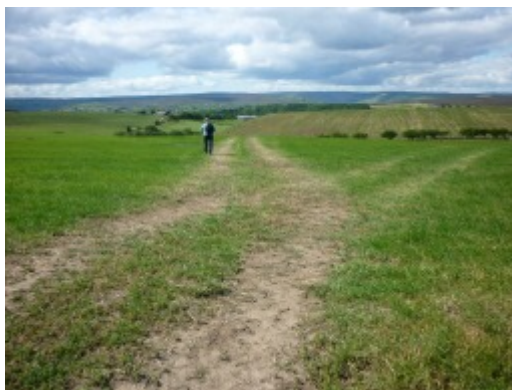


Down the Esk Valley to Aislaby (or Whitby)

The start of this walk is the same as the Bacon Run. (If it's dry you can cut across diagonally from the path from the lodge to the road). Go out of the main lodge drive and turn left along the main road. Only one vehicle in the picture which is a rarity these days; back in the 70's it was quite a pleasant stroll; now you want to get this bit over as fast as you can before you get totally traumatised by the incessant roar of the traffic blasting past. Watch your step as there are a number of drainage gullies cut into the grass across where you walk. After 100m or so it's worth a look left across the moor towards the sea at Sandsend; and a quick glance over your shoulder shows, re-alluringly, that the lodge is still there. Reach the Travellers's Rest Farm, opposite the track leading to the farm on the other side of the road is a footpath sign - you don't want this one! Carry on a few yards to the next sign and go



across the field. There probably won't be a good clear path on the ground, you should angle slightly left; however as long as you hit the fence and then follow it left you will come to the stile which is almost in the corner of the field.

Over the stile and down the track going leftwards; follow this track on and on and on till you almost reach Southgate Farm (it's not marked 'southgate' though!) If you have a map with you - which naturally you will - you will have noticed that on this stretch of the walk there are several footpaths according to the map. They do seem to be just 'according to the map'; we didn't spot any of them; just keep going on the track which in places appears to be made of concrete railway sleepers.

We are at now Southgate; angle left here up the clear track - we had to hop over some wires which were very slightly electrified!

Soon you emerge at the road.



Here go straight across down the minor road; this is signed as a cycle route to Egton. A nice quiet road with grass growing in the middle



occasionally.

At the T junction go right.

And then left when you reach the sign for Westonby Farm. Follow the farm track past the farm, out the other side and curve round through the field to follow the signed footpath to another style.



The path here is indistinct but you are aiming down the valley towards these trees; the path goes just to the left of the trees. As you near the bottom of the field the path gets clearer. Over the old stone

bridge (I took this picture looking back at it so this isn't quite what you see on the approach). Then it's a grunt up

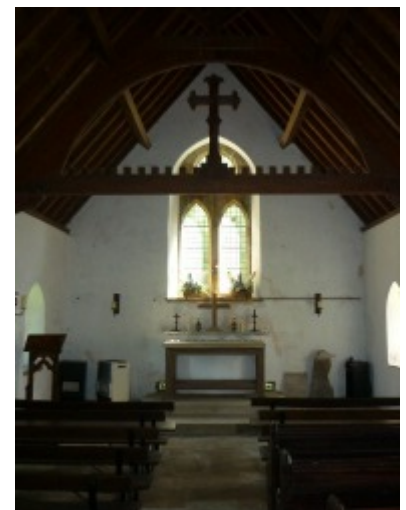


round what seems like 3 sides of a field, up Church Cliff to the ancient St Hilda's Church and massive cemetery



Although the sign says that the church is normally locked we found it open.

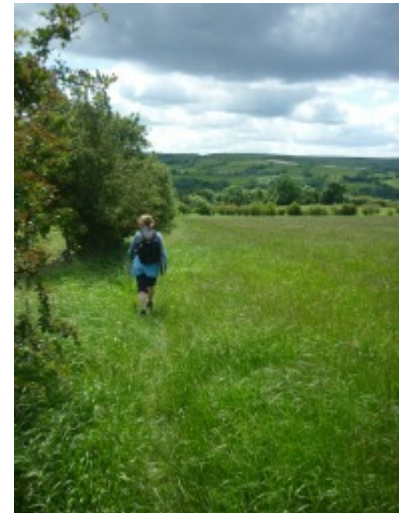
After a pleasant look round the churchyard; note how the spelling of Glaisedale has altered over the centuries; carry on down the lane and onto the road, continuing left. You may well already have noticed a trod and this will be



our companion almost to the end of the walk. I reckon it would have joined Whitby Abbey (St Hilda) to this old church, dedicated to St Hilda. After 250 of my steps along the road there is a footpath marker, style (and a gate) into the field. Keep going with the field boundary on your left. The trod is



clear here but a bit too close to the overhanging tree branches for comfortable walking on it. The path takes you through a gate and into wood and nettle land. This is one of two places where I regretted wearing shorts!



Out of the wood, down the road to the farm, left as signed and exit into Egton Bridge by the Postgate Inn,

a great place to stop for a rest and a feed. It's a special place, if the notice board is to be believed this one of the Times top ten eating inns in



England and we did have a very good meal.



After lunch, head downhill under the bridge, past the very fine church on your right and then turn left onto the Egton Estates track. We are now on the Esk Valley walk, well signed by the fish - is it a trout or a salmon? The Esk is noted for fishing these beasts

The walk is really very straightforward now, follow the fish and (often) the trod.

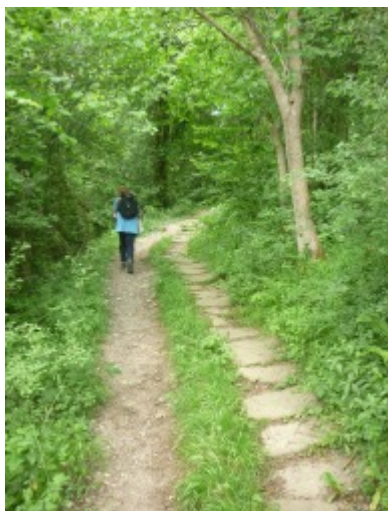


whatever they are.

One fascinating cottage along here is the old toll cottage still with its scale of charges on the wall.



At the end of the track, at the road, a short foray to the right will take you to Grosmont steam railway centre. If you time it right you can get a steam train into Whitby! The fish walk goes left along the road for a few yards then



right through a small housing estate. Keep straight on the track at the end of the tarmac towards Grosmont Farm and its magnificent flock of geese. Follow the signs through the farm and up the hill into the wood where the trod is really clear. Out of the woods, along the field edge and past Newbiggin Hall with holiday cottages and a fine collection of old vehicles.



A couple of km after Newbiggin and various bits of woodland you meet a road, jink right then left (follow the fish) and see this sign - ignore the fish, just go down left over the small

bridge. For some reason the fish route wants you to ford the stream 3 metres below the bridge! It's not long before you reach another road and a chance to chat to the donkeys. Right here along the road then soon right again past Thistle Grove on the trod again and up towards St Oswald's



Retreat Centre. When you meet the tarmac it's time to leave the fish and head left - you could go right and continue into Whitby*** but we had run out of puff by this stage. You will meet this sign on the way up past the centre. OHP means 'Order of the Holy Paraclete'. Years ago our sons liked to go Holy Parakeet spotting in



Whitby. Keep going straight up the hill into Aislaby and flop to wait for the bus. 1554, 1700 ish then every half hour till 1900.

10 miles and quite strenuous.

*** walk to Whitby follows

*** If you really want to keep going another 3 miles; here's what you do. Coming out from the field below St Oswald's Centre turn right onto the tarmac, following the fish. A short step along here brings you out on the A169 moors road from Whitby to Pickering. Very carefully cross this road and head down the road opposite which leads along the valley to Ruswarp. The fish walk goes along this road



Hill Lane, by the Methodist Church



glance back and left to greet the bee hives in the field corner)

At the road go right then immediately left and into the Children's Centre field; follow the track through the straw bales and other minor earthworks and through the gate (hopefully unlocked). This is a slow bit as the path goes between pens of animals and a children's assault course.



into Ruswarp and it's truly horrid so the best way is to reverse the second part of the 'Sleights to Ruswarp' circular walk. Just before the Perry Plant Centre look out for Carr



Grunt upwards to the top and then go right following the road round till it becomes a grassy track

Just follow the field boundaries and stiles (after the first stile





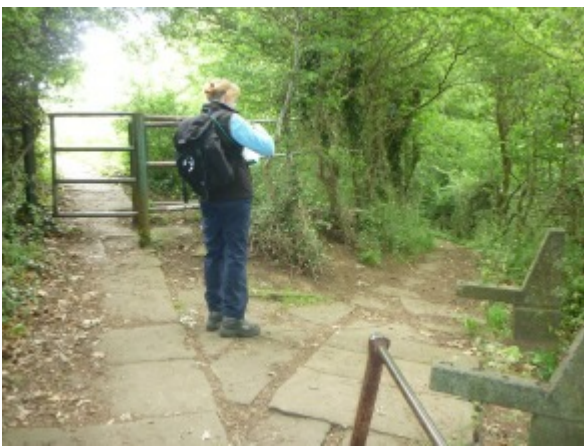
Past (or stop at) the enticing signs and through the gate and



down back onto the road by the river boats.



Along the road to the end and go left by Brother William. Cross the main road and after the shops the footpath sign directs you back onto the trod which must be the same one that started at St Hilda's church above Egton Bridge.



Keep going on the trod, up through some trees to the top. At this point left takes you onto the main road from Whitby to Teesside, if



you go this way then turn right at the road and down into Whitby.



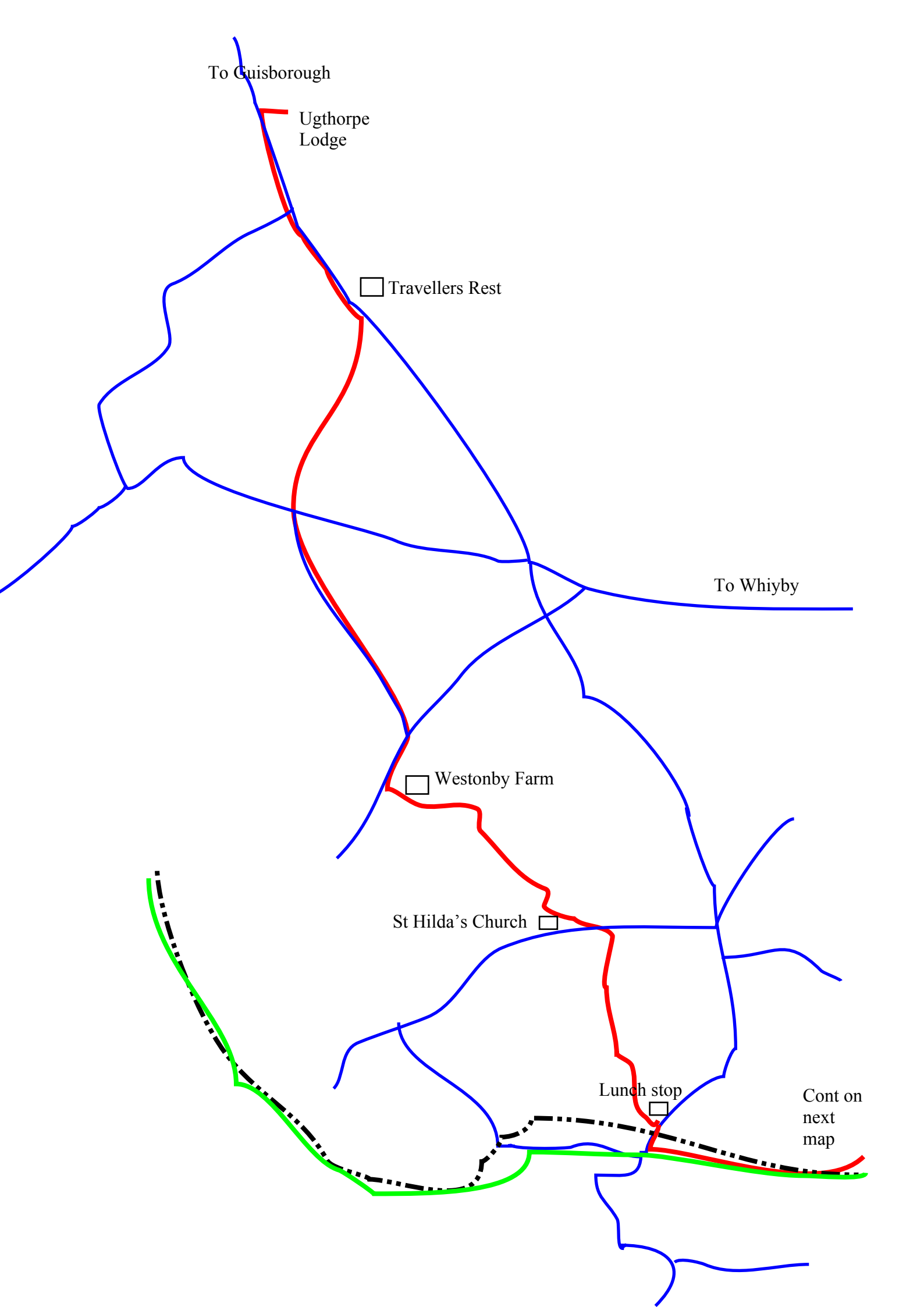
Going right is a better way, this (although not marked here) is the fish route. It's interesting with some ups and downs and when you get to the old railway track - which

used to be the coast railway from Teesside to Scarborough - a short foray right along the track takes you over a very fine viaduct. We continue along the fish route going past the school and down onto the very busy Whitby to Scarborough A171. After a few minutes wait you will be able to take your life in your hands; cross the road and continue on the path entering Whitby by the Esk Valley Railway line (still operating) . Cross the railway line



ere you can enjoy the yachts in the Esk river





To Guisborough

Ugthorpe Lodge

□ Travellers Rest

To Whyby

□ Westonby Farm

St Hilda's Church □

Lunch stop □

Cont on next map

