

Newgate Bank to Helmsley 8 miles, allow 4 hours.

Transport M4

Map 1:25,000 OL26 or 1:50,000 Malton & Pickering 100

Start Newgate Bank car park entrance on the B1257 just under 5 miles northwest of Helmsley.

Points of interest

A good walk along the escarpment of the Tabular Hills for those who enjoy striding out on good tracks/lanes with no stiles or other obstacles, few gradients and very little route finding required. It is particularly lovely when the heather is in bloom on Rievaulx Moor. The large expanse of Rievaulx Moor will be on your right for most of the first three miles, with forestry on your left, there are intermittent views of Bilsdale through the trees and more extensive views where there are gaps in the forestry. The track rises gently and almost imperceptibly until you reach a trig point at 328m. From here on, it is gently downhill all the way to Helmsley.

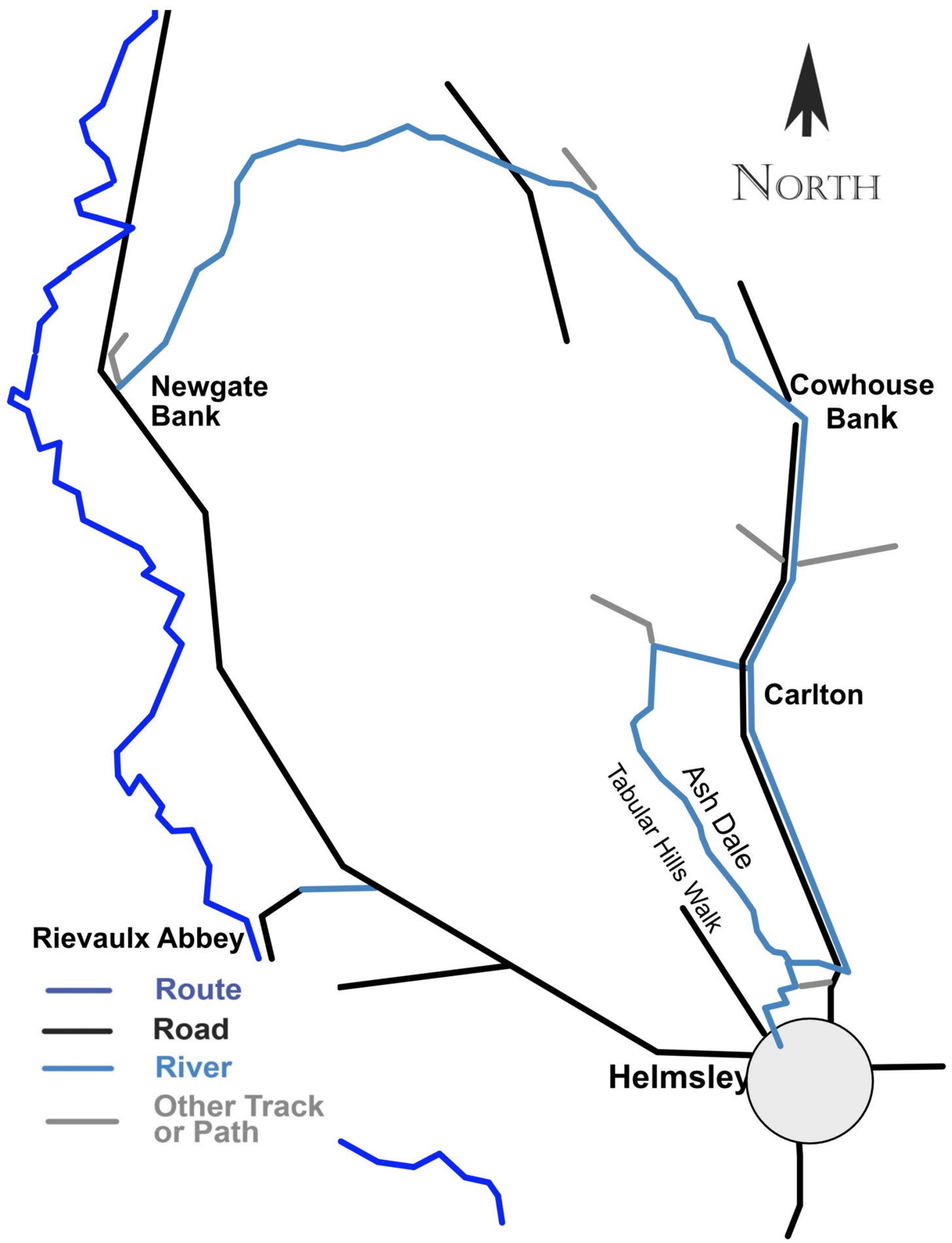
Route

Cross the road with care to the car park. There is a two-way fingerpost at the side of a vehicle barrier. Go straight ahead following the footpath sign (ignoring the bridleway to the left) and pass around the barrier onto a good wide track. You will be following this track for the next 4.5 miles. Ignore any offshoots and just carry on! Not long after the trig point, the track crosses over a narrow lane with a small parking area just beyond. This is Helmsley Bank and is a good spot to take a breather as there are two well-sited benches with excellent views northwards.

Continuing on, the track enters some mixed woodland and at times offers some great views into Bransdale with Birk Nab prominent. About 1.7 miles beyond Helmsley Bank, there is another vehicle barrier at the western end of the car park at Cow House Bank. Just after this barrier becomes visible there is a clearing in the woodland to your left, walking a few yards across the grass here brings you to the edge of the bank where a pair of benches give spectacular views to the north. A perfect lunch stop. There are also some further benches hidden in the trees along the edge of the car park.

Returning to the main track, this merges with the car park exit to reach a minor lane (Carlton Road). Turn right along this lane towards the small village of Carlton with its distinctive church (now a holiday let). Just before the village there is a track on the right which forms part of the Tabular Hills Walk and provides an off-road return to Helmsley through Ashdale. However my preferred route, if you are happy with road walking, is to continue on along the road through Carlton and on downhill to enjoy the wide open views to the south. At a bend when the red roofs of Helmsley become obvious, there is a memorial bench on the right at the start of a good track into woodland, this pleasant track soon leads to the foot of Ashdale to pick up the Tabular Hills Walk by turning through a small gate to the left. The path is well waymarked with arrows, initially go straight ahead to go through another small gate, then turn right along a field path before ultimately heading left to reach another small gate that leads to an enclosed path running past the recreation ground to the right and some sheltered housing to the left. It then opens out to pass some bungalows on the left before reaching a road. Go straight across here on a minor lane/track that quickly runs down by the side of the Black Swan Hotel to emerge at the market place in Helmsley.

With thanks to Fran Lambert.



Newgate Bank

Cowhouse Bank

Carlton

Rievaulx Abbey

Helmsley

Tabular Hills Walk
Ash Dale

-  Route
-  Road
-  River
-  Other Track or Path