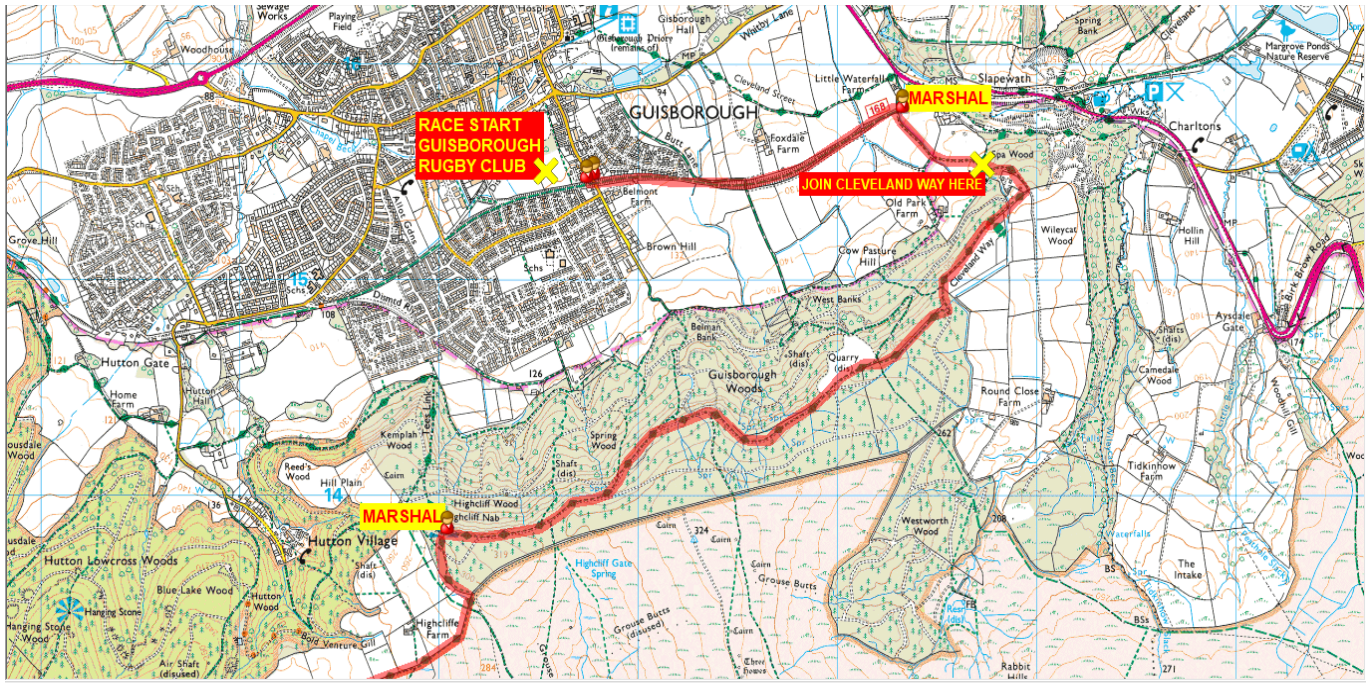


HARDMOORS 55

GUISBOROUGH - HELMSLEY

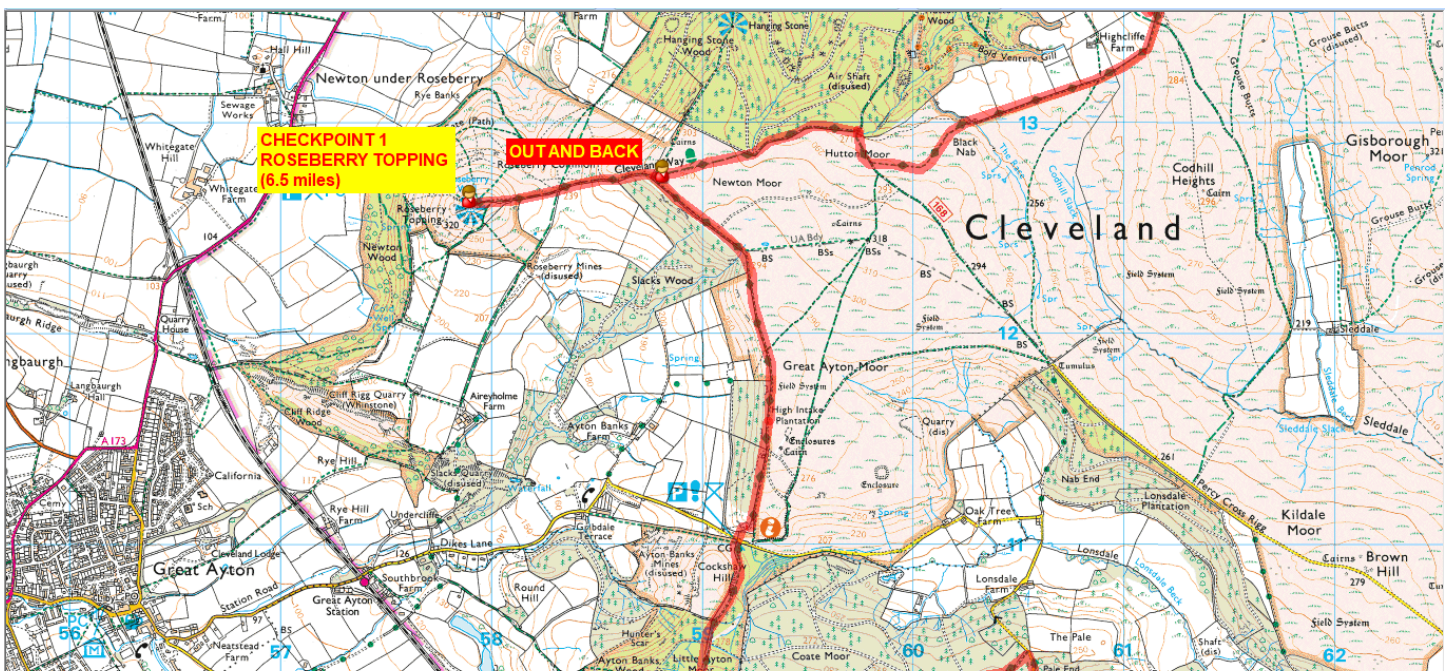
CW = CLEVELAND WAY F = FOOD W = WATER DB = DROP BAG

START (GUISBOROUGH) – CHECKPOINT 3 (CLAYBANK) 19.5 miles



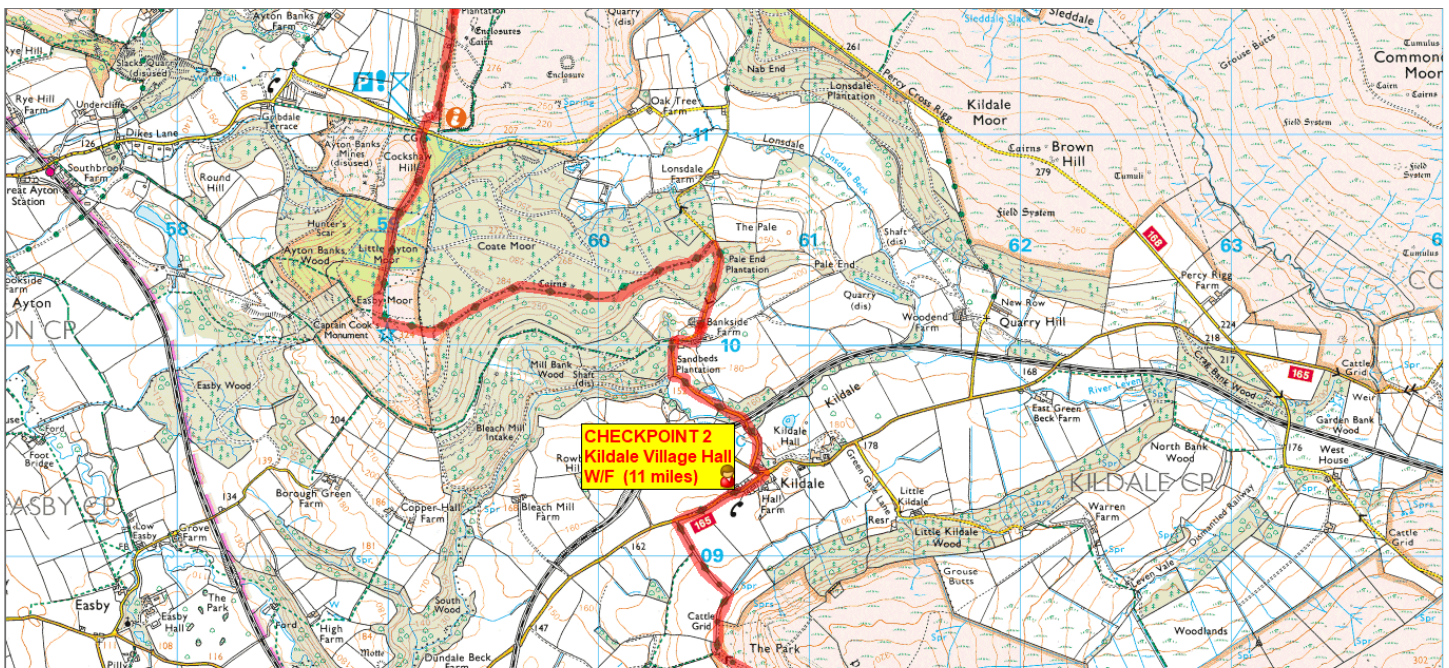
1. Start on disused railway track and **continue straight ahead on track for 1 mile**
2. On reaching end of track **turn right and ascend track for 0.5 miles**, passing woods on either side of the track.
3. Near top of climb **take CW signed path off to the right through a gate** (you will now follow the CW to Helmsley)
4. Follow track briefly then turn right through **2nd gate** & turn left to follow Cleveland way track.
5. **Turn right** following CW sign. Turn right onto track signed with an acorn then turn right follow acorn signs.
6. Follow **wide track** and after 0.45 miles continue straight on main track and do not turn left.
7. **Continue on main track** DO NOT take the track on the right (signposted after 0.4 m along)
8. **After 0.3 m take left track uphill** signposted by an acorn.
9. **Continue on track until track starts to corner to left.**

10. When track starts to corner to the left **leave track by taking the gap in the fence on the right** signed with an Acorn
11. Follow path and sign keeping on footpath to the summit of **HIGH CLIFF NAB (MARSHALLED)**
12. After leaving **High Cliff Nab**, descend track and take steps on right. At bottom of steps follow acorn sign & turn left
13. Continue on footpath, **cross over main track heading for trees.**
14. After 0.3 m reach **kissing gate** (CW sign) follow sign to the right for just over a mile.
15. **Turn right at junction** following CW signs.
16. After 0.1 miles cross over **barrier** & go through **gate**, turn left & pass by next barrier. (Signed with Acorn)
17. **Follow track ahead for 0.3 miles**, turn left & pass through **gate** (acorn) & continue on track. Pass through **gate** in the wall & follow path up to the summit of **ROSEBERRY TOPPING & CHECKPOINT 1 (6.5 miles)**



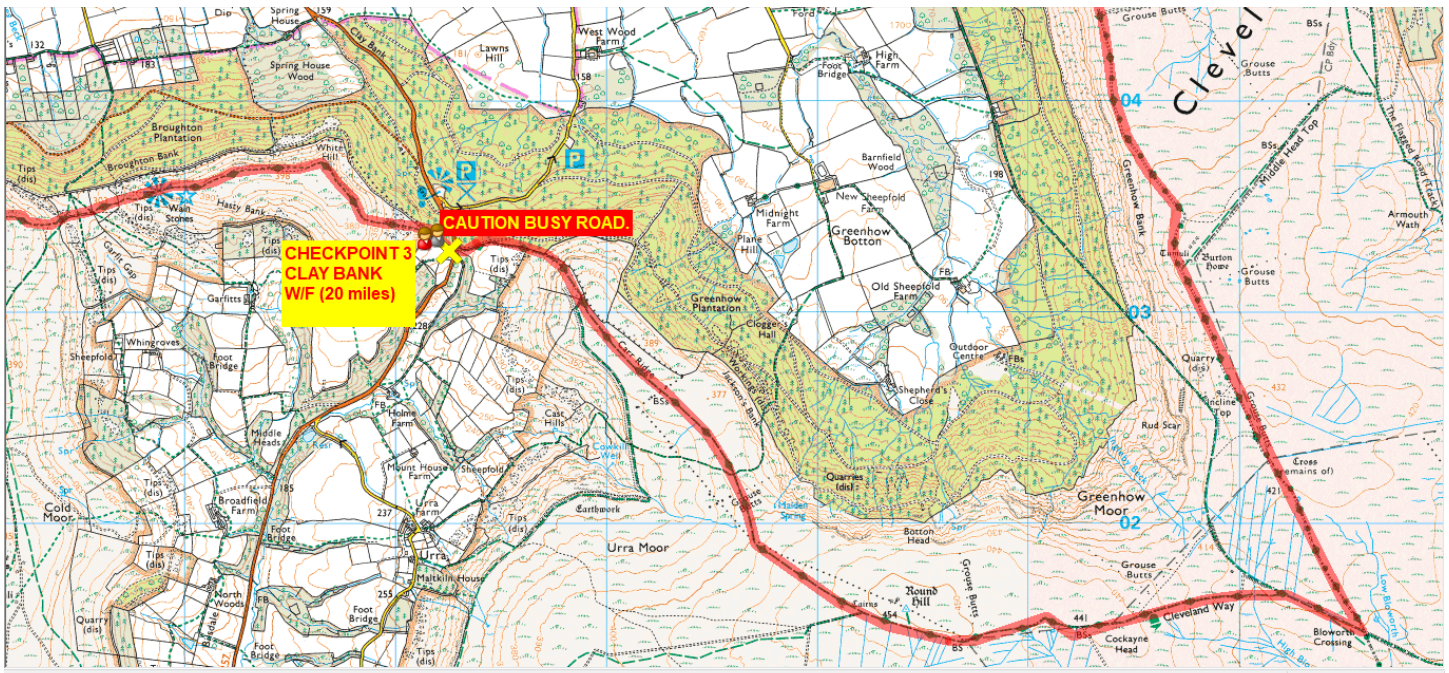
18. Leaving Roseberry Topping and **Checkpoint** retrace your steps back to the **gate in the wall.**
19. **Turn right after leaving the gate**, keep alongside the wall with trees to right, continue on track.
20. Follow track & descend steeply to the carpark & Gribdale
21. **just before the cattlegrid turn left through gate** (signed CW Kildale)

22. Ascend hill staying on main track up to **Captain Cook's monument**.
23. On reaching Captain Cook's monument turn left onto track, stay on track.
24. **At junction take right fork signed CW.** On reaching a forestry road continue straight ahead
25. Pass through gate and at road junction **turn right onto road.**
26. Continue on road and **on reaching a T junction, turn left & take the first right** leading onto the main road (**KILDALE**)
27. Continue on road passing by houses & **on the right is CHECKPOINT 2 KILDALE VILLAGE HALL (11 miles)**



28. After leaving the **CP** turn right and continue on the road
29. Leave the road by taking the first road on the left. Ascend road passing by **2 cattlegrids**
30. When **road starts to corner to the left take path straight ahead** to leave road (CW signed)
31. Pass through 2 gates (CW signed) continue on main track for gradually ascending until reaching **Blowarth Crossing**
32. On reaching **Blowarth Crossing** turn right onto CW signed track. When track forks take left fork leaving main track
33. Continue on path joining a wide track, turn left onto this track and **follow track towards Clay Bank and the B125**

34. Descend rocky path down to Clay Bank, cross B1257 cautiously **CLAY BANK CHECKPOINT 3 (19.5 miles)**



CHECKPOINT 3 (CLAYBANK) – CHECKPOINT 4 (OSMOTHERLEY) 30 miles

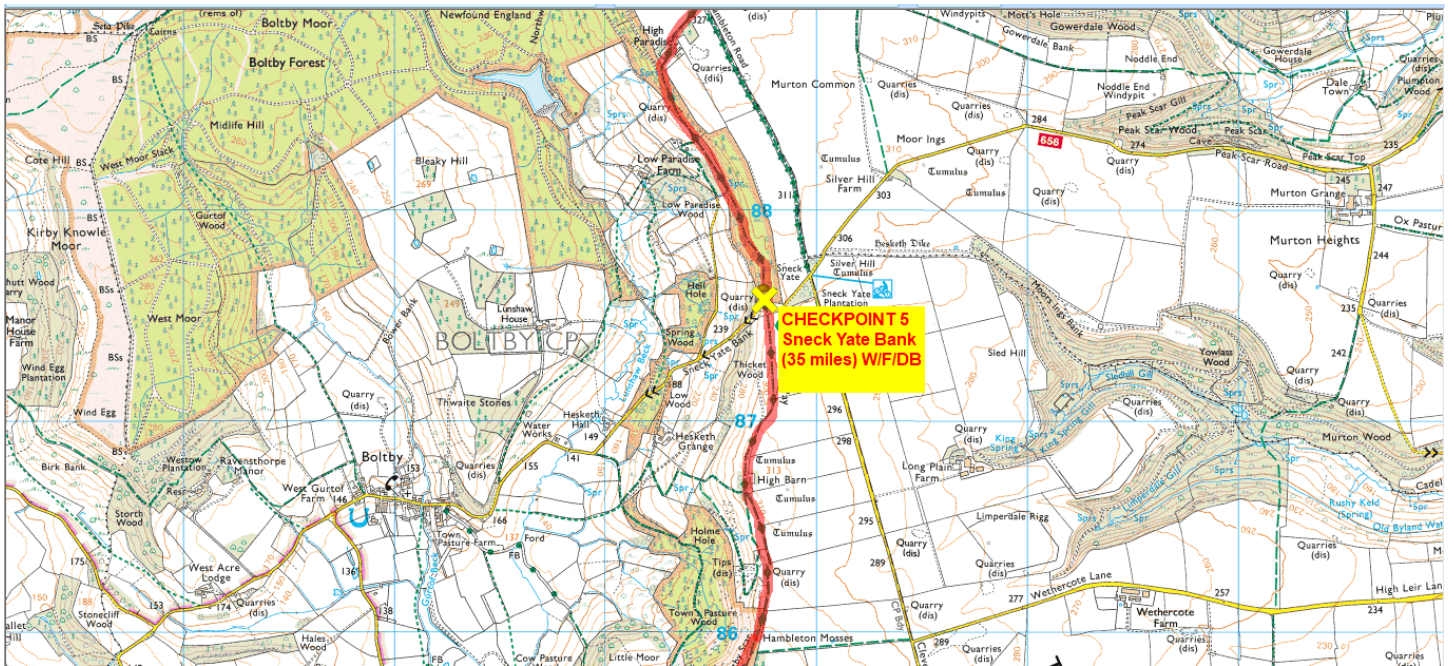
1. Leave Checkpoint, ascend steps (Signed CW) follow track uphill briefly & go through the **gate on your left**.
2. **Take path on the left** leading uphill.
3. Ascend Hill & continue on **flagstoned path** to reach the **Wainstones**.
4. Turn right & descend briefly then scramble over the boulders on left. Follow main path to descend the hill.
5. Continue on CW signed track up over **Cold Moor**.
6. Descend Cold Moor & continue on CW signed path to ascend & descend **Cringle Moor**, (ignore any tracks to left or right.)
7. Pass through a gate, **continue straight ahead keeping fence to the left**, do not take any paths off to the right.
8. **Continue straight on at the footpath crossroads** (Lords cafe to your left)
9. When path forks off take left fork and **go through gate & cross road**.
10. Pick up path opposite (**signed CW Huthwaite Green**) Cross over track & head for gate straight ahead
11. Pass through gate, ascend path up **Carlton bank** to **Trig Point**. Continue ahead on flagstone path across Carlton Moor

12. After several miles follow path as it starts to descend. **pass through gate and descend steps.**
13. Turn left on track, downhill with a wood on your left.
14. Pass through 2 more gates to reach Scugdale
15. Cross straight over road & continue down lane eventually **bearing right to cross ford/bridge.**
16. Immediately after bridge take right hand fork to cross another bridge / ford then straight on to gate.
17. After gate take trod on right hand side of main track
18. Ignore blue marked posts continue to ascend trod to Gate.
19. After gate turn right onto track. **Follow track and eventually ascend steep steps.**
20. **At top of steps turn right onto track** (CW signed)
21. At route junction **take track on right** (signed CW)
22. At road turn left to cross the cattlegrid
23. **Continue up the road briefly and leave road by taking CW path on your right** (Scarth Wood Moor)
24. **Continue on track uphill**, cut across slightly from the wall to your left at the brow of the hill to signpost and main track,
25. continue on the main track until reaching a gate
26. Pass through gate & turn right through second gate. (CW signed)
27. Continue on a track after 0.25 of a mile pass through 2 gates **passing by the TV mast station.**
28. Continue on the track until reaching a gate. **Pass through the gate & continue on track,**
29. **Pass through second gate & continue on track.** Pass through third gate and continue on left hand fork ascending.
30. Continue on the track, the **track eventually reaches a road.** Turn right & continue down road into **Osmotherley**
31. Just after Cenotaph on left & crossroads is **CHECKPOINT 4 (OSMOTHERLEY VILLAGE HALL)**

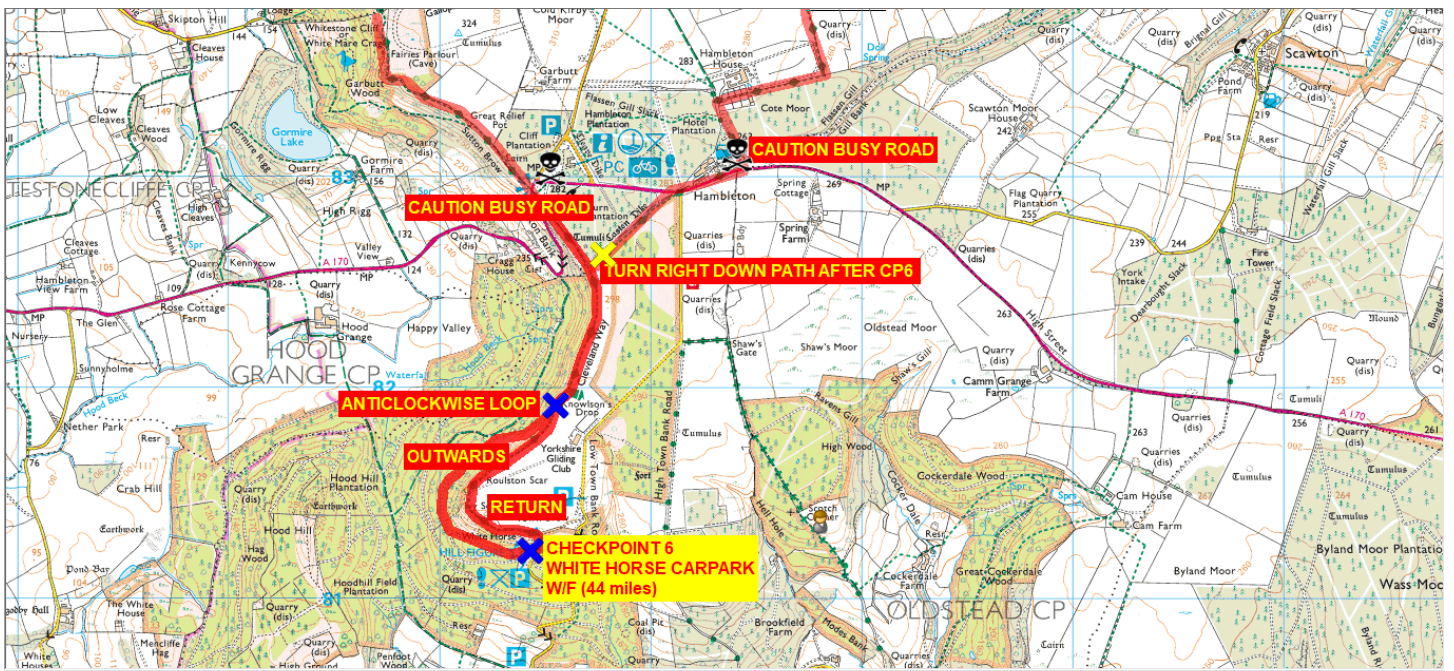
CHECKPOINT 4 (OSMOTHERLEY) – CHECKPOINT 6 (WHITE HORSE) 44 miles

32. Leave CP, turn left and **pass by the Cenotaph on your right**
33. Just after the Cenotaph **take the passageway marked with a CW sign.**

34. Cross over lane and continue on path (marked) follow path down steps and slope.
35. **Cross the bridge and continue up hill on marked track** through two CW marked gates Keeping farm to your right
36. **Continue ahead and cross stile** to reach lane/track, turn right onto Lane/Track until reaching the road.
37. **Turn left up road, after a short distance take first footpath on right**
38. **Pass through a gate** & then continue on lane/ bridle path.
39. Descend lane **ignoring the right turn.**
40. Cross stone bridge then **cattlegrid** passing house on your left. Continue up main track
41. **Pass through metal gate & by reservoir** When path forks, take right hand track.
42. Continue over **small wooden bridge** & keep on track uphill to the top of the climb.
43. At top of climb turn right (signed CW) & pass **Square Corner** on left
44. Continue on **main track for 5 miles.**
45. At the path junction turn right (signed) towards and through **High Paradise farm,**
46. **Continue down lane towards woods,** descend downhill and take the gate signed (CW) on left.
47. Continue ahead through a gate then uphill passing through next gate to reach **CHECKPOINT 5 SNECK YATE (39 miles)**



1. Leave checkpoint & cross road. Follow path along embankment eventually **pass through 2 more gates one shortly after the other**. Stick to the main path and do not take any paths off to the sides.
2. On reaching a CW signpost pointing left take the signed route.
3. Carry on path until you hit a side road, **nr Sutton Bank visitor centre** cross straight over to join path on other side
4. Turn right at path junction, cross busy road **CAUTION NEEDED** join path on other side & as path forks, take left fork.
5. Follow embankment for **0.75 miles**. Drop down **path on right**.
6. Continue on path through woods o reach a Carpark - **CHECKPOINT 6 WHITE HORSE (44 miles)**



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

14. When road forks take right fork & then left path (signed CW **Rievaulx**) descending **grassy track**.
15. Take right fork up **bank** (do not turn left through metal gate). At top of bank turn left (signed CW) onto **road**.
16. Follow road downhill for 1 mile. Continue through gate on track (signed CW) keep right & descend (close to wire fence).
17. Continue descending past **wooden gate** & when track forks, take left fork to forest track
18. Turn left onto track & continue ahead to reach **crossroads of tracks**. At crossroads turn right onto main track
19. When track corners, turn off to the left & immediately take right fork to gate, go through gate & take **stepping stones**.
20. After **stepping stones** take a left turn onto a track, continue on track keeping woods to right & stream to left.
21. Continue on track, pass through gate & turn left onto **road**.
22. Follow **road** for 1.1miles passing over a **bridge**. Ignore any roads turning off to the left or right.
23. Turn off the road onto a track to right (signposted CW Helmsley) half way up the **road hill**
24. **Continue up track climbing steeply** ignoring any tracks to the right or left.
25. After 1 mile go straight ahead across **unmade road** (signed CW).
26. Head towards stone wall & **follow track keeping the wall on the left**.
27. **Continue on path heading downhill** ignoring paths off to the left & right **Descend steps**, continue on track.
28. **Ascend steps** & turn right at top of steps following track keeping wire fence to left.
29. At the corner turn left **uphill** & at top turn right through gate & **downhill** on track.
30. At end of track pass on right the **Cleveland Way Stone** (this is the end/start of the Cleveland Way)
31. Continue straight ahead down lane (Helmsley Castle on right) at end of lane cross over road & turn right.
32. Take first road on left (**Canons Garth Lane**) between **Feversham Arms Hotel** on left & **Church** on right
33. Continue on Lane as it bends to left.
34. Ignore first left & as it reaches the junction (in front of **Graveyard**) take left fork (**Baxtons Spruce**)
35. When lane forks take right fork. Turn right to leave lane into a **carpark**.

36. Continue through carpark & take the gate on right to arrive at Helmsley Pool & **RACE FINISH 53 miles CUT OFF 16hrs**

