

St Aelred's Pilgrim Trail

Stage 9

Walk Instructions

Start: St Chad's Church, Sproxton

YO62 5EF What3Words fondest.effort.willpower OS Grid reference SE 613 815

Distance- 3.5 miles Final stage of a 9 stage 41 mile trail

Grade: Easy

USE THE OS MAP LINK [St Aelred's Pilgrim Trail Stage 9](#)

Photos relate to * in text.

1. Walk down the road leading away from the church, through the village, until you reach the Village Hall. This also has a bench beside it. Pass Sproxton Hall on your left and continue along the Ebor Way, sign posted Helmsley. Avoid the turn into Low Parks Farm, carry straight on where the farm track curves to the left and go through a gate ahead. *



2. Carry on down the hill to small gate with a SAPT waymarker. Carry straight on downhill to another gate and bear right. Follow the river and the SAPT waymarker. The waymarker points to the right and you will see the footbridge to take you over the River Rye. *



3. Cross the footbridge and turn left. You will have the fish farm on your right. Carry on along the raised path until you reach a steel gate. Go through and carry straight on. Shortly you will see a wooden gate with a bridleway sign. Go through this gate and carry straight on for about 150 meters to go through another gate. Before the next gate you will see the railway bridge * on your right. Go under the bridge and turn left.



4. Walk alongside the dismantled railway line for approximately half a mile until you reach the point where the dismantled railway line is closed off. Here turn right and shortly left, through another 2 gates. Look for the SAPT waymarker. Follow the track till you reach a gate on your right and go through this gate * to walk to the right of Spittle Beck.



5. Walk alongside Spittle Beck with a new housing estate on your left until you reach a second footbridge taking you over the beck into the estate. Look to your left for a footpath sign on a small gate. You will pass a sign telling you about the Heritage Railway project and ahead of you there is the old station which is now a house. Bear right on a path taking you to Station Road. Turn right here along Ashdale Road and walk almost to the T junction with the A170, where you will find Helmsley Methodist Church on the right. Turn left then along Bondgate until you reach the Market Square and All Saints Church, Helmsley. This is where you began the St Aelred's Pilgrim Trail.

Helmsley Methodist Church



All Saints Church, Helmsley

