



Moor to Sea Cycle Network

www.northyorkmoors.org.uk/moortosea

11: Rosedale Abbey to Dalby



Cycle route info:

Distance: 15 miles (23km)

Time: 2 to 4 hours

Start: Rosedale Abbey green

Grid ref: SE 724 959

Map: Ordnance Survey OL26 & 27

Terrain: country lanes and forest tracks, with mostly easy gradients



The most challenging Moor to Sea section crosses no fewer than four steep-sided woodland valleys – including the North York Moors' own miniature 'Grand Canyon' of Newtondale – and also includes long stretches on stone tracks and grass and earth paths. Your reward? Spectacular scenery, shady forest tracks and moorland paths on a route that's largely traffic-free.

Directions: Rosedale Abbey to Dalby

Leave Rosedale Abbey (signposted to Pickering) and keep ahead for 1.4km to Yatts Farm. Turn L through a field gate onto a bridleway and climb straight up the field and into a wood. At the top go through a gate, then keep R. Turn L at the end and climb to a stone road. Turn R and, after 70m, carry straight on along a bridleway. Turn L on the stone road to the tarmac, then turn R and L along another bridleway, over and down through the forest to a track junction.

Go straight over and bear R, down a stone track to a barrier, then turn R on the tarmac. Turn sharp L at the first junction and ride steeply down to a track junction. Turn L, head up the stone/concrete road to Head House and then up the field-edge bridleway to a gate into the forest. Continue for 20m, turn R onto a stone bridleway, ignore turns to L and R, and climb up the hill. Continue for 250m, then turn L onto a narrow bridleway through the trees. Join a stone road and continue ahead, following the road round to the L to High Muffles. Go straight over a crossroads and on to the forest end. Turn R and, after 140m, turn R at a road to drop gently down.

Continue on a stone road and follow it round to the L to a tarmac road. Turn L and first R on a stone bridleway. After 130m turn R through a field-gate and immediately L, following a track with woodland to your L. Drop down gently; enter woodland and continue to a path junction. Turn R to reach a stone track. Turn L past two farms, and keep ahead on a moorland path (forest on your L).

At the moor end, go through the gate into the forest and follow the main path down a hollow way (careful, loose rocks). Cross a clearing and drop R down a stone path through the forest to STOP at a large rock at the bottom of the hill. Turn R on the tarmac road through Newtondale and cross the railway tracks carefully at Levisham Station. (*cont.*)



Follow the road uphill, over a cattle grid, and bear R to drop through Levisham and go carefully down the hairpin bends. Climb the other side and keep L, up Lockton main street. Over the brow of the hill, turn R at a junction and follow the road round to the L. At the A169, bear R on to the cycle track, then cross the main road carefully, before turning R onto a cycle-track.

At the end of the track turn L down a steep tarmac road, fork L and then at a gate bear R onto a stone bridleway. Follow this down, swinging sharply L and R to cross Dalby Beck and climb to the tarmac Forest Drive. Turn R and follow this down to Low Dalby Visitor Centre.

Directions: Dalby to Rosedale Abbey

Leave Low Dalby Visitor Centre, climbing gently along the tarmac Forest Drive. After High Dalby House, turn L onto a stone bridleway. Follow this down over Dalby Beck, then L and R, up a pasture field and through a wood, swinging L onto a tarmac road. Go uphill and just before the A169, turn R to follow a cycle-track. Cross the main road and join the minor road. Keeping R at a junction, head into Lockton. Turn L, down the main street, then keep R and drop down steeply. Climb into Levisham and, at the top, keep L of the pub. Follow the road round to the L and cross a cattle-grid onto the moor. Take care (fast descent), go round a hairpin and into Newtondale. Cross the railway tracks and follow the tarmac forest road for 1.4km. Just over the brow of a hill take a stone path on your L. (If you get to a house on your L you have gone too far.) Follow this path as it winds steeply up through the trees.

Swing L to cross a clearing and continue up a hollow way. At the top pass through a gate onto the moor. Keep the forest on your R and, after two farms, turn R at a track junction and pass through a gate into an enclosed bridleway. Follow this for 220m to a path junction and turn L to reach a gate on your R near an old building. Go through the gate and bear L on a stone road to a tarmac road.

Turn L, then first R onto a stone road. Turn R on another stone road and keep on (track becomes tarmac). At the junction, turn L onto a stone road, then turn L into the forest. At High Muffles go straight over crossroads, through a barrier and keep R. After 500m downhill, leave the forest road, and go straight on through trees. At the end turn R along a forest road and carry straight on. Fork L to pass St James's Farm. Go through a gate, then turn L on a narrow bridleway through trees. After about 20m go through a gate into a grass field and follow the bridleway down the lefthand side to Head House. Keep straight on down the road – look out for loose stones and water bars.

Up the other side, turn R onto a road and climb to a junction. Turn R and, at the top, fork L onto a forest track. Climb through trees, go straight over a stone track, up a bridleway and continue to a road. Turn R, immediately L onto a stone road, and then R onto a bridleway. Keep straight on where the stone road joins from the L, then turn L down a bridleway. Follow this between grass fields, and steeply downhill through the wood. Look out for rough ground and a gate at the bottom. Go straight down a grass field. Watch for fast traffic on the road, turn R into Rosedale Abbey.

Route highlights!

Shady tracks in Cropton Forest.

Newtondale – 12 miles long and 250-feet deep.

Watch out for the steam trains of the North Yorkshire Moors Railway.

Explore the villages of Levisham and Lockton.

Facilities

Pubs, cafés and a shop in Rosedale Abbey. At Low Dalby in Dalby Forest there's a visitor centre, bike hire, bike shop and café. Also, refreshments available at the pub in Levisham.