

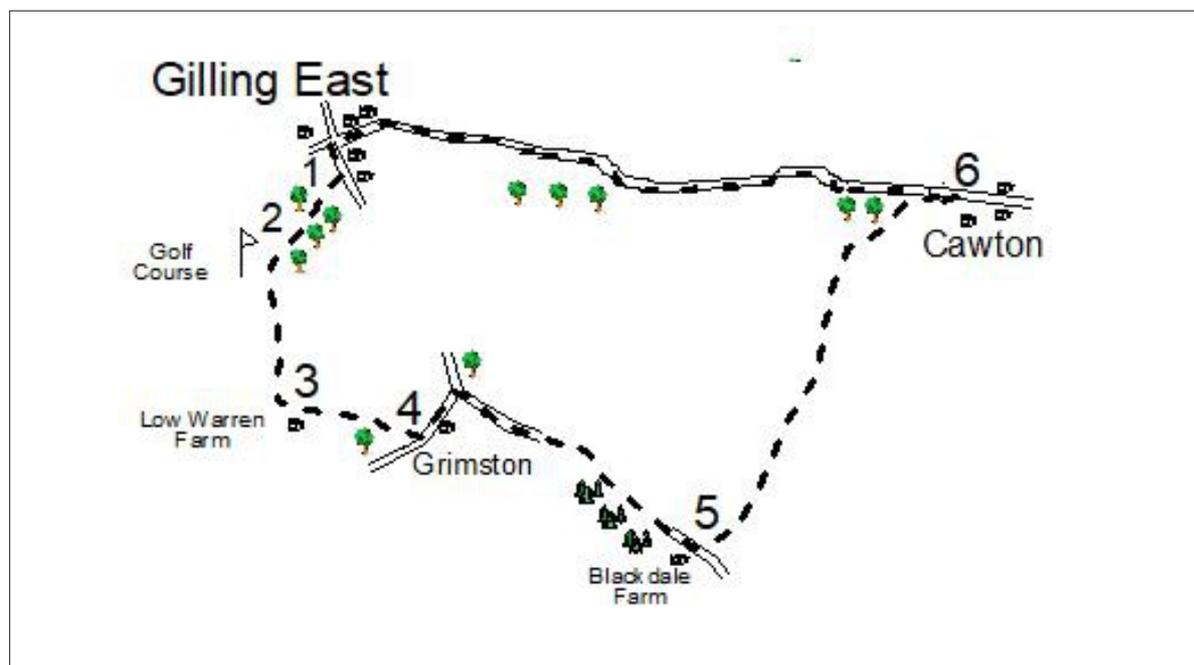
## Walk for October

### Gilling East, Grimston, Cawton Heights, Cawton

*This walk starts with a pleasant woodland section past the Ampleforth Golf Course then passes through fine farming countryside. The central section offers great views over valleys at both sides of Cawton Heights before descending to Cawton village and back to Gilling along the quiet country road.*

Gilling East is situated on the B1363 road between Brandsby and Oswaldkirk, about 5 miles south of Helmsley. Park on the roadside in the road that goes to the right of the Fairfax Arms Pub.

<b>Start</b> — Gilling East Village	
<b>Distance</b> – 4¾ miles	<b>Duration</b> – 2¼ to 2¾ hours



**1.** From the front of the pub walk right along Main Street with the beck on your right. Soon after the telephone box, opposite the church, turn right at the waymark post signposted 'Grimstone' (note the mis-spelling). After passing through the hedge go straight ahead (not left into the private garden) and pass into the wood. The path climbs steeply up partly stepped inclines before levelling out. You emerge briefly from the wood into an area surrounding a golf green. Keep to the left of it and keep the vegetation on your left until the path goes once again into the wood. The path is well trodden here and easy to follow with intermittent waymarks.

- 2.** About  $\frac{1}{4}$  mile along, as the path rises quite steeply, watch out for a waymark low down on a cut tree. (If you reach the fallen trees you have gone too far!) Take the indistinct left fork to the left of the waymark and shortly after pass out of the wood into a field. Looking straight ahead the right of way crosses the field at 11 o'clock. (If crops make the path indistinct it is possible to turn right and follow the field boundary round to the gate at the bottom.) Cross to the brow of the hill then go downhill to the right of the hedge in front with a kissing gate now visible in the bottom corner of the field towards the farm.
- 3.** Once through the gate turn left and through a series of gates below the farm buildings before heading across the field towards the houses ahead which form the hamlet of Grimston.
- 4.** At the road turn left and 150 yards later turn right on the minor road signposted Colton  $1\frac{1}{2}$ , Blackdale Mill. Stay on that road, for about two thirds of a mile.
- 5.** At the end of the coniferous woodland on your right, opposite Blackdale Farm and Mill, turn left along a track which bears the sign Syke Gate Farm. At the first branch bear right then stay on the track for a mile as it passes over Cawton Heights. There are good views looking back over the hills as you climb to the summit, then some even better views as you descend with Stonegrave Minster prominent below the Caulkless Ridge.
- 6.** On reaching the road turn left, away from Cawton village, and walk along the road which is a public road so it does carry traffic though not much. The road emerges at the crossroads in Gilling so go straight ahead back to your vehicle.