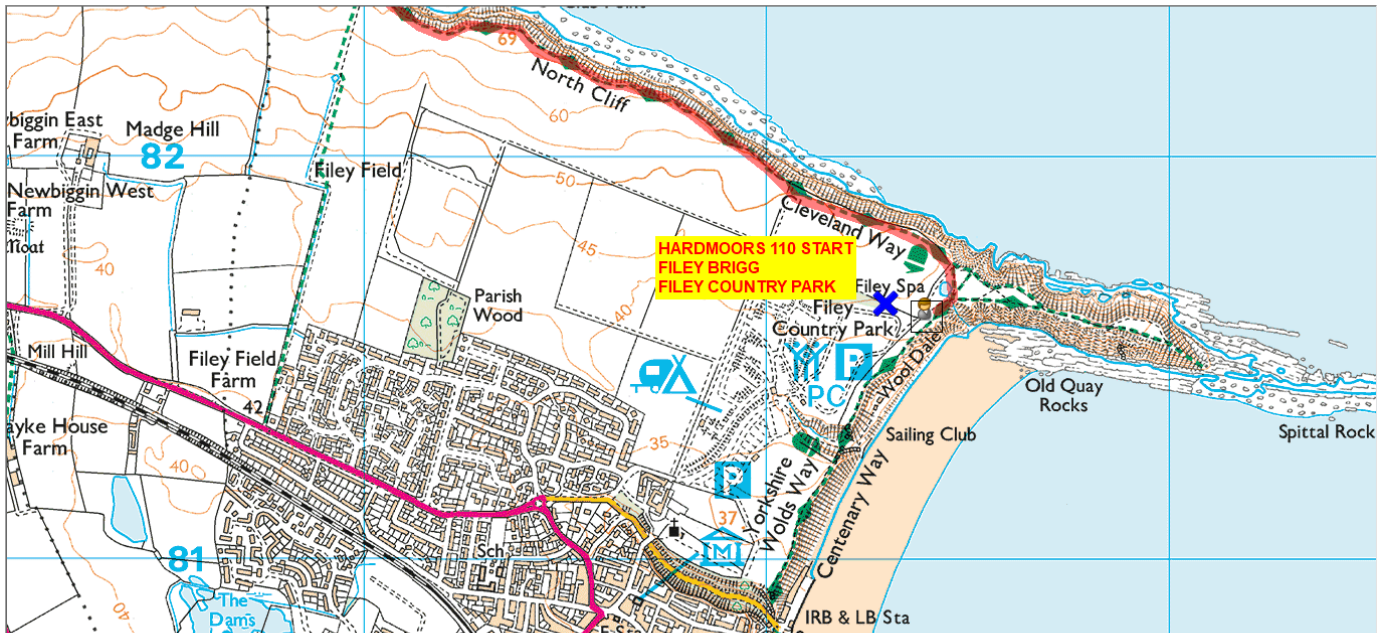


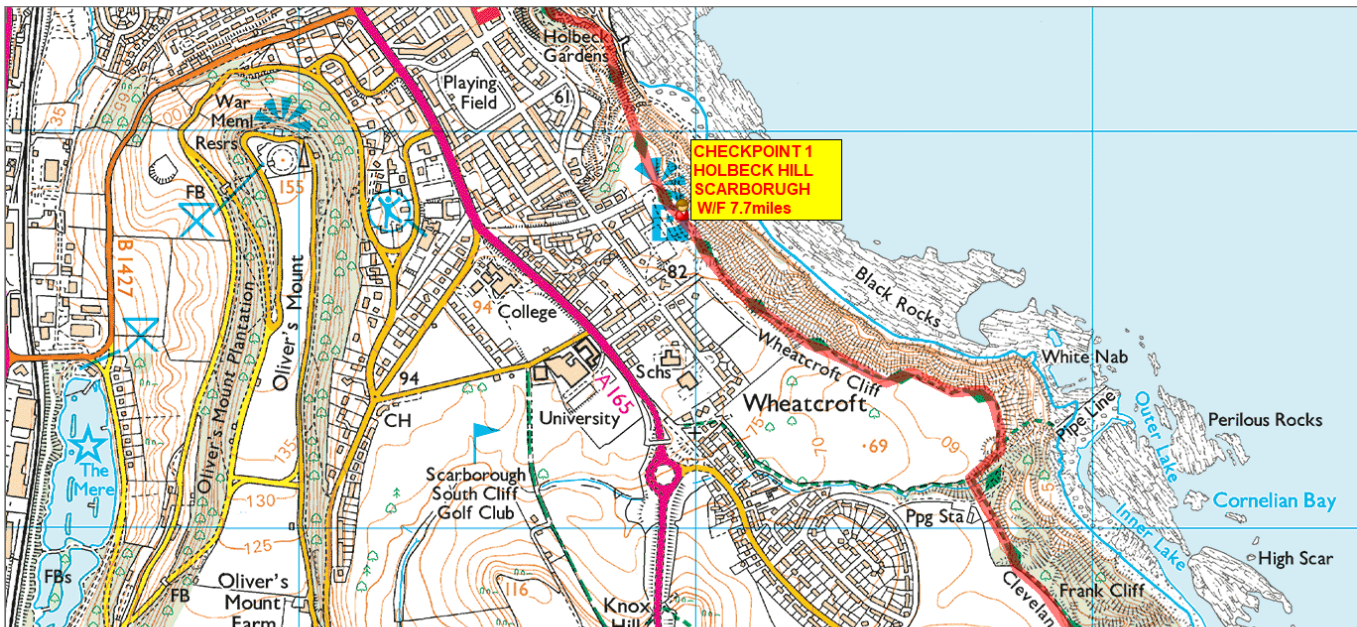
# HARDMOORS 110 2022

**FILEY - HELMSLEY**  
**CW = CLEVELAND WAY**

## RACE START (FILEY BRIGG) – CP 2 (RAVENSCAR) 22 miles

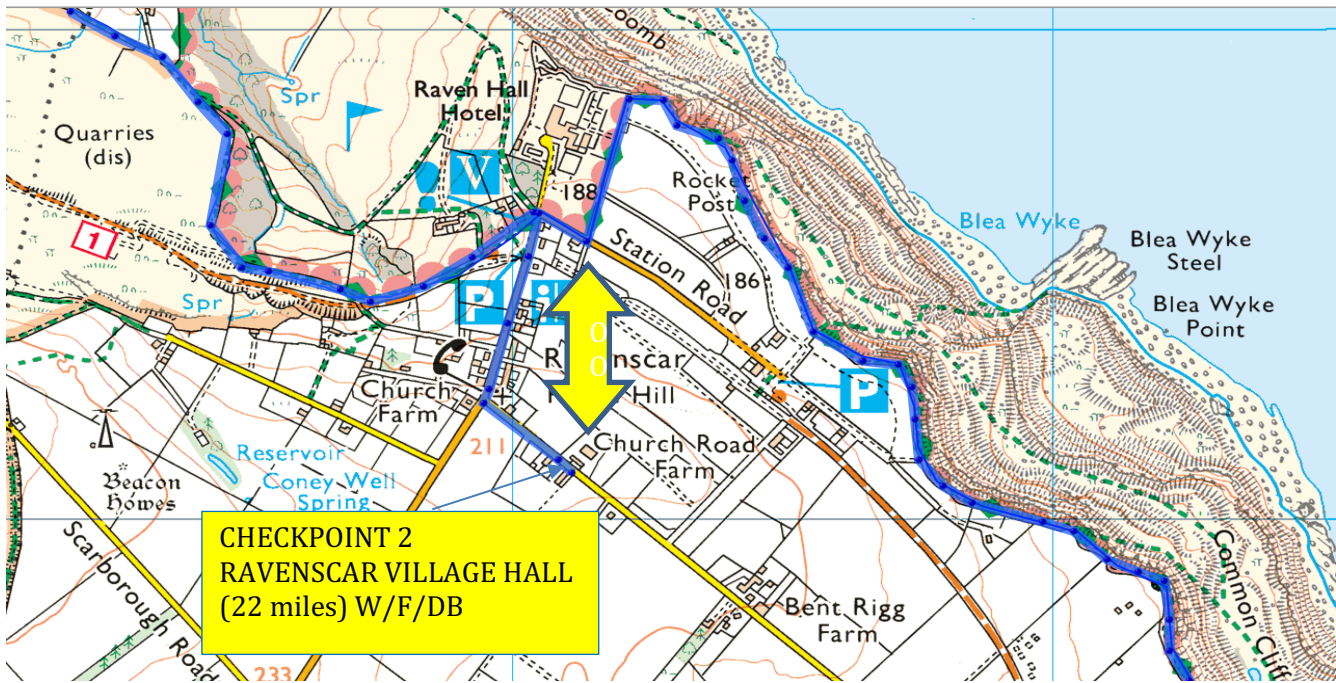


1. Stay on path **passing Wolds Way and Cleveland Way stone**. Continue ahead on cliff top path
2. Eventually when the path descends down towards **Cayton Bay**, keep to the Cliff edge as it passes **Houses DO NOT DESCEND DOWN TO THE BEACH**, continue on path & descend steps. Carry on straight over track to pass through a gate, ascend hill and carry straight on ahead along fence line to pass through another gate
3. Descend **steep steps** on right (signed CW) continue on main path as it passes through **several gates** marked with (Acorn signs) Ascend **steps** & at top turn right along **road** (Signed CW)
4. Continue on **road for 0.3 miles**, leave road & turn right, down a **signed path** (wooden fence to your right) continue to bottom of path & on reaching a dead end turn left following **Cliff top path**
5. On reaching next track turn right & descend to **concrete track**, turn left & ascend back onto **cliff top path**. Pass by **Golf Course** & Keep on cliff top path until it emerges out onto a carpark to reach  
**CHECKPOINT 1 HOLBECK HILL CARPARK (7.7miles)**



6. Turn right to descend **the wide gravel path** down towards the sea. On reaching a **large line of boulders** & end of path turn left onto & continue ahead on path keeping Sea to your right & **Star Map to left**. Continue on lower path & go through the terrace. Pass **Scarborough Spa** on your left.
7. Continue directly ahead on **promenade/seaside road** & do not turn off. Pass by **Scarborough Castle** high above on left & keep on promenade/seaside road Eventually reaching **Sealife Centre** on your left & just before **Scalby Mills pub** on right cross over **footbridge over Scalby Beck** & ascend steps, keep to the lefthand path & follow the path as it continues north along the cliff edge
8. At Crookness cross concrete pathway (leads to beach) continue along **Cliff path**
9. 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
10. 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.
11. 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
12. On reaching **Ravenscar** and heading towards the **Hotel** the path reaches a dead end (Hedge) Turn left along track towards **road** and on reaching the road turn right towards the Hotel
13. As road bends to left follow **road leaving the CW (briefly)** to visit the **Checkpoint**.
14. Continue ahead along road for 0.25 miles & take next road on your left.
15. Pass Church on left & follow road for 0.2 miles to arrive at **CHECKPOINT 2 RAVENSCAR VILLAGE HALL (22miles)**





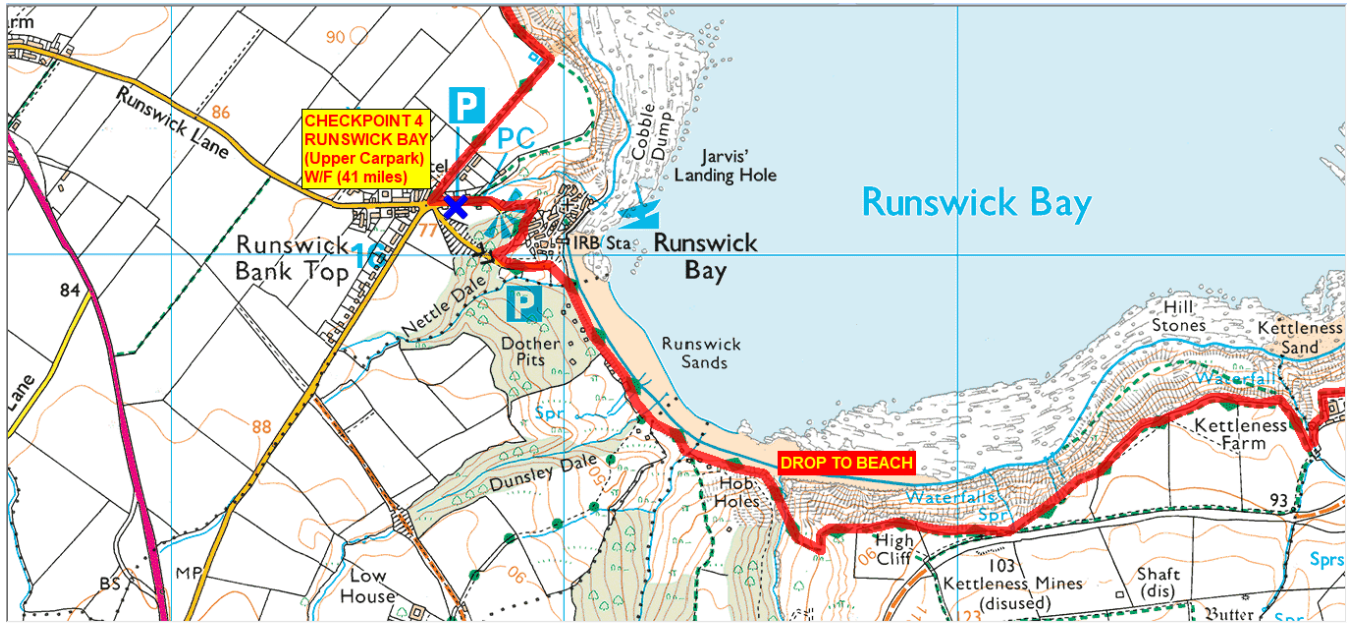
## CP2 (RAVENSCAR) 22 miles - CP 5 (SALTBURN) 53 miles

1. Leave **Checkpoint** & **retrace your steps** (turn left & continue on road for 0.2 miles until reaching junction, turn right & head down towards hotel).
2. Turn left off the road before reaching the right bend to rejoin the **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 (metres after first)
5. Leave track when reaching the **gate**. Follow **yellow arrow** to the right and 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 the **Chip shop** on right & **Smugglers pub** on your 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 the **cliff top path** (signed CW) continue on cliff top path for the next 4 miles. On reaching the **light house**, turn right to cross the access road and join the path down towards the Cliff tops, On reaching the cliff top path turn left and continue along this path.
14. Situated on the left is the former **Fog signal station** & **CHECKPOINT 3 HORNBLOWER (31miles)** water only
15. Leave checkpoint and **continue ahead on cliff path**
16. 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.
17. Just after **Adventure Playground** turn left onto a stony track & follow it as it emerges out onto cliff top path
18. The path emerges out opposite the **Abbey** & on reaching the lane (Abbey Lane) turn right.
19. Proceed to the square & cross square aiming for the far left corner then descend Church Lane & the **199 steps** alongside **St Marys** (on right)
20. 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
21. 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.
22. As road leaves seafront (**Khyber Pass**) head uphill past **Full of Beans** Follow path up steps & cut corner & cross road
23. Opposite **Khyber Pass gifts** take the path on the right up the **steps** and pass through the **Whalebone Arch**. Turn right alongside road passing **Captain Cooks Monument** on your right. Continue on road as it turns left
24. 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.
25. Follow path as it turns left to leave seafront Go under **bridge** & between **golf course** to reach **Sandsend Road**
26. 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)
27. As road turns left, leave road & continue directly ahead through arch to enter **carpark** & head for far left side
28. **Climb the steps** on left & at top of the **steps** turn right
29. Continue on wide path & at **Deepgrove Wyke** follow path as it turns left heading for the **tunnel**. Just before the tunnel take waymarked steps on right & ascend **steps** to reach the top. Continue ahead along path to **Kettleness**
30. As path forks take **CW signed path** to Kettleness. At **lane**, turn right (Signed CW) & follow it into **Kettleness**
31. On reaching **Kettleness** head for far right of farm building and pick up Cliff top path.
32. When path forks keep to path alongside fence line, pass by **White Bungalow** on right & continue on **Cliff top path**.



33. Ascend steps down towards **Ravine** & beach. On reaching beach turn left heading towards **Runswick Bay**.
34. 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**.
35. At top of slope pass **Cliff Mount Hotel** on right, enter carpark on left **CHECKPOINT 4 RUNSWICK BAY (41miles)** Leave **Checkpoint** and 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**.



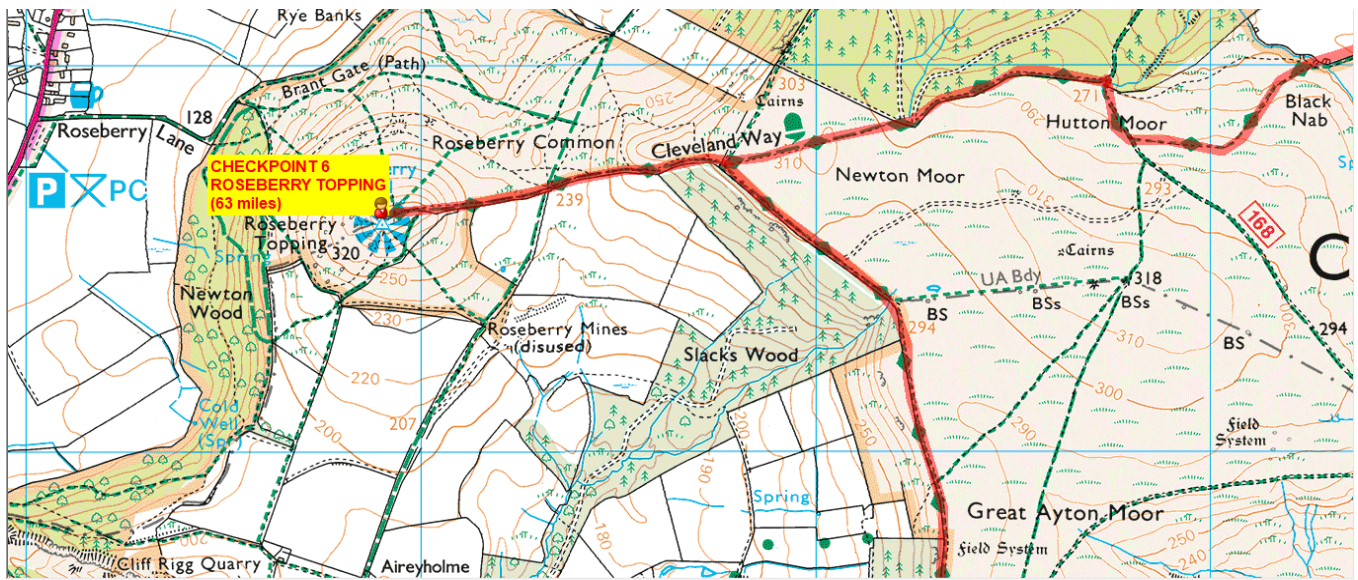
1. Keep Runswick Bay Hotel to the left & head for path on **right side of barn**. Follow path as it turns left along cliff tops for over a mile. On reaching road turn right onto road (**Port Mulgrave**) Follow road until it becomes a path. Continue ahead on Cliff top path
2. Pass farm on left. Follow 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
3. 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
4. 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)
5. 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**.
6. 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**)
7. 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 Cliffside.



1. Leave checkpoint and take next left path (*Signed Saltburn Valley Gardens*) Descend **wide tarmac** track At junction follow **CW sign straight ahead**. Again at next junction follow CW sign straight on
2. 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.
3. 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*)
4. Continue on path across **wasteland**. On reaching path junction turn right (*signed CW*) heading for housing estate.
5. 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.
6. 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
7. 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.
8. Carry ahead on wide track. At end of track (**Tree line**) turn left following CW sign down path following fence line. **Descend path** as it veers to the left and right, steeply down steps. Continue on path (*signed CW*)



9. On reaching road & houses (Slapewath) follow lane heading towards the **Fox and Hounds pub**. Pass pub on left and cross the bridge. Cross over the busy main road (Caution advised)
10. 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.
11. 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.
12. 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.
13. 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.
14. 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**.
15. 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)
16. Follow track ahead for 0.3 miles, turn left & pass through **gate** (acorn) & continue on track. Pass through **gate** in t wall & follow path up to the **summit of ROSEBERRY TOPPING & CHECKPOINT 6 (63 miles)**



17. Leaving Roseberry Topping & **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 & descend down to the **road/carpark**.
18. Turn right at road then left at **Gribdale Gate**, go through gate & ascend track up to **Captain Cooks monument**.
19. 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**.

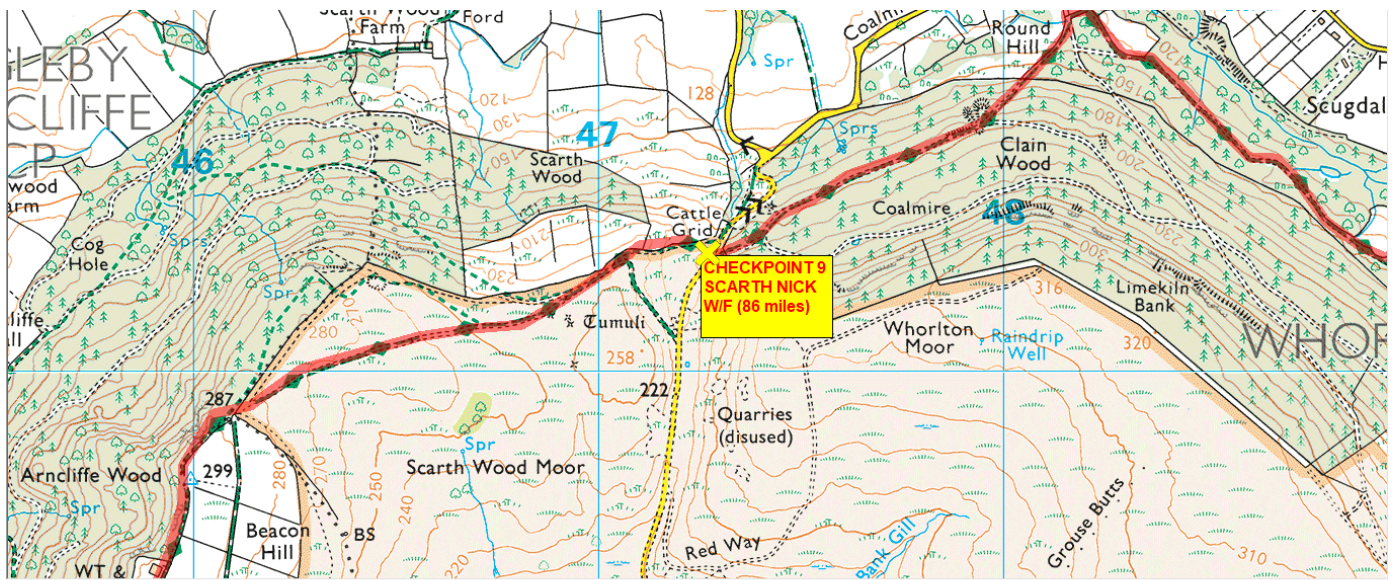






## CP8 (CLAY BANK) 79 miles –FINISH (HELMSLEY) 110ish miles

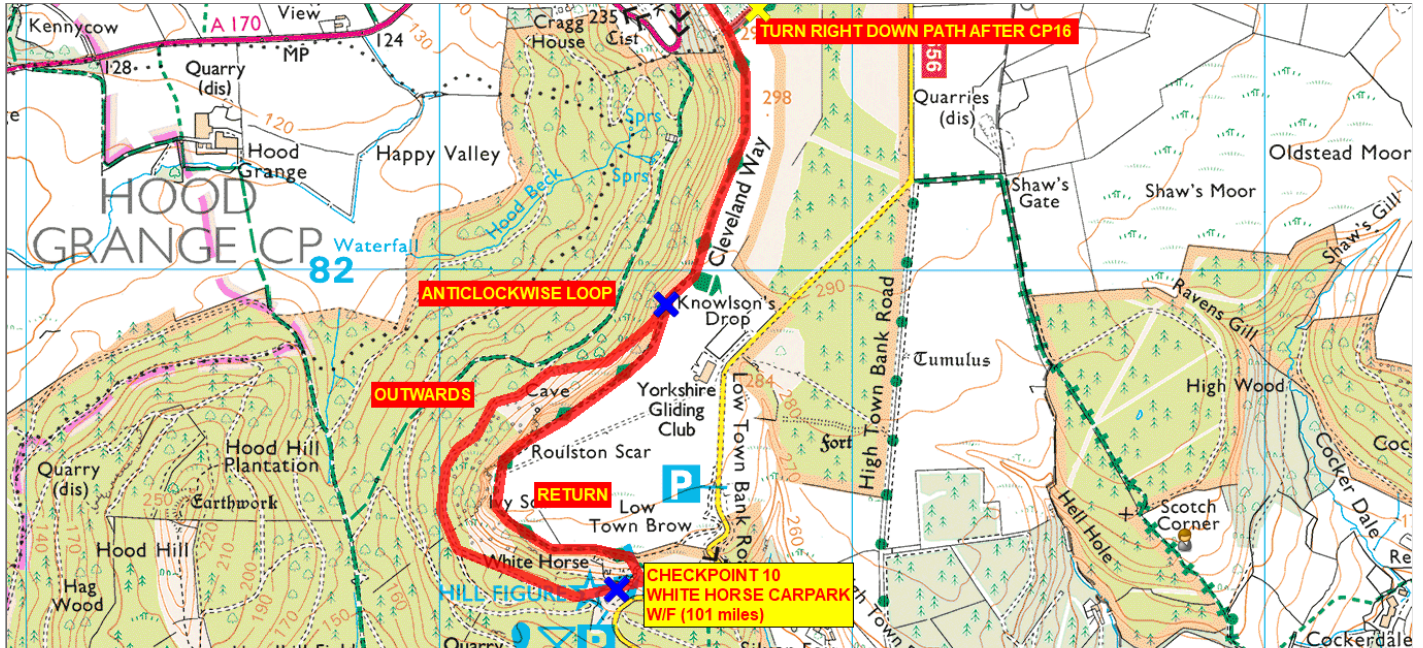
1. Leave **Checkpoint** & climb the **Steps** (Signposted CW) follow track uphill briefly and go through the **gate** on left. Take the path leading uphill and continue on the **flagstone track** to the **Wainstones** Scramble over the **boulders** to your right and **descend the hill**.
2. Continue 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. (81 miles)
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 9 SCARTH NICK (86 miles)**



8. Leave **Checkpoint** and 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**.
11. Pass through the gate and continue on track, pass through the **second gate** and continue on track.
12. Pass through **third gate** and continue on left hand fork ascending.
13. Continue on the track eventually reaching a **road**.
14. Turn right and continue down the road into **Osmotherley**, turn left just by the **Cenotaph** and **bus shelter** through the **passageway** (Acorn Sign marked).
15. Go through **passageway** & cross over lane, continue on path (marked) follow path down steps & slope. Cross **bridge** & continue uphill on marked track through two CW marked **gates** keeping **farm** to your right, Join track (signed) & turn right, continue on track through **metal gate**. Turn right. Follow track to the **road**.
16. Turn left up road & after a short distance, take first path on right through **gate** then continue on **bridlepath**.
17. Descend lane **ignoring right turn**. Cross **stone bridge** then **cattlegrid**, passing **house** on left.
18. Continue up **main track**
19. Pass through **metal gate** & by **reservoir** When path forks, take right hand track & ignore left track which passes through a brcken down wall.
20. Continue over a small **wooden bridge** & keep on track uphill. 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 (90 miles)**
22. Continue ahead on **track up hill**.
23. Follow track for 5 miles.
24. Continue on track ahead as it passes through **woods** to eventually reach a path junction & turn right (CW signed) towards & through **High Paradise farm**,
25. 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.
26. 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.
27. 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)**
28. Follow embankment for **0.75 miles**. Drop down **path on right**. Continue on path/track through woods until reaching **CHECKPOINT 9 WHITE HORSE CARPARK (102 miles)**





29. 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**.
30. At other side of road turn right to follow **main road** (on grass) for 0.1 miles. Pass **Hambleton Inn** to take CW signed **track/road on left** leaving main road
31. Continue on track for 0.2 miles & when road/track forks off, take right hand **gate** signed CW (Cold kirby) Follow path for 1mile passing **3 gates** along way. 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).
33. At top of bank turn left (signed CW) onto **road**. Follow road downhill for 1 mile. Continue through gate on track (signed CW) keep right & descend (close to wire fence).
34. Continue descending past **wooden gate** & when track forks, take left fork to forest track
35. Turn left onto track & continue ahead to reach **crossroads of tracks**.
36. 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**.
37. 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**.
38. Follow **road** for 1.1miles passing over a **bridge**. Ignore any roads turning off to the left or right.
39. Turn off the road onto a track to right (signposted CW Helmsley) half way up the **road hill**
40. Continue up track climbing steeply ignoring any tracks to the right or left.

41. After 1 mile go straight ahead across **unmade road** (signed CW).
42. Head towards stonewall & follow track keeping the wall on the left.
43. Continue on path heading downhill ignoring paths off to the left & right
44. **Descend steps**, continue on track.
45. **Ascend steps** & turn right at top of steps following track keeping wire fence to left.
46. At the corner turn left **uphill** & at top turn right through gate & **downhill** on track.
47. At end of track pass on right the **Cleveland Way Stone** (this is the end/start of the Cleveland Way)
48. Continue straight ahead down lane (Helmsley Castle on right) at end of lane cross over road & turn right.
49. Take first road on left (**Canons Garth Lane**) between **Feversham Arms Hotel** on left & **Church** on right
50. Continue on Lane as it bends to the left, ignore first left turning and as it reaches the junction (in front of the **Graveyard**) take the left fork (**Baxtons Spruce**)
51. Continue ahead on lane and at the first right fork turn right to leave lane into a **carpark**.
52. Continue through carpark & take gate in the right far corner of the carpark to arrive at the **Helmsley Sports Hall & HARDMOORS 110 FINISH (110ish miles)**

