

Bike rides and rambles in the Howardian Hills

Enjoying the great outdoors

Nestled between the historic city of York and the heather moorlands of the North York Moors National Park the rolling wooded hills, picturesque river valleys and historic estates of the Howardian Hills together create a unique landscape perfect for exploring on foot or by bike.

For walkers the area boasts a dense network of footpaths and bridleways just waiting to be discovered. Light-dappled woodland and plantation trails offer shade on sunny days and meandering riverbank footpaths give unique perspectives of the region's rich built and natural heritage. Farmland paths open out to reveal extraordinary views of priories, monuments, lakes and landscapes.

This designated Area of Outstanding Natural Beauty also offers fantastic on- and off-road cycling. Road routes can be planned to challenge the experienced rider or be suitable for complete beginners. Mountain bikers can enjoy whole-day rides with only short linking road sections. Whilst long climbs are rare there are plenty of short, challenging ascents.

And when it's time to take a break and refuel, there's always an excellent pub, café or teashop nearby offering delicious food and drink and the very warmest Yorkshire hospitality.

Maps and details of a range of walking and cycling routes can be downloaded from the Howardian Hills AONB website at www.howardianhills.org.uk. Information about places to eat, public transport connections, local events and where to stay are also available.

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NUNNINGTON
 Walks: Easy to moderate
 1.5 miles (2.5km) to
 3.75 miles (6km)
 Road cycle ride:
 22.5 miles (36.5km)
 Hard, all on road

HOVINGHAM
 Walks: Easy to moderate
 1.75 miles (3km) to
 4.75 miles (7.5km)

SLINGSBY
 Walk: Easy/moderate
 4 miles (6.5km)
 Mountain bike ride:
 9.5 miles (15km)
 Easy/moderate

BARTON-le-STREET
 Walk: Moderate
 4 miles (6.5km)

CONEYSTHORPE
 Mountain bike ride:
 9 miles (14.5km) or
 10.5 miles (17km)
 Moderate

MALTON
 Road cycle rides:
 19 miles (30.5km) to
 27.5 miles (44.5km)
 Easy to hard, all on road

CASTLE HOWARD
 Walks: Easy or moderate
 Easy 4.5 miles (7km)
 Moderate 5 miles (8km)
 Road cycle ride:
 22.5 miles (36.5km)
 Hard, all on road
 Mountain bike ride:
 9.5 miles (15km)
 Easy/moderate

TERRINGTON
 Walks: Easy to moderate
 2.5 miles (4km) to
 6.5 miles (10.5km)

WELBURN
 Walks: Easy to moderate
 2 miles (3.5km) to
 6 miles (10km)





www.yorkshirearboretum.org

The Yorkshire Arboretum

The Yorkshire Arboretum is a glorious, 120 acre garden of trees from around the world set in a stunning landscape of parkland, lakes and ponds. New trees are planted each year and the grounds enhanced by wildflower meadows and large numbers of spring- and early summer-flowering bulbs.

Lovers of nature and the outdoors can explore at leisure, follow a trail or perhaps join a guided tour. There are also family explorer activities, a gift shop, a woodland playground and an extensive events programme to ensure that there's something for all to enjoy, whenever you visit.

The Arboretum Café enjoys a fantastic reputation for its delicious menu of home-made treats featuring locally sourced, seasonal produce. It's the perfect end to an arboretum walk or a welcome stop-off point on a longer walk or ride.



www.castlehoward.co.uk

from which to explore.

Castle Howard

One of England's most magnificent historic houses and gardens, Castle Howard commands breathtaking views across sweeping parkland and rolling hills of the Yorkshire countryside. Built in the 18th century and taking over 100 years to complete, today it remains home to the Howard family.

Enjoy the house at your own pace, admiring its awe-inspiring architecture and interiors, with something to capture everyone's imagination. The grounds and gardens provide the perfect place to relax amid idyllic landscapes with glorious seasonal colour and lakeside terraces dotted with statues, temples and fountains.

At the stable courtyard browse the gift shop, book shop, farm shop and garden centre and treat yourself at the café or takeaway coffee shop. Free admission to the courtyard, plentiful free parking and cycle racks make it the perfect base



Nunnington Hall

Enjoy the atmosphere of this beautiful Yorkshire manor house, nestled on the quiet banks of the River Rye. Famed for its picturesque location, organic walled garden with spring-flowering meadows, flamboyant resident peacocks, reclusive owners and a changing programme of exclusive and high profile art and photography exhibitions, Nunnington Hall offers something for everyone to enjoy.

A tea-room with waitress service and tasty fresh food makes it a great calling point for any cyclist or walker, as a port of call along your route or a start or end place. Renowned for its warm, friendly atmosphere and with a welcoming fire going in winter, you can enjoy Nunnington Hall throughout the year.

www.nationaltrust.org.uk/nunnington-hall



Travel Information

The Howardian Hills are well served by public transport with rail and bus services offering convenient access to both town and country destinations. TransPennine Express rail services run from Scarborough to York, Leeds, Manchester and Liverpool. Regular Coastliner bus services run from Leeds, through York and Malton, out towards Pickering, Whitby, Scarborough, Flay and Bridlington and there are additional local bus routes from Malton serving Castle Howard, Helmsley and many other villages.

For up-to-date public transport information contact Traveline on 0871 200 22 33 or visit the website www.traveline.info



Towns of the Howardian Hills

Malton is a charming market town with eclectic shopping and a growing reputation as a foodie destination thanks to its award-winning monthly Food Market, annual Food Lovers' Festival, and some of the best food shops in Yorkshire. Malton and adjoining Norton provide a fantastic base for outdoor enthusiasts with excellent day rides and walks on back-roads and country lanes, many accessible by train from Malton station.

Helmsley, one of Yorkshire's most popular market towns, boasts historic architecture, a wide range of independent shops and an excellent selection of accommodation, pubs, cafes and restaurants. The square is home to a busy street market every Friday, and is the start point of both the Cleveland Way National Trail and the Ebor Way. Helmsley is an excellent day ride destination or overnight base for exploring further afield.

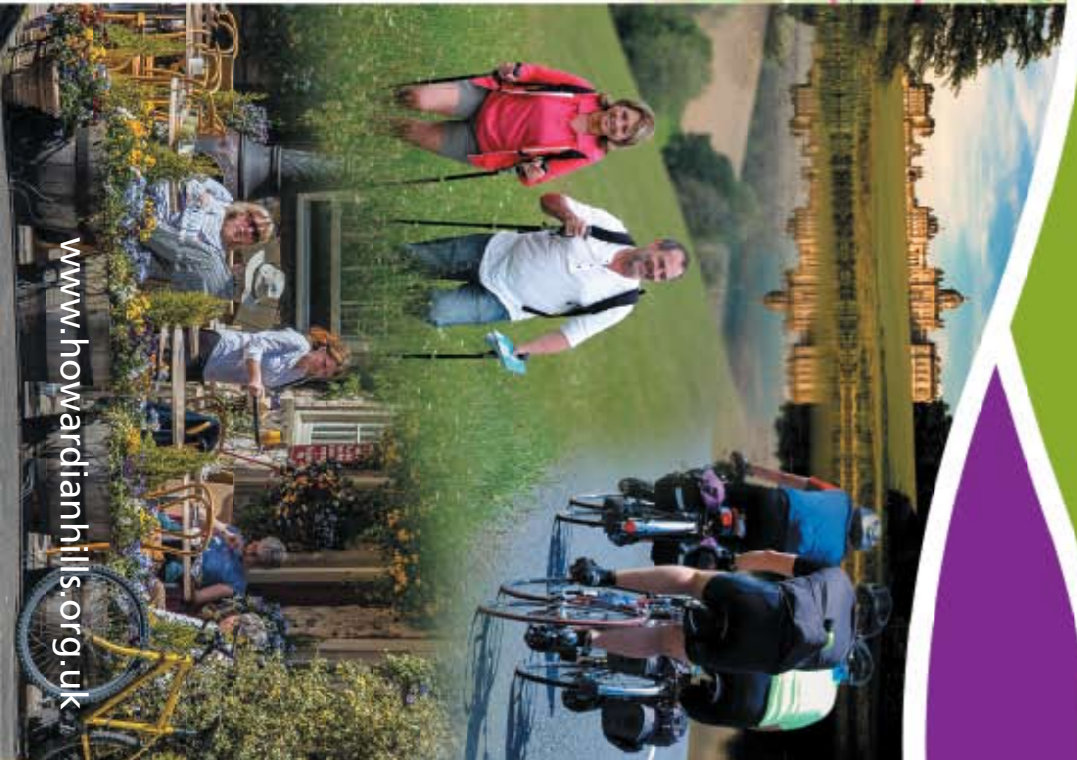
For more information go to www.visitryedale.co.uk



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featuring Castle Howard and Nunnington Hall



www.howardianhills.org.uk



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