

# The Cleveland Way Complete Guided Trail

**Trip style:** Guided trails

**Destination:** 📍 North York Moors

**Trip code:** WBY07-LCD01

**Grades:** 1-5

**Carbon Footprint:** 🌳 165kg CO2



## HOLIDAY OVERVIEW

Walks in the North York Moors National Park don't get better than the Cleveland Way. This 109-mile-long trail winds its way through the ever-changing scenery of North Yorkshire from the charming market town of Helmsley to the lively seaside resort of Filey. Cross heather-clad moorland and follow dramatic stretches of coastline where highlights include the ruins of 12th century Rievaulx Abbey, Whitby Abbey, Captain Cook's Monument, and the villages of Great Ayton and Robin Hood's Bay.

## WHAT YOU'LL LOVE

- Conquering all 109 miles of the Cleveland Way
- Exploring the best of the North York Moors National Park
- Walking over wild moorland and along dramatic coastline
- Visiting the iconic ruins of Whitby Abbey
- Soaking up views from Roseberry Topping
- Spending time in Robin Hood's Bay
- A more personalised experience thanks to small group sizes (maximum 15 people)

## WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary

## TRIP SUITABILITY

This Guided Walking/Hiking Trail is graded 5 (challenging) which involves walks /hikes of long distances in remote countryside and over rough terrain at a brisk pace. This holiday is recommended for fit and experienced walkers only.

**Fitness** The Cleveland Way is a strenuous walk. There are several long days. The walking day is normally 7 - 9 hours and terrain is at times rough underfoot with many steep ascents and descents. A sustained effort is required - please be sure you can manage the daily mileage and ascent, detailed below. This holiday is recommended for fit and experienced walkers only. It is important for your own and your fellow guests' enjoyment that you can also maintain the pace (around 3.5kmph/ 5.5kph) over a full day for 6 days.

### Your fitness

This holiday has been designed for experienced walkers with a good level of fitness. Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking – whatever the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6-8hr hill days in
- Ideally, try and do two consecutive days training if possible

- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance

Time training will help ensure you enjoy your holiday to the max.

## ITINERARY

### **Day 1:** Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00. Enjoy a complimentary cream tea at 16:30 and meet other guests.

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### **Day 2:** Helmsley to Osmotherley

We leave the delightful market town of Helmsley, passing the ruins of Rievaulx Abbey, set within the beautiful backdrop of the wooded Ryedale. Walking through the woodlands of Nettledale, we reach the small village of Cold Kirby then pass Hambleton Down, once the site of a major racecourse. Arriving at Sutton Bank we can admire the spectacular view over the Vale of York. We continue along the limestone edge of the Hambleton Hills, catching a glimpse below of Gormire Lake, one of only three natural lakes in Yorkshire. We then follow the historic Hambleton Drove Road, used since prehistoric times but especially during 18th and 19th centuries when Scottish cattlemen drove their herds down to market towns in England. We descend from the moor past the reservoir at Oakdale towards the attractive village of Osmotherley. 19½ miles (31.5km) with 2,450 feet (740m) of ascent.

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### **Day 3:** Osmotherley to Kildale

Shortly after leaving Osmotherley, we join the route of the Lyke Wake Walk, which runs for 42 miles east to the coast at Ravenscar. Our rollercoaster path follows the northern escarpment of the North York Moors National Park, with outstanding views both north across the Vale of York and south and east into the moors. We will see signs of alum, jet and ironstone mining, reminders of the industrial past. We visit the massive sandstone blocks known as the Wainstones, before crossing the road at Hasty Bank to ascend Urra Moor to Round Hill, at 1,489 feet (454m) the highest point on the moor. Beside the trail we look out for moorland stone markers - the handstone marked an ancient route between Stokesley and Kirkbymoorside. The remotest point of the entire Cleveland Way is at Bloworth Crossing, once part of a busy mineral line bringing ironstone out of Rosedale to serve the developing industries of Teesside. Here we leave the Lyke Wake Walk, heading north again to drop down into Kildale. 20½ miles (33km) with 3,600 feet (1,100m) of ascent.

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### **Day 4:** Kildale to Skinningrove

Leaving Kildale we cross the Esk Valley Railway, one of the few surviving "country" lines. We ascend Easby Moor to Captain Cook's Monument, an impressive obelisk erected in 1827. From here the iconic Roseberry Topping comes into sight - the reward for reaching its 1,050 feet (320m) summit are outstanding views on all sides. Heading east we reach Highcliff Nab and continue through Guisborough Woods to leave the moors at Slapewath, passing through Skelton and a delightful wooded valley to reach the coast at Saltburn, a Victorian resort with a long stretch of sandy beach. We then rise quickly onto the cliff top, passing the remains of a Roman Signal Station on Hunt Cliff and a number of industrial sculptures before descending to Skinningrove. 18 miles (28.5km), with 2,250 feet (680m) of ascent; with Roseberry Topping option, 19 miles (30.5km) with 2,700 feet (820m) of ascent.

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### **Day 5:** Skinningrove to Whitby

Beyond Skinningrove we ascend to the dramatic cliffs of Boulby, the highest on the Eastern coast of England at 666

feet (203m). Once more we pass evidence of alum workings before reaching Boulby Potash mine, the deepest in Europe. We continue to Staithes, with its picturesque harbour, narrow alleyways and cluster of red roofed houses. Another stretch of cliff path brings us to Runswick Bay where we can walk along the beach before going up onto the cliffs once more. Passing Kettleness, we are reminded of the ever-present nature of coastal erosion - the original village slipped into the sea in 1829. Our journey continues along the old railway line to Sandsend where we may be able to walk along the beach to Whitby. 18 miles (29 km) with 2,800 feet (860m) of ascent.

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### **Day 6:** Whitby to Cloughton Wyke

We leave Whitby by ascending the 199 steps to St Mary's church, where the classic outline of Whitby Abbey comes into view. A pleasant walk along the cliff top brings us to Robin Hoods Bay, which marks the end of the Coast to Coast walk. The shore here is rich in fossils, the cliffs interrupted at Boggle Hole and Stoupe Beck. From here we ascend gently, passing through the extensive former alum works, considered one of the earliest sites of chemical industry. At Ravenscar we can learn about the "Town that never was". From Ravenscar the trail continues along more wooded cliffs, dropping into the delightful wooded bay of Hayburn Wyke. We continue to Cloughton Wyke. 18 miles (29km) with 2,650 feet (800m) ascent.

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### **Day 7:** Cloughton Wyke to Filey Brigg

The cliffs beyond Cloughton Wyke are lower, and soon Scarborough Castle comes into view. We continue towards this busy seaside resort, where there'll be time for refreshments as we pass through the largest town on our route. As we leave Scarborough, we will see the former location of the Holbeck Hall Hotel, which famously slipped into the sea in 1994. Some of the bungalows at Knipe Point have also been lost to the sea in recent years. The walk passes above the beautiful expanse of Cayton Bay before you enjoy the last few miles through to the stunning geographical location of Filey Brigg, a birdwatchers' paradise and fitting end to our journey. 15½ miles (25 km) with 1,700 feet (520m) ascent.

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### **Day 8:** Departure Day

Enjoy a leisurely breakfast before making your way home.

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## Larpool Hall

Given that the Yorkshire coast never loses its capacity to enchant, it's easy to see the appeal of this Grade II-listed house overlooking the Esk Valley and the North Sea. The setting is perfect; in the former fishing town of Whitby that's best known for its fish and chips, quaint harbour, and Dracula connections (Irish author Bram Stoker drew his inspiration for his Gothic novel when holidaying here in 1890). You'll have all the sightseeing greats within walking or driving distance, including the 13th century Whitby Abbey, the wonderful Whitby Sands, and the 199 Steps leading up to the old St. Mary's Church (it's customary to count them as you climb). Not only are the North York Moors right on your doorstep, but the walk along Cleveland Way to Robin Hood's Bay is rather special, too.

### **A warm welcome**

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

### **Evening entertainment**

While evening entertainment varies from house to house, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

### **Walks talks**

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

### **The walking day**

Prior to setting off on guided walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.