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 such 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.

Table 1

	9 day		10 day	
	mi	km	mi	km
Helmsley				
	10·2	16·4	10·2	16·4
Sutton Bank				
	11·4	18·3	11·4	18·3
Osmotherley				
	10·9	17·5	10·9	17·5
Clay Bank				
	9·6	15·4	9·6	15·4
Kildale				
	14·6	23·5	14·6	23·5
Saltburn				
			11·8	19·0
Runswick Bay	14·0	22·5		
Sandsend			15·3	24·6
Whitby	10·0	16·1		
Robin Hood's Bay			10·9	16·1
Ravenscar	14·7	23·7		
			10·8	17·3
Scarborough				
	9·3	15·0	9·3	15·0
Filey Brigg				
Total	108	174	108	174

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 71 for the meanings of some Yorkshire words.
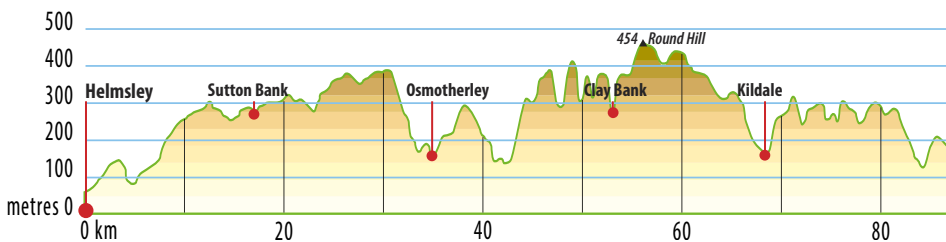
If you have little or no previous experience of long-distance walking, please consult our *Notes for Novices*: see page 70. In addition to advice on footwear and other gear, it explains factors affecting daily distance.

Tides

At Runswick Bay (see page 7), there's a short stretch of beach which is normally easily passable, but in stormy weather or at extreme high tide may pose a hazard. To check on tide times ahead of your walk, see page 71.
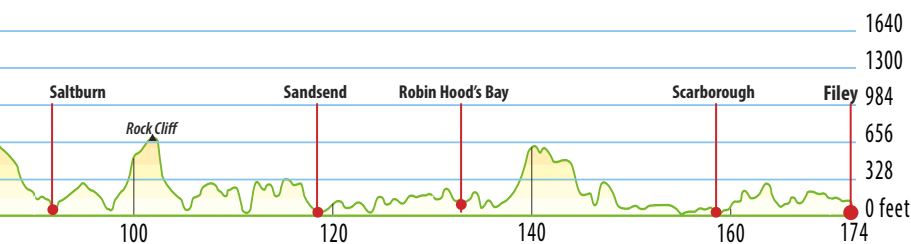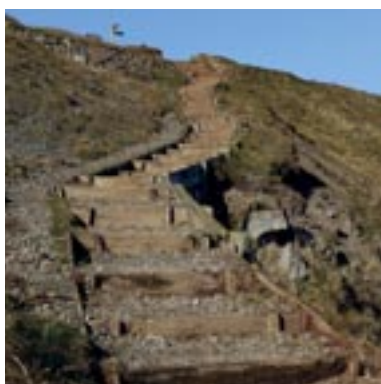
Terrain and gradients

This trail features a wide range of terrain. In the coastal section, some beaches have shingle, others stretches of sand. The photo on the right shows Runswick Bay – which is occasionally impassable at very high tide.

In general, the Way has good going underfoot, mainly on field paths and moorland tracks on inland sections. The occasional muddy parts can become very boggy in winter and after prolonged rain. These will slow you down.

The Way never rises above 454 m (1490 ft) at Round Hill, see below and page 37. However, it undulates a great deal, not only over the moorland but also along the steeply indented coastline. To combat path erosion from heavy footfall, some sections are paved with stones. Happily, nearly all the former stiles have been replaced by gates.

The undulating sections can be tiring and there are quite a few steep slopes, some helped by flights of steps.

The photo on top of page 52 shows a typical coastal ravine. Don't expect rapid progress: instead allow plenty of time to enjoy your walk. The altitude profile below tells a clear story.

1640
1300

Saltburn   Sandsend   Robin Hood's Bay   Scarborough   Filey 984

656

Rock Cliff

328

0 feet

100   120   140   160   174

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.

Waymarking

The route is clearly waymarked throughout its length, often by name but sometimes just with the National Trail acorn logo: see below. Between Saltburn and Filey the trail is shared with the England Coast Path so you will see ECP acorns as well. Always follow the acorn, and if there's more than one arrow, rely on the one nearest to the acorn. This marker post at the right means 'Bear right to follow the Cleveland Way; bear left for another public footpath'.

Countryside Code, England

Respect other people
✓ Consider the local community and other people enjoying the outdoors
✓ Park carefully so access to gateways and driveways is clear
✓ Leave gates and property as you find them
✓ Follow paths but give way to others where it's narrow

Protect the natural environment
✓ Leave no trace of your visit, take all your litter home
✓ Don't have BBQs or fires
✓ Keep dogs under effective control
✓ Dog poo - bag it and bin it
✓ Enjoy the outdoors
✓ Plan ahead, check what facilities are open, be prepared
✓ Follow advice and local signs and obey social distancing measures

Travel planning

There are airports at Newcastle, Teesside International and Leeds/Bradford. Mainline railway stations are at Leeds, York, Northallerton, Darlington and Middlesbrough. Stations very close to the Way include Saltburn, Kildale, Whitby, Scarborough and Filey.

Coastliner bus services from Leeds connect to Pickering via York and Malton, and to resorts on the east coast. Other buses may connect Helmsley with York, Malton, Scarborough and Middlesbrough. For transport websites including the Moorsbus service, see page 71.

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 2019, coastal bus travel was easy, with frequent services between Middlesbrough, Whitby, Scarborough, Filey and Hull. In season, there used to be an hourly service between Helmsley and Sutton Bank (not Sundays) but it may or may not be revived in 2021.

Following the 2020 global pandemic, many transport services are under review: before relying on any of these, check carefully from online sources: see page 71.

Selected roads and railways

Cleveland Way

Roads

Mainline railways

Heritage railway

to Durham
Newcastle

A19

Middlesbrough

Darlington

Guisborough

A173

A174

Saltburn

A171

Whitby

Great Ayton

East coast main line

A172

Kildale

Grosmont

Robin Hood's Bay

Clay Bank

North Yorkshire Moors Railway

Osmotherley

A169

A171

Northallerton

B1257

Scarborough

Thirsk

Sutton Bank

Helmsley

Pickering

A170

Filey

A19

A64

Seamer

Malton

to York

Accommodation

The Cleveland Way has a wide range of accommodation mostly on or very close to the Way, from campsites, bunkhouses and hostels through to farmhouse B&Bs and hotels both small and grand. Download the official *Accommodation & Information Guide* leaflets from ***bit.ly/cvw-leaflets***. Note that the leaflets, and our table and maps, summarise the options as of late 2019: less choice may remain after the 2020 pandemic. Check carefully before making plans.

Don't be misled by the apparently wide choice: you need to book well ahead of time if you want a soft bed. Along the coastal section it may be relatively easy, but the inland sections cross sparsely populated moorland. For example, there are no B&Bs at Clay Bank and only one (the Old Rectory) at Kildale – albeit another one 2 miles offroute at Percy Rigg Farm, 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. Always check the exact location of your overnight stay – rural addresses and postcodes can be misleading – and if need be ask your host where it's best to leave the Way.

Hostelling deserves special mention because the route was originally devised to link Youth Hostels (see page 70), although inevitably some have since closed or moved. Hostels have reinvented themselves for the 21st century to offer a wide range of accommodation and catering options, with some private rooms and even en suite facilities – all at modest cost. The old days of austerity and strict rules are long gone, as are any age restrictions. Before you book, just check on facilities, arrival times and whether you need to bring a towel. Five hostels on the route, and a camping barn/byre at Kildale, are listed on page 70.

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.

The Buck Inn, Chop Gate

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	5·6	9·0						✓
Kilburn 1½ mile				✓				✓
Sutton Bank / Hambleton	4·6	7·4	✓	✓		✓		✓
Osmotherley	11·4	18·3	✓	✓	✓	✓	✓	✓
Carlton Bank (Lordstones)	7·4	11·9	✓			✓		
Beak Hills Farm 0.7 mile						✓		✓
Clay Bank	3·5	5·6						
Great Broughton 2 miles				✓		✓		✓
Chop Gate/Bilsdale 2 miles				✓		✓		✓
Kildale	9·6	15·5					✓	✓
Great Ayton 2 miles			✓	✓	✓			✓
Guisborough 2.5 miles			✓	✓	✓			✓
Slapewath	10·3	16·6	✓	✓				✓
Skelton Green	2·0	3·2	✓					
Skelton	0·5	0·8	✓	✓	✓			✓
Saltburn	1·8	2·9	✓	✓	✓			✓
Skinningrove	3·9	6·3	✓	✓	✓			
Staithes	4·9	7·9	✓	✓	✓	✓		✓
Port Mulgrave	1·8	2·9		✓				✓
Runswick Bay	1·6	2·5	✓	✓		✓		✓
Sandsend	5·3	8·5	✓	✓	✓			✓
Whitby	3·0	4·8	✓	✓	✓	✓	✓	✓
Robin Hood's Bay	7·0	11·2	✓	✓	✓	✓		✓
Fylingthorpe 0.5 mile						✓		✓
Boggle Hole	0·9	1·6					✓	
Ravenscar	3·0	4·8	✓			✓		✓
Hayburn Wyke	4·0	6·4	✓	✓				✓
Scalby Mills	5·3	8·5		✓		✓	✓	
Scarborough	1·5	2·4	✓	✓	✓		✓	✓
Cayton Bay	4·9	7·9				✓		
Filey	4·4	7·1	✓	✓	✓	✓		✓

Table data is based on 2019 information: following the pandemic, we cannot be sure which will survive in 2021. Details should be checked before making plans that depend on them. Many facilities are available only in season anyway. Places shown in italics are offroute by the distance shown after the placename.