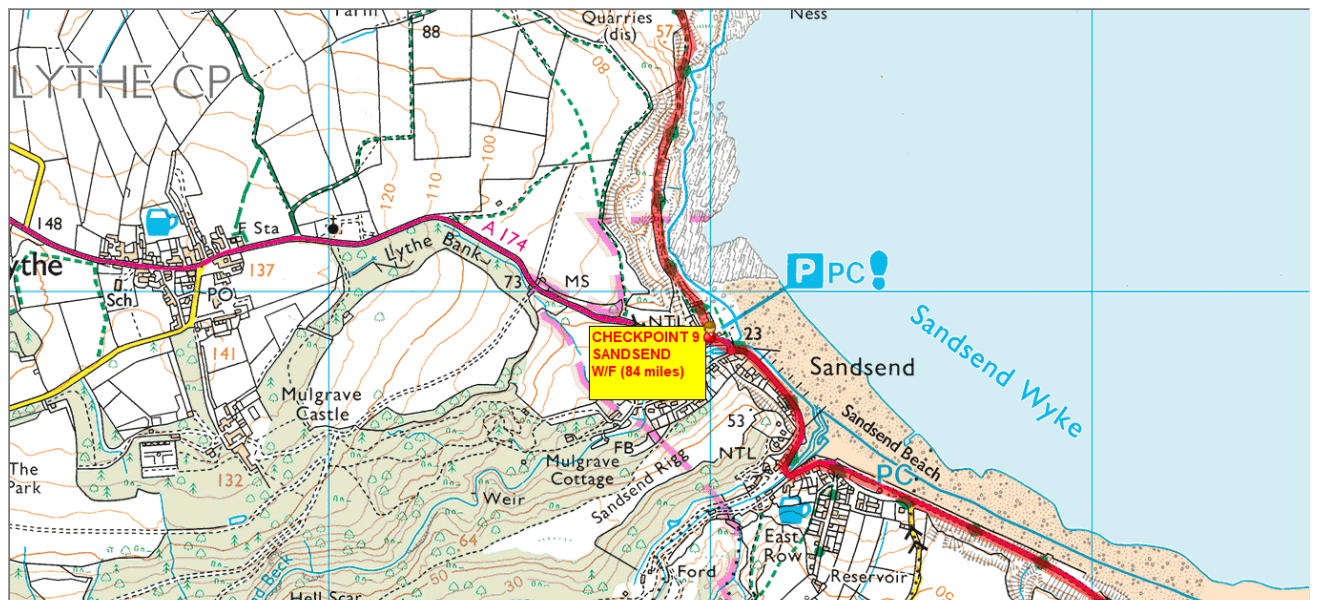
1. Pass by the **Coastguard lookout station**. Descend steep steps leaving the cliff edge of Hundale point. The path continues round **Cloughton Wyke** (inlet) & back along the cliff top path
2. Pass through woods & descend down to junction of paths, turn right & follow path down **stone steps** as it descends to **Hayburn Wyke**, at next fork turn right & then left. At next fork descend to **wooden bridge**. Cross **bridge**, ascend **steep steps** through trees.
3. Descend **steps to next bridge**, cross & follow path, ascend next set of **steps** & at top cross over **stile**. Continue ahead on **Cliff top path** ignoring any paths to the left or right
4. On reaching **Ravenscar** and heading towards the **Hotel** the path reaches a dead end (Hedge) Turn left along track to reach **CHECKPOINT 8 RAVENSCAR (70miles)**



CP8 (RAVENSCAR) 70 miles - CP 11 (SALTBURN) 101 miles

1. After leaving Checkpoint and reaching the **road** turn right towards the Hotel
2. As the road corners to the left turn right to leave the road (**signed CW**) and continue **downhill on a concrete track passing the National Trust Shop on your right**
3. Ignore fork to the left off the track and continue to descend down **rocky track**, when track forks. Take right fork signed **CW** On reaching **concrete track** turn left (signed **CW**)
4. Stay on track, **ignore right turning signed CW Alum Works** Ignore next right turn
5. Leave track when reaching the **gate**. Follow **yellow arrow** to the right & descend track **Ignore Alum Works sign and path to the right** (over footbridge) Continue on path, **cross wooden bridge** & continue on main path
6. Pass over **wooden bridge** keep to cliff top path. Eventually cliff top path finishes at a **road**. Turn right on road following **CW sign** Descend road & at roads end (next to **Stoupe Bank farm**) descend track

7. Bottom of **steps** cross **bridge**, ascend **steps**, when track forks take **right fork** up steps & continue on **cliff path**
8. Descend steps to **Boggle Hole** At bottom turn right & take first left to cross bridge, pass **YHA** on left & ascend steps. Continue ahead on track & pass through **gate**, continue ahead. Go through next gate & turn **right**. Continue on path along **cliff tops** towards Robin Hoods Bay
9. Continue ahead down wooden decked steps (**can be slippery**) When reaching path junction turn left & descend stone steps. At bottom of steps turn right (pass by **Chip shop** on right & **Smugglers pub** on left to join Main Street) Turn left onto main street & continue on it as it passes shops & side streets.
10. Continue on street as it climbs steeply up the hill. At top of hill pass by **car park** on left & **Victoria Hotel** on the right. Continue straight ahead, ignoring the fork to the left
11. Continue by **Station Road Stores** & turn right to leave the road at **Grosvenor Hotel**
12. Continue ahead along **Mount Pleasant North** when the street turns left, leave street & continue directly ahead along the footpath in front of the houses & through the Hawthorns
13. Continue ahead along **cliff top path** (signed CW) continue on cliff top path for next 4 miles. On reaching **light house**, turn right to cross access road & join path down towards the Cliff tops, On reaching cliff path turn left & continue along this path. Pass by former **Fog signal station** on left
14. On reaching **Saltwick Caravan Park**, leave cliff top path & continue ahead along main tarmac road through **Whitby Holiday Park** passing **minimarket** on right & a café on left.
15. Just after **Playground**, turn left onto a stony track & follow it as it emerges out onto cliff path
16. The path emerges out opposite the **Abbey** & on reaching the lane (Abbey Lane) turn right. Proceed to the square & cross square aiming for the far left corner then descend Church Lane & the **199 steps** alongside **St Marys** (on right)
17. At bottom of steps continue straight ahead down **Church Lane**. On reaching junction turn left down Church Street passing the **Board Inn** on your right
18. When the lane reaches the road turn right down Bridge Street. **Cross the Bridge** & turn right down New Quay Road with the River Esk on your right. Continue along the road as it bends to the left.
19. As road leaves seafront (**Khyber Pass**) head uphill past **Full of Beans** Follow path up steps & cut corner & cross road
20. Opposite **Khyber Pass gifts** take path on right up **steps** & pass through **Whalebone Arch**. Turn right alongside road passing **Captain Cooks Monument** on right. Continue on road as it turns left
21. Pass by **Whitby Pavillion** on your left and continue on the lower path alongside seafront passing the lifeguard hut and the **coloured beach huts** all on your left. Follow path as it turns left to leave seafront .Go under **bridge** & between **golf course** to reach **Sandsend Road**
22. Turn Right down the road and continue along road for 1.5 miles passing over the **bridge** and through Sandsend keeping close to the **seafront** (ignoring any roads to the left)
23. As road turns left, leave road & continue through arch to **carpark** & arrive at **CHECKPOINT 9 SANDSEND (84 miles)**



1. Leave **Checkpoint** & head for far left side of **carpark**, **climb steps**. At top of **steps** turn right
2. Continue on wide path & at **Deepgrove Wyke** follow path as it turns left heading for **tunnel**. Just before tunnel take steps on right & ascend **steps** to reach top. Continue along path to **Kettleness**
3. As path forks take **CW path** to Kettleness. At **lane**, turn right (Signed CW) & follow it into **Kettleness**
4. On reaching **Kettleness** head for far right of farm building & pick up **Cliff top path**. Follow path & when path forks keep to path alongside fence line, pass by **White Bungalow** on right & continue ahead on **Cliff top path**.
5. Ascend steps down towards **Ravine** & beach. On reaching beach turn left towards **Runswick Bay**.
6. Leave beach by ascending **concrete slope** (surrounded by boulders) directly ahead of you. Turn left up road, passing **public carpark** on left. **Turn right** (signed CW) opposite the 2nd carpark (signed Sailor Club members only) continue on lane and up the **steep path**.
7. At top of slope pass **Cliff Mount Hotel** on right, enter carpark on left **CHECKPOINT 10 RUNSWICK BAY (89 miles)**



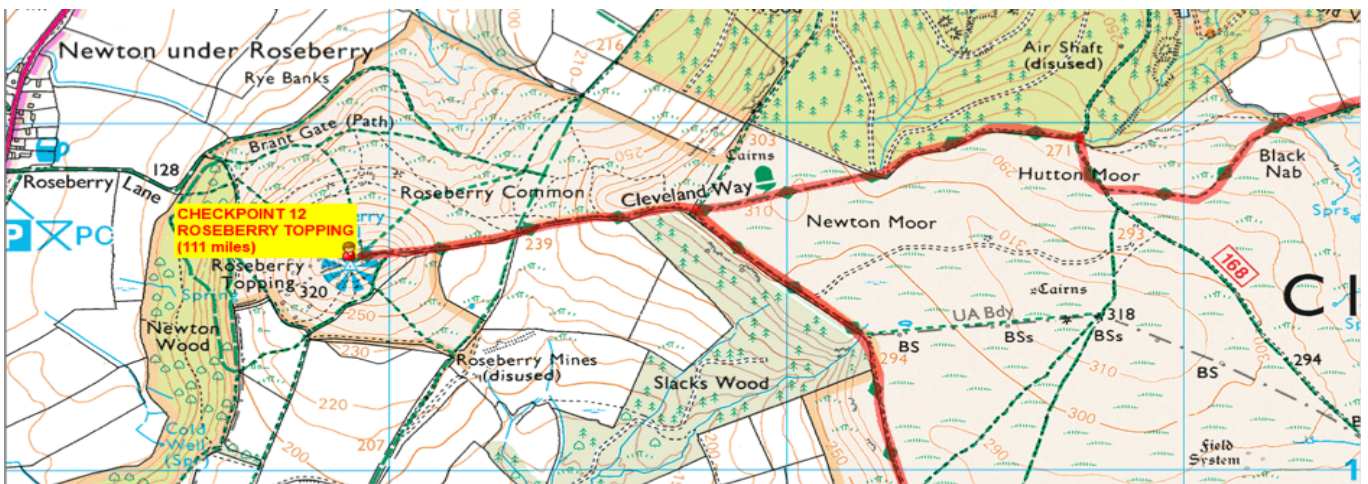
8. Leave **Checkpoint** & turn left onto the road, continue ahead on the road. Turn right on path leaving the road just before the **Runswick Bay Hotel**.
9. Keep Runswick Bay Hotel to the left & head for path on **right side of barn**. Follow path as it turns left along cliff tops for over a mile. On reaching road turn right onto road (**Port Mulgrave**) Follow road until it becomes a path. Continue ahead on Cliff top path
10. Pass farm on left. Follow path as it descends to lane (Church Street) **Descend Church Street**, when street forks, take left fork along High Street to pass **Cod and Lobster** Pub on right. Continue along high street until street bends to the left. Leave street to continue ahead down **alleyway on left of the Cleveland Corner** (Bistro) & cross bridge
11. Turn left **onto Cowbar Bank** & ascend lane to the top, ignoring any paths to the L or R). Pass houses on left & as the lane forks take the right fork. Continue on **cliff top** track. Eventually leave track to follow path signed CW
12. When path joins road continue straight ahead passing **house on right**. Ignore roads to the left. As road ends, follow path as it passes house on left. Continue on path as it takes a **sharp left turn uphill & then right**. Continue on path along cliff tops towards **Boulby Cliffs** When track forks, take **right fork downhill** (finger posted)
13. Pass by house on left, join access road. Leave access road by signed (CW) path on right. Descend path, when path forks take left fork and continue on Cliff top path until it descends **steps steeply** down into **Skinningrove**.
14. At bottom of steps turn left to descend on road towards **Skinningrove & cross bridge**. Directly after **bridge** turn right and follow path in front of row of houses (**Marine Terrace**)
15. Leave **Marine Terrace** to turn right on path passing **Lifeboat with wooden sailor** on left & continue through to **carpark**, follow track alongside beach towards **jetty** keeping the cliffs to the left & sea to the right. Pass through **gap in Jetty**. Before slope down to beach & opposite **Lifebelt** (on right) take path on left heading along the Cliffsides.
16. Ascend steps & on reaching the **cliff top** turn right (signed CW) Continue along cliff top path keeping the **sea to your right** (ignore any paths off to the left)
17. Follow path as it descends steps to road. Turn right & follow road round to left passing '**Ship Inn**' on right. Continue on seafront over bridge & pass by Vista Marr restaurant on left.
18. Follow road round to left as it **steeply ascends bank** passing Saltsburn Spa hotel on your left.
19. At top of climb continue directly ahead on footpath until reaching bandstand on left & **CHECKPOINT 11 SALT BURN (101 miles)**



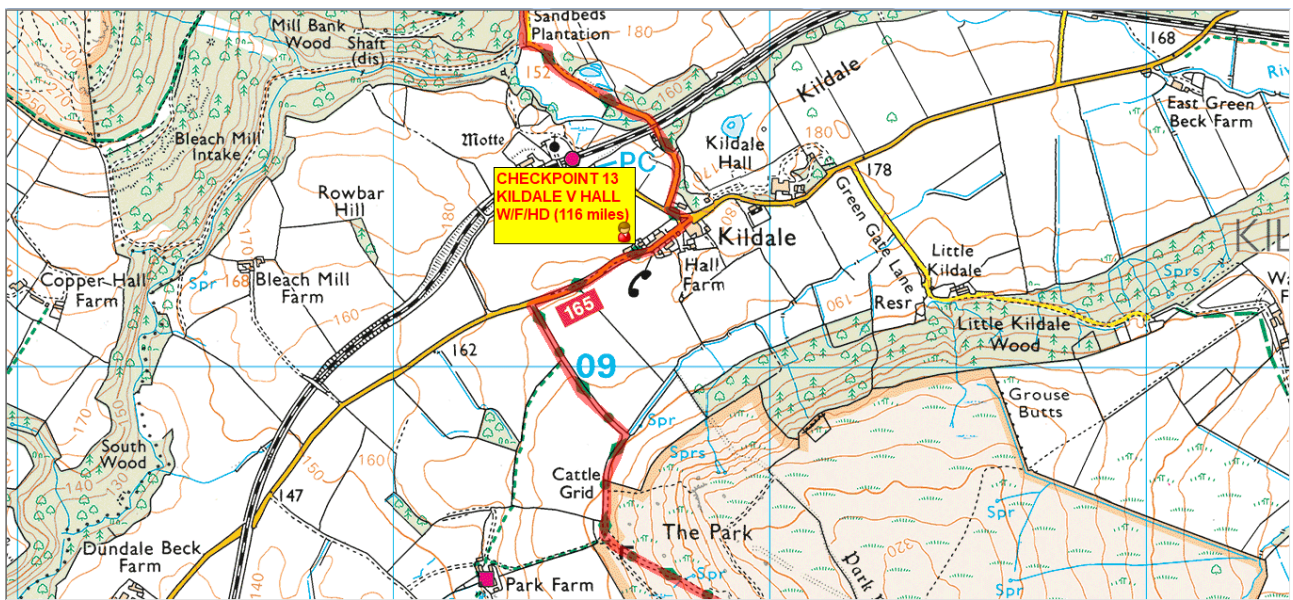
CP11(SALT BURN) 101miles – CP14(CLAY BANK) 127miles

20. Leave checkpoint & take next left path (Signed Saltburn Valley Gardens) Descend **wide tarmac** track. At junction follow **CW sign straight ahead**.
21. At next junction follow CW sign straight on
22. Continue on path following **Acorn signed finger posts** Continue on path as it goes under **Viaduct** & as it leaves the riverside to ascend steps & slope through the woods.
23. At the junction on leaving the woods turn left and follow **path alongside the edge of the field** Continue through tunnel and pass through the **Housing estate** to cross the road (signed CW)
24. Continue on path across **wasteland**. On reaching path junction turn right (signed CW) heading for housing estate.
25. Pass through the **gap in the fence** and follow the road as it bends to the left. Continue along the same road as it ascends the hill ignoring any other roads to the left or right.
26. Continue straight at crossroads, at end of road turn left uphill on road passing **Co-op Funeral Care** on right. Cross road & pass '**Hair Expressions**' plus **Co-op** on left & carpark on right. Ascend steps & at top turn right onto lane
27. Leave lane by **CW signed path on left**. At path crossroads continue ahead (Acorn marked) At road, cross & continue ahead down **Airy Hall Lane**. Go straight ahead at junction & pick up track signed CW (Slapewath) on left.
28. Carry ahead on wide track. At end of track (**Tree line**) turn left following CW sign down path following fence line.
29. **Descend path** as it veers to the left and right, steeply down steps. Continue on path (signed CW)
30. On reaching road & houses (Slapewath) follow lane heading towards **Fox and Hounds pub**. Pass pub on the left & cross bridge. Cross over the busy main road (Caution advised)
31. Once on the other side of the road turn left and pass by the **bus shelter** on your right. Leave the roadside to follow tarmacked track (Signed CW) continue on track and take the first right off the track (signed CW) continue ahead on the CW marked track through Slapewath woods keeping an eye out for Acorn signs.

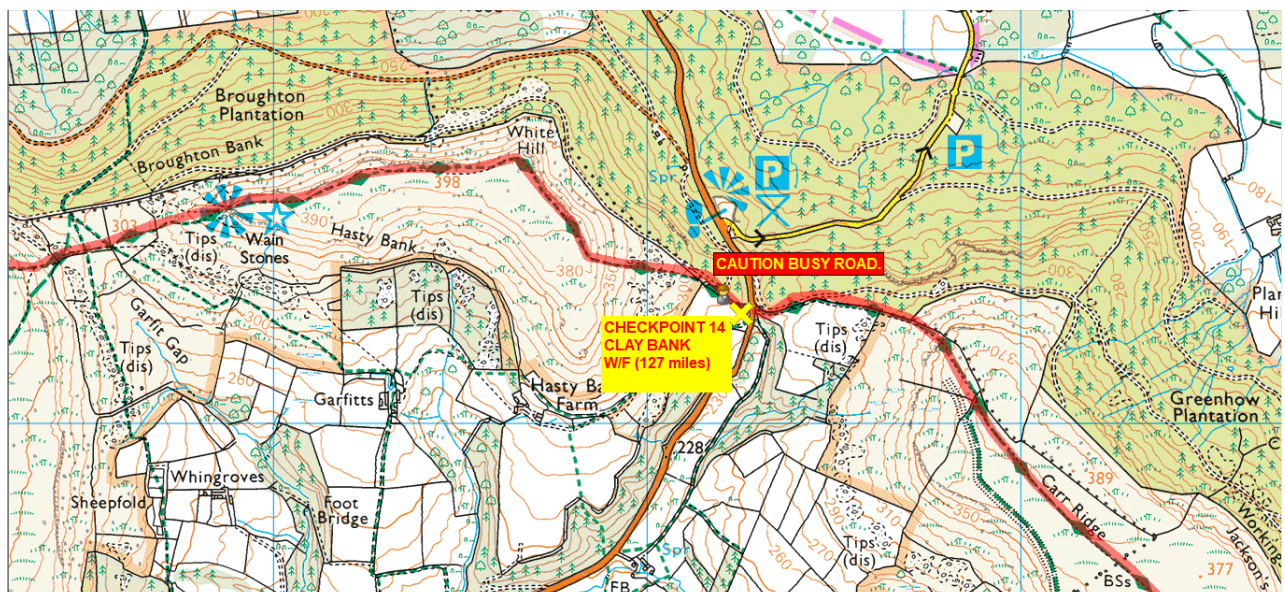
32. Eventually on reaching the end of the woods & reaching the bottom of a **steep concrete hill** follow the CW sign and turn left heading uphill, turn right through gate that is signposted CW.
33. Follow track briefly then turn right through **2nd gate** and turn left to follow Cleveland way track, Turn right following CW sign, after a short while turn right onto track signed with an acorn, turn right follow acorn signs.
34. Follow **wide track** and after 0.45 miles continue straight on main track and do not turn left. Continue on main track and do not take right track signposted after 0.4 m along.
35. After 0.3 m take left track up hill signposted by an acorn. Continue on main track until track starts to corner to left. To the right is an Acorn sign with a gap in a fence. Follow sign keeping on footpath to the summit of **High Cliff Nab**.
36. After leaving **High Cliff Nab** descend track, take steps on right. At bottom of steps follow acorn sign & turn left continue on footpath cross over main track heading for trees. After 0.3 m reach **kissing gate** (CW sign,) follow sign to the right for 1.10 mile. Turn right at junction again following CW signs. After 0.1 miles cross over **barrier** & go through **gate**, after passing through the gate turn left & pass by next barrier. (Signed with Acorn)
37. Follow track ahead for 0.3 miles, turn left & pass through **gate** & continue on track. Go through **gate** in wall & follow path to **summit of ROSEBERRY TOPPING CHECKPOINT 12 (111miles)**



38. Leaving Roseberry Topping and **Checkpoint** retrace your steps back to the **gate in the wall**. Turn right after leaving the gate, keep alongside the wall with the trees to your right, continue on this track and descend down to the **road/carpark**.
39. Turn right on reaching the road then turn left at **Gribdale Gate** (CW signed) pass through gate and ascend track up hill to **Captain Cooks monument**.
40. At **Captain Cooks** turn left and follow left hand track Follow path through the **gap in the wall** and **descend steps**. Continue along track. When the track forks, follow the right hand fork (signed) and continue on track until you reach the **road**.
41. Turn right onto road & continue on road descending downhill over **cattle grid**.
42. Continue past the farm on left & into Kildale passing over a railway line.
43. Turn left when road forks & at the junction turn right up the road briefly, on the right is **CHECKPOINT 13 KILDALE VILLAGE HALL (116 miles)**



44. After leaving **Checkpoint** turn right & follow road. Take first road on left & pass by **2 cattlegrids**
45. When road turns left take path straight ahead passing through **1st gate** & then **second Gate** (CW signed) & continue on main track until reaching **Bloworth Crossing** (Do not take other routes off the main track)
46. At reaching Bloworth Crossing turn right onto CW signed track.
47. When track forks take left hand path leaving main track, turn left onto wide track & follow track to **Clay Bank** & **B1257** Cross B1257 to reach **CHECKPOINT 14 CLAY BANK (127 miles)**

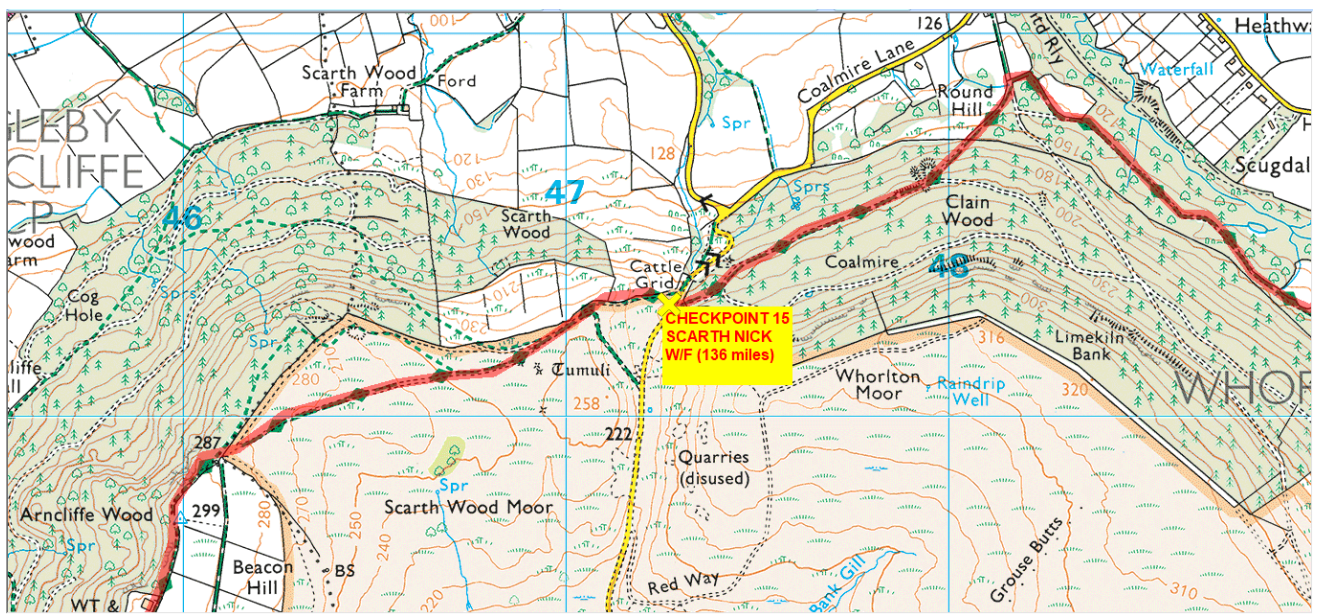


CP14 (CLAY BANK) 127miles – FINISH (HELMSLEY) 160^{ish} miles

1. Leave the **Checkpoint** & climb the **Steps** (Signposted CW) follow track uphill briefly and go through the **gate** on left. Take the path leading uphill and continue on the **flagstone track** to the **Wainstones** Scramble over the **boulders** to your right and **descend the hill**.
2. Continue on CW signed track up over **Cold Moor** & descend to reach **Kirby Bank** Continue on the Cleveland Way path to ascend **Cringle Moor**, Descend from **Trig Point** and follow the stone track.
3. Pass through a **gate** then continue straight ahead keeping the fence to your left side, do not take

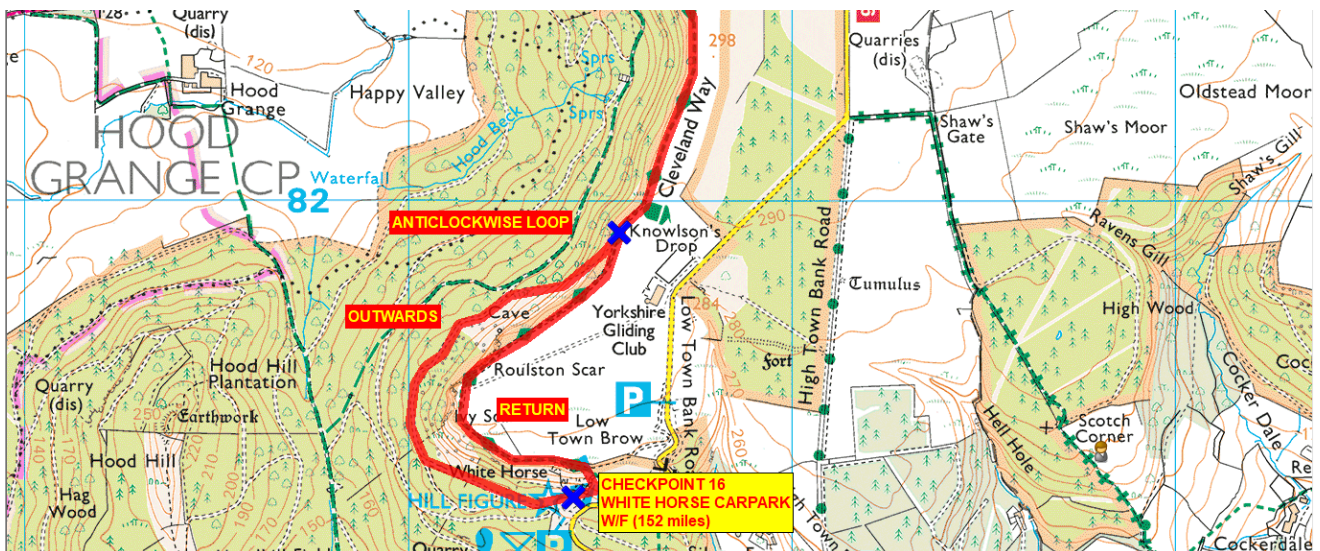
any paths off to the right. Continue straight on at the footpath crossroads (**Lords cafe** to your left) when path forks off take left fork. Go through **gate** and cross directly over the road.

4. Pick up path (signposted CW Huthwaite green) Cross over the track and head for the **gate** straight ahead with a Cleveland way symbol. Climb paved footpath up **Carlton bank** to the **Trig Point** & continue on track for a couple of miles over Carlton Moor eventually reaching **steps**.
5. After descending steps turn left on track downhill with a **wood** on your left. Pass through 2 gates. When reaching the **road** cross straight over and down road bearing right to cross **ford/bridge**.
6. Immediately after the **bridge** take right hand fork to cross another **bridge/ford** then straight on to gate. After **gate** take trod on right hand side of main track ignoring the blue marked posts. (do not go down the slope) continue up the trod to the **Gate**. Turn right onto the track.
7. Follow track & **ascend the steps**. At top of the steps bear right joining a track (CW signed) follow track & where route forks off take right hand track (signed CW) follow track until it reaches road & turn left to cross **cattlegrid** & reach **CHECKPOINT 15 SCARTH NICK (136 miles)**



8. Continue up road briefly & pick up the Cleveland way track on your right (signed CW) Continue on track uphill, cut across slightly from the wall to your left at the **brow of the hill** to sign post and main track, continue on the main track until reaching a **gate**
9. Pass through **gate** and turn right through a **second gate**. (signed CW) continue on a **track** after 0.25 of a mile pass through **2 gates** passing by the **tv mast station**.
10. Continue on the track for 0.7 of a mile until reaching a **gate**. Pass through the gate and continue on track, pass through the **second gate** and continue on track. Pass through **third gate** and continue on left hand fork ascending. Continue on the track eventually reaching a **road**.
11. Turn right and continue down the road into **Osmotherley**, turn left just by the **Cenotaph** and **bus shelter** through the **passageway** (Acorn Sign marked).
12. Go through **passageway** & cross lane, continue on path (marked) follow path down steps & slope.
13. Cross **bridge** & continue uphill on track through 2 CW marked **gates** keeping **farm** to the right.
14. Join track (signed) & turn right, continue on track through **metal gate**.
15. Turn right. Follow track to the **road**.

16. Turn left up road & after a short distance, take first path on right through **gate** & continue on **bridlepath**. Descend lane **ignoring right turn**.
17. **Cross stone bridge** then **cattlegrid**, passing **house** on left. Continue up **main track**
18. , Pass through **metal gate** & by **reservoir** When path forks, take right hand track & ignore left track which passes through a broken down wall.
19. Continue over a small **wooden bridge** & keep on track uphill.
20. Follow **stone flagged** path to top of the climb.
21. Turn right onto the road (signed CW) passing car park on left of the main track **Square Corner**
22. Continue ahead on **track up hill**.
23. Follow track for 5 miles. Continue on track ahead as it passes through **woods** to eventually reach a path junction & turn right (CW signed) towards & through **High Paradise farm**, continue down lane towards **woods**, descend downhill & take gate (signed CW) on left. Then uphill passing through **next gate** & straight across **road** to pick path up.
24. Pass through **2 gates** one shortly after the other. For next 1.5 miles stick to main path (**Acorn signed**) & do not take any paths off to the sides.
25. On reaching CW signpost follow it to the left. Carry on path. At **side road**, cross to join path on other side. Turn right at path junction then **cross busy road (CAUTION REQUIRED)**
26. Follow embankment for **0.75 miles**. Drop down **path on right**. Continue on path/track through woods until reaching **CHECKPOINT 16 WHITE HORSE CARPARK (152 miles)**



27. Leave **checkpoint**, climb **steep steps** & on reaching embankment turn left. Continue on embankment then turn right to leave embankment following CW signed path through **woods**. After roughly 0.3 miles cross the **side road** & then turn left to cross the **main road**.
28. At other side of road turn right to follow **main road** (on grass) for 0.1 miles.
29. Pass **Hambleton Inn** to take CW signed **track/road on left** leaving main road
30. Continue on track for 0.2 miles & when track forks off, take right hand **gate** signed CW (Cold kirby) Follow path for 1mile passing **3 gates** along way.
31. Turn right through **gate** & descend **road** into **Cold Kirby**

32. When road forks take right fork & then left path (signed CW **Rievaulx**) descending **grassy track**. Take right fork up **bank** (do not turn left through metal gate). At top of bank turn left (signed CW) onto **road**. Follow road downhill for 1 mile.
33. Continue through gate on track (signed CW) keep right & descend (close to wire fence). Continue descending past **wooden gate** & when track forks, take left fork to forest track
34. Turn left onto track & continue ahead to reach **crossroads of tracks**. Continue ahead veering right onto main track. Leave track, when track veers round corner, turn off to left & immediately take right fork to gate (marked with acorn) go through gate & take **stepping stones**.
35. After **stepping stones** take a left turn onto a track, continue on track keeping woods to right & stream to left. Continue on track, pass through gate & turn left onto **road**. Follow **road** for 1.1 miles passing over a **bridge**. Ignore any roads turning off to the left or right.
36. Turn off the road onto a track to right (signposted CW Helmsley) half way up the **road hill**
37. Continue up track climbing steeply ignoring any tracks to the right or left. After 1 mile go straight ahead across **unmade road** (signed CW). Head towards stonewall & follow track keeping the wall on the left. Continue on path heading downhill ignoring paths off to the left & right
38. **Descend steps**, continue on track. **Ascend steps** & turn right at top of steps following track keeping wire fence to left.
39. At the corner turn left **uphill** & at top turn right through gate & **downhill** on track. At end of track pass on right the **Cleveland Way Stone** (this is the end of the CW)
40. Continue ahead (Helmsley Castle on right) at **end of lane cross over road & turn right**.
41. Take 1st road on left (**Canons Garth Lane**) between **Feversham Hotel** on left & **Church** on right
42. Continue on Lane as it bends to left, ignore first left turning & as it reaches junction (in front of the **Graveyard**) take the left fork (**Baxtons Spruce**)
43. Continue ahead on lane and at the first right fork turn right to leave lane into a **carpark**.
44. Continue through carpark & take gate in the right far corner of the carpark to arrive at the **Helmsley Sports Hall & HARDMOORS 160 FINISH (160ish miles)**

