

A Bike Ride or a Long Walk for August

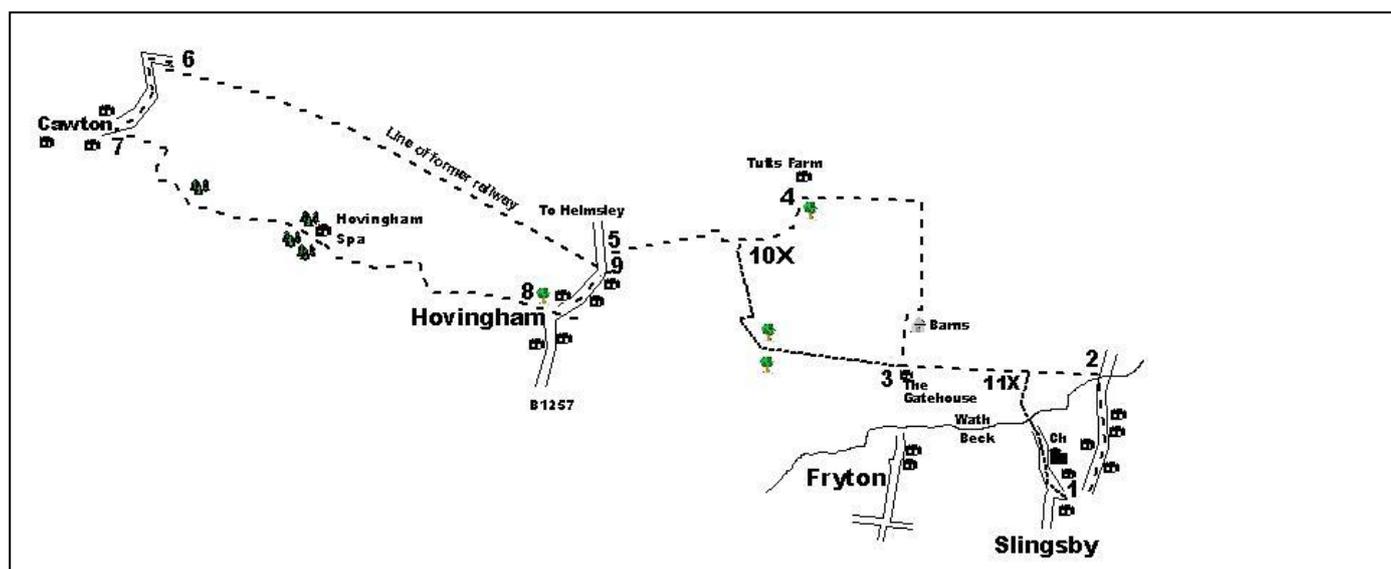
Slingsby, Fryton Grange, Tufts Farm, Cawton Hovingham Spa, Hovingham village and return.

For the long holiday days of August you have the choice to tackle this route by bike or on foot. If you choose to walk there is a variation of the route during the return from Hovingham. For cyclists, over ¾ of the route is off road so a mountain bike or hybrid bike is recommended. Although it is almost entirely on the level and the condition of most of the stoned tracks is pretty good, a road bike would not be suitable.

Start – The Village Green, Slingsby

Distance – Over 9 miles

Duration - biking 1¼ to 1½ hours - walking 3 to 3 ½ hours



1. From Slingsby Green go down the village on the road signposted Kirkbymoorside. After the last bungalow on the left at the bottom of the village the beck appears on your left and shortly after a track marked 'Public Footpath' crosses the beck going left.
2. Turn on to this cindered track, which is the line of the disused Thirsk to Malton railway, and continue until you reach a bungalow, 'The Gatehouse' on the left and a tarmaced lane.
3. Turn right and continue past farm buildings where the road becomes a stoned track. Follow this beside fields with the hedge on your right. The track bends sharp left then heads for Tufts Farm where it meets a gravelled lane by an oak tree.
4. Turn left and stay on this lane until it meets the main Hovingham to Helmsley road by a bridge over Hovingham beck.
5. Turn left, minding the traffic, then some 30 yards along, turn right across the road to join a track which is a permissive path rejoining the line of the former railway. About 1/3 of a mile along the track bears left slightly and meets another track. Bear right again over a beck to rejoin the original line and stay on this now for another mile

or so as the track emerges from trees and crosses an open sided field. When you reach the hedge blocking your way go right over the small wooden bridge to arrive beside a tarmaced road.

6. Turn left and ride the half mile along the road into Cawton village.

7. At the sharp bend by the pond and duckhouse at the entrance to Cawton turn left at the waymark signed 'Hovingham 1½ miles'. The track meanders through farmland to arrive at the house and buildings which formerly housed Hovingham Spa. Pass through these staying on the same track to arrive after another mile beside the play area on the edge of Hovingham village. Pass through the gate, turn right along the lane, left by the houses along the side of the stream then cross the stream either by the bridge or the ford.

(In Hovingham there is the opportunity to get refreshments at the pubs, shop, Spa Bakery (closed Mondays) or you have the choice of 2 tea rooms one of which is at the Bakery). After exploring the village rejoin the route outside the Spa Bakery by the beck.

8. Go left out of the village beside the main road towards Helmsley. (I usually avoid the traffic by using the footpath on the opposite side of the road but please take care and avoid inconveniencing any pedestrians!)

9. Shortly after passing the last house on the right you arrive back at point 5 on the route. Turn right here and retrace your way back to Slingsby.

For walkers only – *the options below are along sections of public footpaths where bike riding is not permitted.*

10X

About 100 yards after the sharp bends in the tarmac lane, turn right on to the waymarked bridleway through the trees and follow the path along the hedge side. When the path meets another path in a small copse of trees turn left along the line of the old railway to arrive back at the Gatehouse and from there retrace your route back to Slingsby.

11X – Just over half way along the old railway line turn right on the waymarked footpath that cuts off the final corner of Slingsby and brings you back into the village at the Church.