

Walk for March 2024

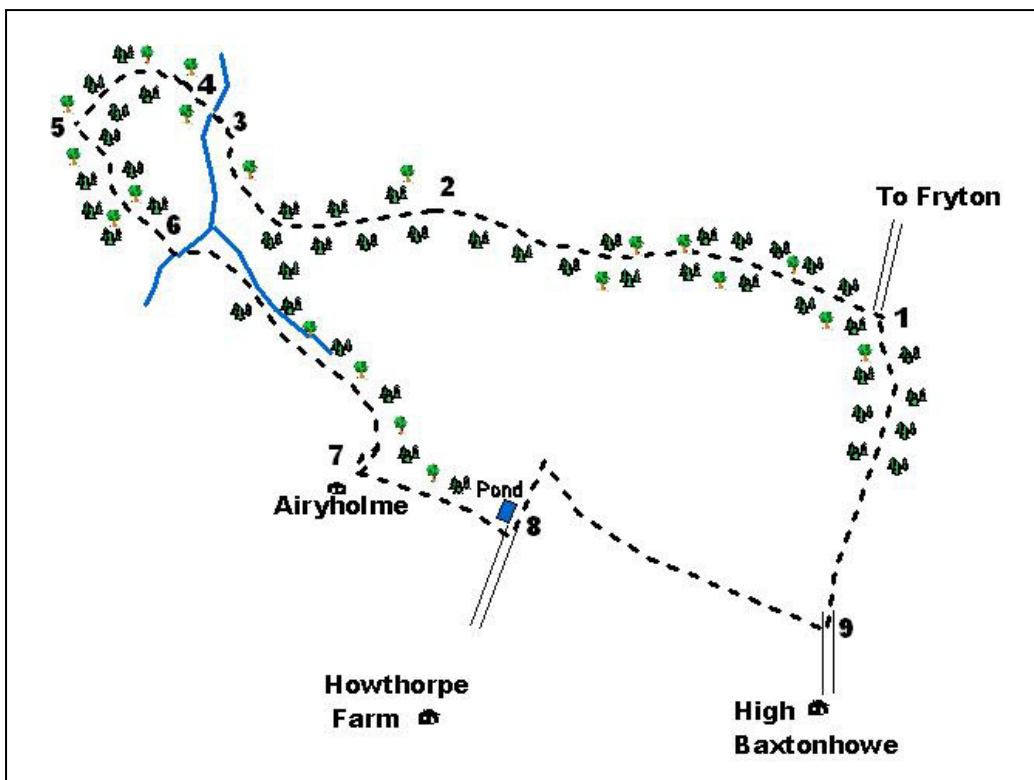
Fryton West Wood

The first of two fairly short walks (the second will be the walk for April 2024). Much of their length is in peaceful woodland and forestry well away from traffic. They can be very muddy in places so be sure to wear appropriate footwear. As the walks are on bridleways they could be attempted on mountain bikes but soft ground and the inclines would make them quite challenging.

Start at the summit of Fryton Lane. This is reached by turning left at the crossroads above Fryton village and going up the narrow tarmaced lane until you reach the woods (before the road starts to descend). There is room to park on either side of the road but take care not to block the road or tracks leading off it.

If you want to add an extra 1½ miles to the walk park in Fryton village and walk up the road, crossing the B1257 and going straight up the lane opposite to Point 1.

Start – centre of Slingsby village
Distance 2½ miles **Duration** – 1-1¼ hours



1. Take the track to the right of the road you have come up, which goes slightly downhill.
2. After roughly half a mile you reach a four fingered waymark. Carry straight on past a very muddy section and descend more steeply until you arrive at a gate.

3. Go through the gate and across the small meadow.
4. Pass through the gates into the woodland beyond. There are branches off to left and right but stay on the main track that rises straight ahead at first and then bends gradually round to the left before reaching a junction of tracks with a waymark.
5. Turn left on to what is part of the Ebor Way and stay on that until you reach a gate at the entrance to a marshy field.
6. Go through the gate and cross the field to the gate ahead, crossing the beck at the end. Go through the gate and follow the path left round the edge of the field. The path then enters the wood beside another stream and emerges beside Airyholme farm buildings.
7. Turn left through the gate and walk alongside the field until you reach a track with a farm up to your right.
8. Turn left beside the pond and walk up the track passing through a gate after which the track rises to the right. Continue along this over the hill and descend to the junction with a track to High Baxtenhowe Farm.
9. Turn left and climb the hill to arrive back at your car at the summit.