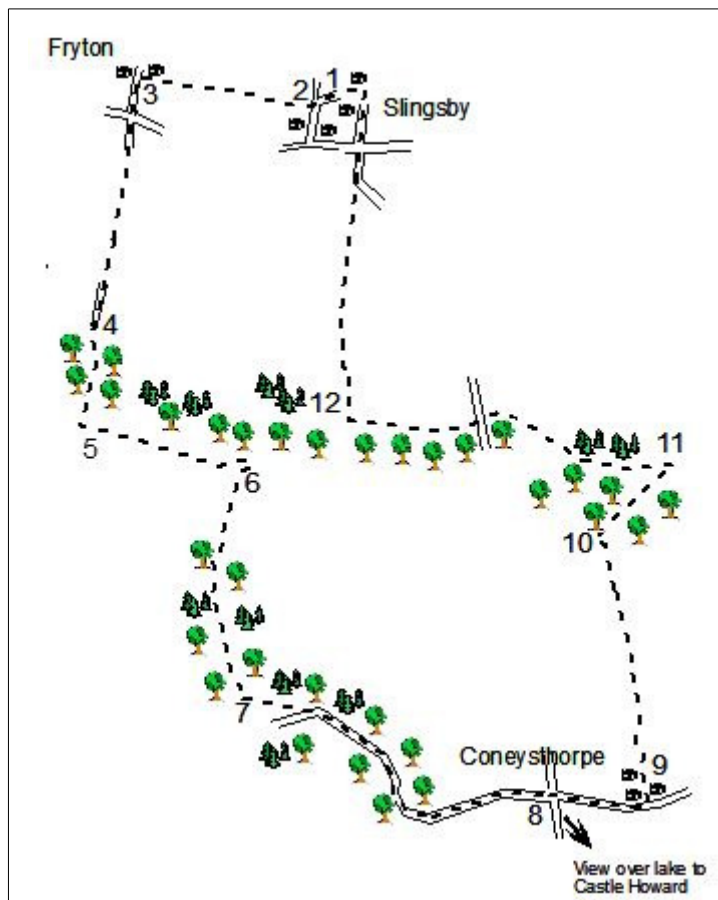


Fryton, Fryton Moor, Hall Moor, Coneysthorpe, Centenary Way.

A varied, longer walk with some long stretches in or beside mature mixed woodland. There is the opportunity for a photograph of the classic view across the Great Lake towards Castle Howard before passing through the picturesque village of Coneysthorpe. The section of path between points 10 and 11 can be quite slippery and good boots are recommended in all but the driest weather.

Start – Slingsby Village Green

Distance – 8½ miles **Duration** – 3½ - 4 hours



1. From the maypole in the centre of the Green, head southwest (past the bus stop and small parking area).
2. At the corner (100 metres) bear left, and straight away cross the road to join a marked footpath between farm buildings and a large bungalow (Castle Garth). A kissing gate straight ahead gives access into the field. Proceed along a well trodden footpath keeping fence and hedge on your right through a series of field gates heading for the buildings directly ahead at Fryton.
3. On passing converted farm buildings the path meets a tarmaced road. Turn left and walk up the road, across the main B1257 at the crossroads and continue up the road opposite.

4. Soon after passing the northern point of the Fryton Millennium Heritage Trail go straight ahead at the brow of the hill where the road crosses the track. The road immediately starts to descend steeply to emerge from the wood at Fryton Moor.
5. 100 yards out of the wood turn left on to a track that goes east through rough ground. After a straight stretch, the track bends then dips before rising and turning towards the base of the wood.
6. A little further on turn right at the waymark sign and follow the track that goes off at 1 o'clock and can be seen rising to enter the wood at the opposite side of the moor. The track meanders through the wood and at its first main junction, a waymark arrow directs you to the right. The track then dips and at its next junction is unmarked. One track continues on the level; leave this and turn to the right climbing steeply uphill for a short distance before arriving at a barrier gate. Go round the gate and a few yards further on to reach a stoned road.
7. Turn left along the road and continue in the same direction as the stoned road meets the tarmaced road at the brow of a hill. Carry on down the road as it passes through the mature woodland. The road emerges from the wood with open fields on the left and a wall on the right and 1/4 of a mile further on arrives at a cross-roads.
8. (A 30 yard diversion here to the right will give you the classic view of Castle Howard across the Great Lake.)
Resuming your route, walk alongside the road signposted Coneysthorpe. There is no formal footpath but a well-trodden path alongside the wall on the right keeps you away from traffic before the footpath starts as you enter the village. At the bottom of the Village Green, at the telephone box, turn left and cross the road to walk up the side of the Green.
9. Walk north to the top of the Green (behind the stone building in the centre) and take the waymarked bridleway which is part of the Centenary Way. Stay on this track as it winds through farmland towards the wooded hillside.
10. On reaching the wood go through the gap in the hedge, turn sharp left and a few yards further on turn right uphill following the waymarked path. This section of the walk is quite muddy and heavy going except in the driest spells.
11. The end of the climb is rewarded with a panoramic view of the Vale of Pickering as the path emerges to join a bridle path running along the top of the ridge. Turn left and stay on the track as it enters the wood and emerges at a gate. Through the gate walk down the field with the fence on your right. There are views of Castle Howard to your left as the path descends to a lower gate before reaching the road at the brow of the hill at a place known as the Sheep Walk. Cross (very carefully) and go straight ahead up the track that runs alongside the wood on the left.
12. Go through a gate and a little further on turn right at a waymarked gate which opens on to a grassy path across farmland. Walk straight ahead until the path veers left before the hedge and right again (50 yards) as it opens up to a track leading downhill. Take care as the track meets the road and continue straight downhill, crossing the main B1257 road onto the footpath that you follow back to The Green.