

St Aelred's Pilgrim Trail

Stage 8

Walk Instructions

Start: Rievaulx Abbey

YO62 5LB What3Words celebrate.fear.lamenting OS Grid reference 516 810

Distance- 7.5 miles Stage 8 of a 9 stage 41 mile trail

Grade: Moderate

USE THE OS MAP LINK [St Aelred's Pilgrim Trail Stage 8](#)

Photos relate to * in text.

1. From Rievaulx Abbey turn left and walk with the River Rye on your right along the road until you reach Rievaulx Bridge. Cross the bridge and carry on along the road for approximately 500 yards till you reach a track going left just past a cottage. * Take this track.



2. At the signpost take the track to the right. After a quarter of a mile there is a split in the path- carry straight on. After another quarter of a mile go through the gate on the left and off the track with a brideway sign. *



3. Your path now goes through gorse bushes and can be overgrown at times of the year. Take the path through the wooden gate straight ahead. The path heads for a clump of trees ahead of you. * Head just to the right of these trees. Follow this path through 2 fields heading for the farm buildings which are beside the A170. Your route is clearly marked and you come out through a gate on to the A170. Cross this with care and look to the right for a footpath sign in approximately 50 meters.



4. Turn left into the wood. *After 150 yards you come to a crossroads of paths and you turn left. After approximately half a mile you will meet the road from the A170 to Wass. Turn left here to join the road to Oswaldkirk and turn right to follow it along the wide verge for 1.5 miles until you pass Studfold Lodges on your right. Turn left into the plantation on the bridleway.



5. Follow this bridleway through the plantation, passing Pry Rigg Farm on your right and crossing over 2 path junctions, looking out for a signpost with a SAPT waymarker pointing to the right and out of the plantation. Head for the farm buildings ahead.



6. Carry on through the middle of Holly Bower Farm and continue on the farm track heading for Sproxton. The track meets the Hemsley to Stonegrave road. Turn left and you will see St Chad's Church, Sproxton ahead of you on the right hand side of the road. This road is busy so take care to stick to the grass verge.

St Chad's Church, Sproxton

