

How long will it take?

Most people take nine or ten days to cover the full distance (108 miles/174 km): see Table 1 for two ways of breaking the route down. Part 3 of this book is divided into nine sections, with an average of 12 miles (19 km) a day. For some walkers, each is a feasible day's walk, but for others the 17-mile stretch between Saltburn and Sandsend will make too long a day: they should consider either splitting it at Staithes or using a different 10-day breakdown as shown in Table 1.

In general, the Way is blessed with plenty of accommodation that is either on or very close to the route, but inevitably you will walk much further than 108 miles in the daily process of reaching food, drink, accommodation and making side-visits. You also need to allow travelling time at either end; and you may wish to add a spare day for bad weather or to take a break from walking.

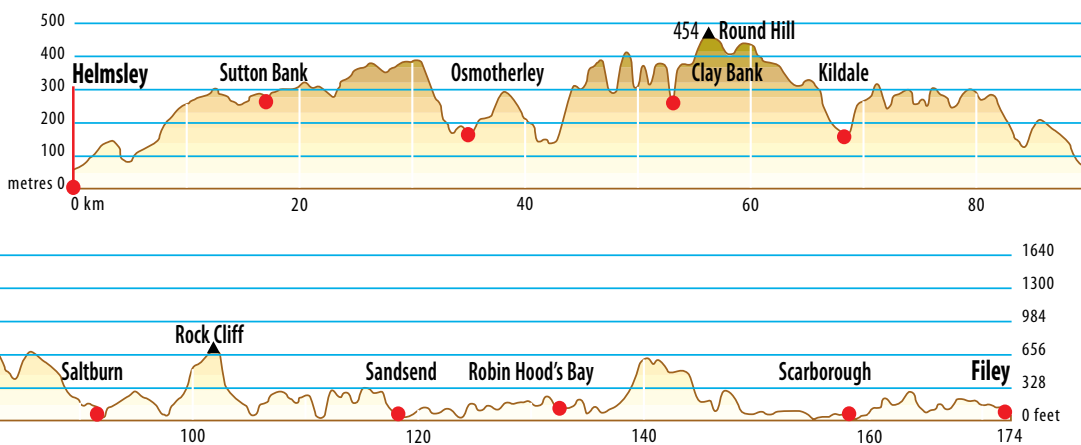
Unless you are an experienced walker, avoid committing yourself to long daily distances. Not only do you risk turning your holiday into an endurance test, but also time pressure may make you miss out on side-trips that would have helped you to understand the history and heritage of the places you pass through. Even the placenames are full of local interest: see page 62 for the meanings of some Yorkshire words.

If you have little or no previous experience of long-distance walking, please obtain our *Notes for Novices*: see page 63. In addition to advice on footwear and other gear, it explains factors affecting daily distance.

Terrain and gradients

The terrain varies from field paths to moorland tracks and minor roads, with quite a few steep flights of steps, short stretches of sand and, to combat path erosion from heavy footfall, some stone-paved sections. In general, the Way has good going underfoot, with occasional muddy parts which can be very boggy after prolonged rain and in winter. Although the Way never rises above 454 m (1490 ft), it undulates quite a lot, not only over the North York Moors but also along the coastal sections. Don't expect rapid progress in the undulating sections: see the altitude profile below.

	9 day		10 day	
	miles	km	miles	km
Helmsley	10	16	10	16
Sutton Bank	11½	18½	11½	18½
Osmotherley	11	17½	11	17½
Clay Bank	9½	15½	9½	15½
Kildale	14½	23½	14½	23½
Saltburn			11½	18½
Runswick Bay	17	27½		
Sandsend			8½	13½
Whitby	10	16		
Robin Hood's Bay			10½	17
Ravenscar	14½	23½	11	17½
Scarborough	9½	15½	9½	15
Filey Brigg				



Tides

At Runswick Bay (shown below), there's a short stretch of beach which it's normally easy to walk across but in stormy weather or at extreme high tide may pose an obstacle. To check on this ahead of your walk, visit easytide.ukho.gov.uk and check the data for Whitby – which is near enough. High water times are always given in Greenwich Mean Time. Between the last Sunday in March and last Sunday in October, add one hour for British Summer Time.





Waymarking

The route is clearly waymarked throughout its length, often by name but sometimes just with the National Trail acorn logo: see the illustration. Since it doesn't intersect or overlap with any other National Trail, always follow the acorn. In particular, if you see a marker with more than one arrow, always follow the one nearest to the acorn. For example, this marker post means 'Bear right to follow the Cleveland Way, bear left to follow a different public footpath'.



Countryside Code and dogs

Please follow the Countryside Code as revised in 2012: see page 62.

Think hard before deciding to bring your dog on the Way. Unless you are camping and eating outdoors, there are many places where you might wish to eat or sleep where your dog won't be allowed. Some B&Bs accept dogs, others impose extra cleaning charges, restrict dogs to 'very well-behaved' or refuse them altogether: ask before booking. There may also be dog issues while on the walk, especially where livestock are in fields and your dog must be kept under close control. Always clean up after your dog if it soils the path.

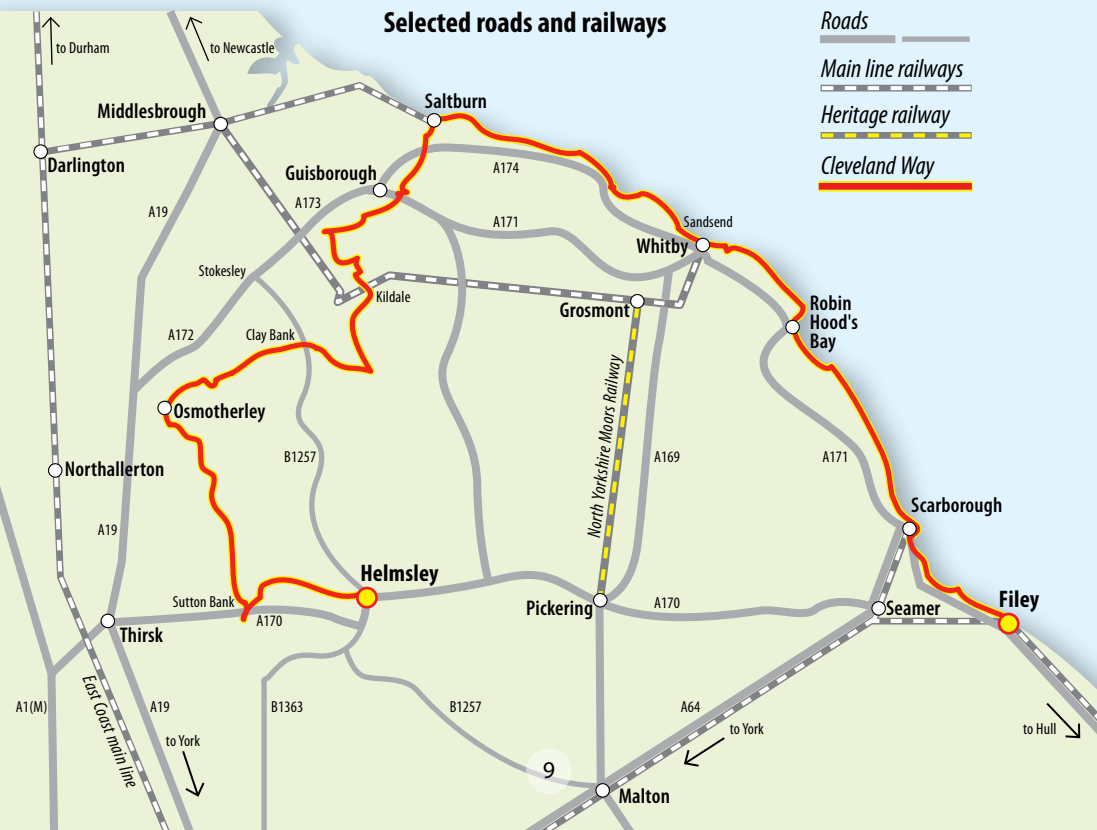
Travel planning

There are airports at Newcastle, Teesside (renamed “Durham Tees Valley”) and Leeds/Bradford. Mainline railway stations are at Leeds, York, Malton, Thirsk, Northallerton and Middlesbrough. North Sea Ferries serve Hull and take passengers by bus to Hull railway station for travel to Scarborough by train then to Helmsley by bus; and between Hull and Filey by train or bus. For transport and weather websites, see page 62.

Coastliner bus services from Leeds connect to Pickering via York and Malton, and to resorts on the east coast. Other buses connect Helmsley with York, Malton, Scarborough and Middlesbrough.

Many small towns on or near the Cleveland Way are connected directly by rail, including Saltburn, Great Ayton, Kildale, Whitby, Scarborough and Filey.

Bus services from Malton and Scarborough serve southern parts of the region, and from Whitby serve the coast and northern parts. As of 2012, coastal bus travel is easy, with frequent services between Middlesbrough, Whitby, Scarborough, Filey and Hull. However, more careful planning is needed to reach Helmsley and Sutton Bank, especially in low season – and on Sundays it may be impossible. In summer, however, daily buses ply between Helmsley and Sutton Bank, with a useful hourly service.



Accommodation

The Cleveland Way has a good range of accommodation, from campsites, bunkhouses and hostels through to farmhouse B&Bs and hotels both small and grand, mostly on or very close to the Way. Download the official *Accommodation & Information Guide*: see page 61. Our table on page 11 provides an overview of options as of April 2012: note the caveat at foot of page.

Don't be misled by the apparently wide choice: you need to book well ahead of your walk if you want a soft bed. Along the coastal section it's normally easy enough, but the inland sections cross sparsely populated moorland. For example, there are no B&Bs at Clay Bank (but some in Raisdale, Bilsdale and Great Broughton) and only one near the Way at Kildale (albeit another one 2 miles offroute at Percy Rigg, transport by arrangement).

Many B&Bs are small and some get fully booked far in advance. Others charge hefty supplements for single occupancy, are closed out of season or are merely in the wrong location for your itinerary. Some B&Bs offer lifts by arrangement, indicated by a car symbol in the official download. Before relying on this, check and discuss timing. Mobile phone signals can be patchy, so never depend on a last-minute phone call.

Hostelling deserves special mention because the route was originally devised to link Youth Hostels (see page 61) although some have since closed or moved. As of 2012, there are hostels at Helmsley, Osmotherley, Whitby, near Robin Hood's Bay and near Scarborough. It's important that walkers make good use of them, and hostels have reinvented themselves for the 21st century to offer some privacy and comfort at modest cost. The old days of austerity and excessive rules are long gone. Nor do you need to carry sleeping bag liners, just a towel.

If you are camping, you have huge flexibility at the price of carrying heavy loads. Alternatively you can use a baggage service – in which case you lose most of the flexibility, because you still have to book the pickups and drops. But it is certainly the lowest cost approach.

Malkiln House, Bilsdale



Facilities along the route

	miles from last place	km from last place	café	pub	shop	campsite	hostel, barn, bunkhouse	B&B, hotel
Helmsley			✓	✓	✓		✓	✓
Cold Kirby	5½	8·9						✓
<i>Kilburn 1½ mile</i>				✓				✓
Sutton Bank / Hambleton	4½	7·2	✓	✓		✓		✓
Osmotherley	11½	18·5	✓	✓	✓	✓	✓	✓
Carlton Bank (Lord Stones)	7½	12·1	✓			✓		
<i>Beakhills Farm ½ mile</i>						✓		✓
Clay Bank	3½	5·6						
<i>Great Broughton 2 miles</i>				✓	✓	✓		✓
<i>Chop Gate/Bilsdale 2 miles</i>				✓		✓		✓
Kildale	9½	15·3	✓				✓	✓
<i>Great Ayton 2 miles</i>			✓	✓	✓			✓
<i>Guisborough 2½ miles</i>			✓	✓	✓			✓
Slapewath	10	16·0		✓				✓
Skelton Green	2¼	3·7		✓				
Skelton	½	0·8	✓	✓	✓			✓
Saltburn	2	3·2	✓	✓	✓			✓
Skinningrove	3¾	6·0	✓	✓	✓			
Staithe	4¾	7·7	✓	✓	✓	✓		✓
Port Mulgrave	1½	2·4	✓	✓				✓
Runswick Bay	1½	2·4	✓	✓		✓		✓
Sandsend	5½	8·9	✓	✓	✓			✓
Whitby	3	4·8	✓	✓	✓	✓	✓	✓
Robin Hood's Bay	7	11·3	✓	✓	✓	✓		✓
<i>Fylingthorpe ½ mile</i>						✓		✓
Boggle Hole	1	1·6					✓	
Ravenscar	2½	4·0	✓			✓		
Hayburn Wyke	4¼	6·8	✓	✓				✓
Scalby Mills	5¼	8·5		✓		✓	✓	
Scarborough	1½	2·4	✓	✓	✓			✓
Cayton Bay	5	8·0				✓		
Filey	4½	7·2	✓	✓	✓	✓		✓

Table correct at time of publication: some facilities are available only in season. All details should be checked before making plans that depend on them. Places that are offroute are shown in italics with distance after placename.