

Instructions for the St Aelred's Pilgrim Trail Cycle Route

Distance: 36 miles

Approximate cycling time: 5-6 hours

Difficulty rating: challenging

Total ascent 4653 ft descent 4652 ft

Start and finish: All Saints Church Helmsley YO62 5AQ

What3Words shepherdess.exhaling.hairpin OS Grid Reference SE 620 789

1. From All Saints Church turn NE on Canons Garth Lane with the church on your right to reach Carlton Lane and continue until you reach a T junction. Turn left along Carlton Road. Cycle for 5.25 miles along this country road to reach the Church of St Mary Magdalene, East Moors. The church is along a grassy footpath behind the telephone box and not obvious from the road.
2. Cycle North along the same country road for 3.6 miles to reach a bridleway at Bonfield Ghyll. Turn left (West) along this bridleway and follow it for 2.4 miles (you will pass a St Aelred's Pilgrim Trail waymarker at the midpoint) to descend to High Crossett Farm. There are often cows on this descent. Carry on the bridleway in a NE direction to reach the B1257 road through Bilsdale. This is a busy road. St John's Church is on your left in 0.7 miles.
3. Turn round after the church to turn left (West) at the Fangdale Beck junction which you will recognise by the green telephone box. Follow the narrow road (with waymarkers) through Fangdale Beck to Malkin Bower Farm.
4. Opposite Malkin Bower there is a steep ascent through a gate with a waymarker. Cycle up this hill to the top to reach a gate where the waymarker points left. Continue on the ancient County Road (byway) over the moor for 2.1 miles to a footbridge where the ancient track continues as a bridleway for a mile and joins the road from Ladhill Bank to Hawnby. Turn right.
5. Continue straight along the road through Hawnby, passing The Owl on your left, to a left turn to reach the Church of All Saints, Hawnby.
6. Continue in a South Easterly direction on the road past the church till you reach a T junction and here turn right (South) for a short distance to a bridleway turning West. Follow this bridleway through Sunnybank Farm to Dale Town (also a farm) and follow the St Aelred's Pilgrim Trail waymarkers uphill to reach a track where you turn left for Murton Grange T junction.
7. Cross the road to head in a Southerly direction on a narrow road, past Murton Grange on your left, for almost 2 miles to reach Old Byland. As you come into the village turn left and immediately right and the Church of All Saints is on your left near the top of the village green. Look for a waymarker to denote the gate as it isn't obvious from the green.

8. Head South (left) down the village green road and out of the village for 1.35 miles and take the bridleway on the left into Cold Kirby. The Church of St Michael is sadly closed for worship, but look for a box on the gate for the church stamp.

9. From the church head down the Cleveland Way for 1.25 miles but please note that when the track becomes a footpath you will need to wheel your bike for a short distance to the bottom of the rocky part where it meets the valley bottom (footpath not bridleway for a short distance). Turn left and follow the waymarkers past Spring Lakes to the narrow road to Rievaulx.

10. Keep on the road for 0.7 miles, passing Ashberry Farm, till you reach Rievaulx Bridge where you turn left for the Church of St Mary the Virgin, Rievaulx, and Rievaulx Abbey.

11. Retrace your route back over the Bridge and soon you will see a house on the left and a track with a waymarker. Here turn left and follow the waymarkers South for almost 2 miles until you reach the A170. Turn right, cross the busy road and look for a waymarker indicating your route into the woods ahead of you. Follow the waymarkers to ride parallel to the A170 until you reach a road.

12. Here you will ride along High Street, which is the road to Ampleforth, for 1.24 miles and then after Studfold Ring, look for a waymarker taking you left into the wood. You will then join a bridleway through Holly Bower Farm to the B1257 from Stonegrave to Sproxton- turn left. Ride a short distance to the Church of St Chad, Sproxton on your right.

13. From the church turn along the village road in a Westerly direction to pass the village hall and Sproxton Hall. Fork left along the bridleway (also the Ebor Way here) towards Helmsley. Ride past Low Parks Farm on your left and follow the St Aelred's Pilgrim Trail waymarkers to the footbridge and the across it to the Fish Farm.

14. After the fish farm follow the River Rye for a short distance and then turn right along the bridleway under the railway bridge to meet the road from Harome to Helmsley. Turn left.

15. At the junction with the A170 turn left and cycle into Helmsley, straight along Bondgate and across the top of the Market Square to reach the All Saints Church, where you began your cycle ride.