

St Aelred's Pilgrim Trail

Stage 1

Walk Instructions

Start: All Saints Church, Helmsley

YO62 5AQ What3Words shepherdess.exhaling.hairpin OS Grid reference SE 620 789

Distance- 6 miles. Stage 1 of a 9 stage 41 mile trail

Grade: Easy

USE THE OS MAP LINK [St Aelred's Pilgrim Trail Stage 1](#)

Photos relate to * in text.

1 From All Saints Church walk past the Market Square and along Bondgate to Carlton Road. Turn left and then look for a Bridleway sign on the right side of the road heading East.*



2. Follow the bridleway, skirting the south side of Monk Holme Wood, staying close to the fence and aiming for a gate with a SAPT waymarker. Turn right.* Reagarth Farm is to your right.



3. Enter a lane straight ahead and turn left. After 100 metres you will see a Public Footpath with a SAPT sign pointing East. (right) *This path takes you to the top of Riccal Dale bank. Go through the gate and turn left on the path along the edge of the wood.



4.The path emerges briefly on to a track (right) for 100 metres and then drops down into Riccall Dale to join the main track through the valley alongside the river. Follow this track for 2 miles until you reach a bridleway to the East (right), signed Tabular Hills Walk and St Aelred's Pilgrim Trail. Please note, there is a SAPT Horse waymarker here pointing straight on. Don't follow this! *There is a bench near this point which is good for a coffee stop.



5. Follow this bridleway down into the valley, cross the footbridge and then head North East uphill to the immediate left of Hasty Bank Farm till you reach a gate. *Turn left here along the bridleway heading North West along a farm track, keeping to the line of the fence. There are several gates to pass through as you approach Howl Wood Farm. Proceed through the farmyard and head for a second gate.



5. Continue on the bridleway through a field to a gate and then across rough ground, slightly left and downhill. * The path is not very clear at this point. When you see a line of telegraph posts, look about 20 metres to the right of the fourth post from the left, which is in front of a footbridge.



6. The footbridge is marked in this photo with the yellow arrow. Cross the stream and turn right along a green lane to a gate and into a field. Keep to the right edge of the field to another gate and follow the sign to the gate of the Church of St Mary Magdalene, East Moors.



7. The church has a fascinating history and is open.

Church of St Mary Magdalene, East Moors

