

# Biking the Banks from Coneysthorpe

9 miles  
(14.5km) 80% off-road

Views of Castle Howard's grand parkland and monuments, woodland singletrack and far-reaching panoramas across the Vale of Pickering to the North York Moors National Park combine to make this an interesting and enjoyable ride giving a good flavour of the Howardian Hills AONB landscape.



**START:** Head to the south end of Coneysthorpe village.

**2** Turn L onto the main road.

**3** Turn L at the brideway sign to Appleton-le-Street.

**4** Continue SA at crossing point, signed Appleton le Street. The brideway meets a track to the Cresswell Arms.

**6** Turn L along a grassy strip, cross the gallops track and turn immediately R gently uphill until you meet a hedge. Turn L following access track to the lane.

**7** Turn R and continue until you meet the main road jct.

**8** Turn R, taking care on this busy stretch of road, until you reach the entrance to Park House.

**9 Extension** Turn L onto the brideway to High Gaterley. The route runs parallel to the road for a short distance, then turns sharp R before downhill. Follow the brideway to Low Easthorpe then around farm buildings and paddocks until you reach a track. Turn L towards Easthorpe. At the main road turn L onto the road, retracing your earlier route.

**9 Continuation**  
At Park House turn R up the drive. Before the office buildings take brideway to the L, around the side of the offices until you pass through a gap in a narrow copse. Then turn L onto the bank-top brideway.

**11** After 1 mile turn L signed Coneysthorpe.

**12** At the end of the forest turn L, then R to emerge onto a grassy track. Follow track to return to Coneysthorpe.

**5** Leave Appleton le Street on the brideway to Easthorpe. After 1km cross through a hedge/line.

**10** At the crossing point continue SA, following the sign to Slingsby Bank. This stretch can be very muddy at times.

Key to map	
	Cycle route
	Route instruction
	Cycle path/track
	National Cycle Network
	Footpath (no cycling)
	Bridleway
	Byway open to all traffic
	Other tracks
	Primary route
	Main road
	Secondary road
	Minor road
	Take special care at this point/section
	Gradient: 14-20% (arrow points downhill)

Key to route descriptions	
R	= right
L	= left
SA	= straight ahead/across
jct	= junction
X roads	= crossroads
NCN 7	= National Cycle Network (route number)
m	= metres
km	= kilometre (0.6 mile)
Scale	40mm = 1 km (0.6 mile)

**Grade:** Moderate  
**Refreshments:** Cresswell Arms Public House in Appleton le Street; Café and take away coffee shop at Castle Howard Courtyard (free entry to this area)  
**Parking:** Coneysthorpe Village Hall (donations welcome) or Castle Howard (1 mile from start)  
**Public toilets:** Toilets at Castle Howard