## HARDMOORS 26.2 SALTBURN 10K ROUTE DESCRIPTION

## CW = Cleveland Way

1. After leaving Race Start head straight up the main road sticking to pavement when possible
2. When road bends to right continue directly straight ahead for $\mathbf{0 . 3}$ miles until you reach entrance to woods.
3. Continue straight ahead into the entrance to the woods
4. Turn left at the large Saltburn Valley Gardens sign following CW sign
5. Ignore first immediate track off to the right \& continue directly straight ahead
6. Continue on track, ignore track on left, stay on (CW) signed track descending down to a bench.
7. Continue on main track
8. At track junction ignore track to the right and continue ahead briefly (CW signed)
9. At next junction continue straight ahead passing seating area on right. Ignore the CW turning left
10. Directly after passing the seated area turn right and descend track through trees
11. Pass bench on left \& as track splits take left hand track
12. Continue on path straight ahead passing wooden shelter on your left
13. When path forks take right hand path and then turn right to descend steps
14. At bottom of steps turn left onto wide path, follow path keeping river to the right
15. At next junction continue straight ahead and ignore steps to the right
16. Pass and ignore steps on your left and continue straight ahead
17. At next junction take right hand track descending down to the lower track
18. Continue straight ahead on reaching lower track, keeping river to your right
19. Pass by Camfields cafe on left
20. On reaching road, cross road $\&$ turn right following path alongside bridge
21. Continue following road round past tractor car park until you reach The Ship Inn \& bottom of cliffs.
22. After Ship inn carpark turn left \& climb steps in front of you (following CW sign) up on to cliff tops.
23. Continue along cliff top path (Keeping sea to the left) for next $\mathbf{2}$ miles, after 1.5 miles you will be running alongside a railway line and will pass the Charm Bracelet.
24. Ignore the first railway line crossing on the right (comes out near the disused building)
25. Take second railway line crossing by passing over stile \& cutting across field to gap in the bushes
26. After passing over the railway line WITH CAUTION enter the field
27. Continue directly straight ahead uphill, aiming for the big wooden gate.
28. Pass through gate \& continue directly ahead uphill, passing between bushes as you ascend.
29. At top of ascent, pass through gap \& continue ahead to the Trig point
30. After leaving Trig point turn left to pass through gap in fence and then immediately right to directly descend steeply alongside fence line (fence on right)
31. At bottom of descent but before reaching fence line take a 90 degree line to head for the stile
32. Continue over stile and aim directly ahead to reach and cross next stile.
33. Cross railway line WITH CAUTION, cross stile \& continue straight ahead on path, keep hedge to left
34. Pass house on left \& continue straight ahead
35. Pass farm on right \& continue directly ahead
36. On reaching lane junction continue directly ahead
37. When lane corners to right leave lane \& take track directly ahead (signed public bridleway No 1 cycle route)
38. Follow path as it descends down to checkpoint 3 Ship Inn
39. You are now retracing your earlier steps back to the finish
40. Pass by Ship inn and follow the road round to the left
41. After bridge turn left, cross road, continue on track, river on left, pass Camfields on the right
42. Take first path on your right uphill. At path junction take left hand fork
43. Continue straight ahead on path. Ignoring steps on right \& left.
44. Take the next right $\&$ ascend steps (just before fancy seating area)
45. At top of steps turn left and follow path
46. At path junction take right hand path \& continue directly ahead
47. Pass seated area on left \& continue straight ahead at junction
48. Continue directly ahead and ignore any path off to the right or left
49. On reaching track junction (Saltburn valley garden sign with metal bench opposite it) turn right uphill
50. On reaching road continue directly ahead for 0.4 miles
51. Turn left into the leisure centre carpark \& just before reaching the centre, turn left into the School to reach the Race Finish
