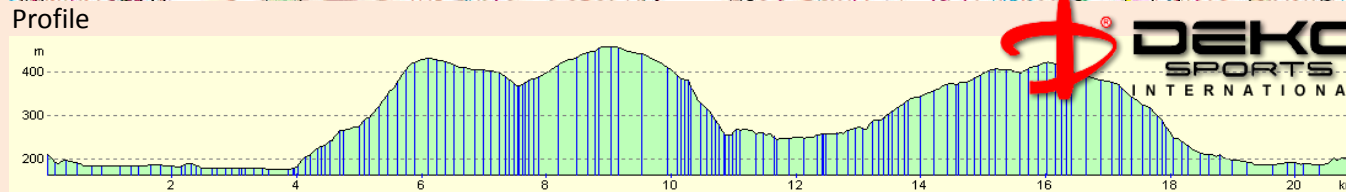
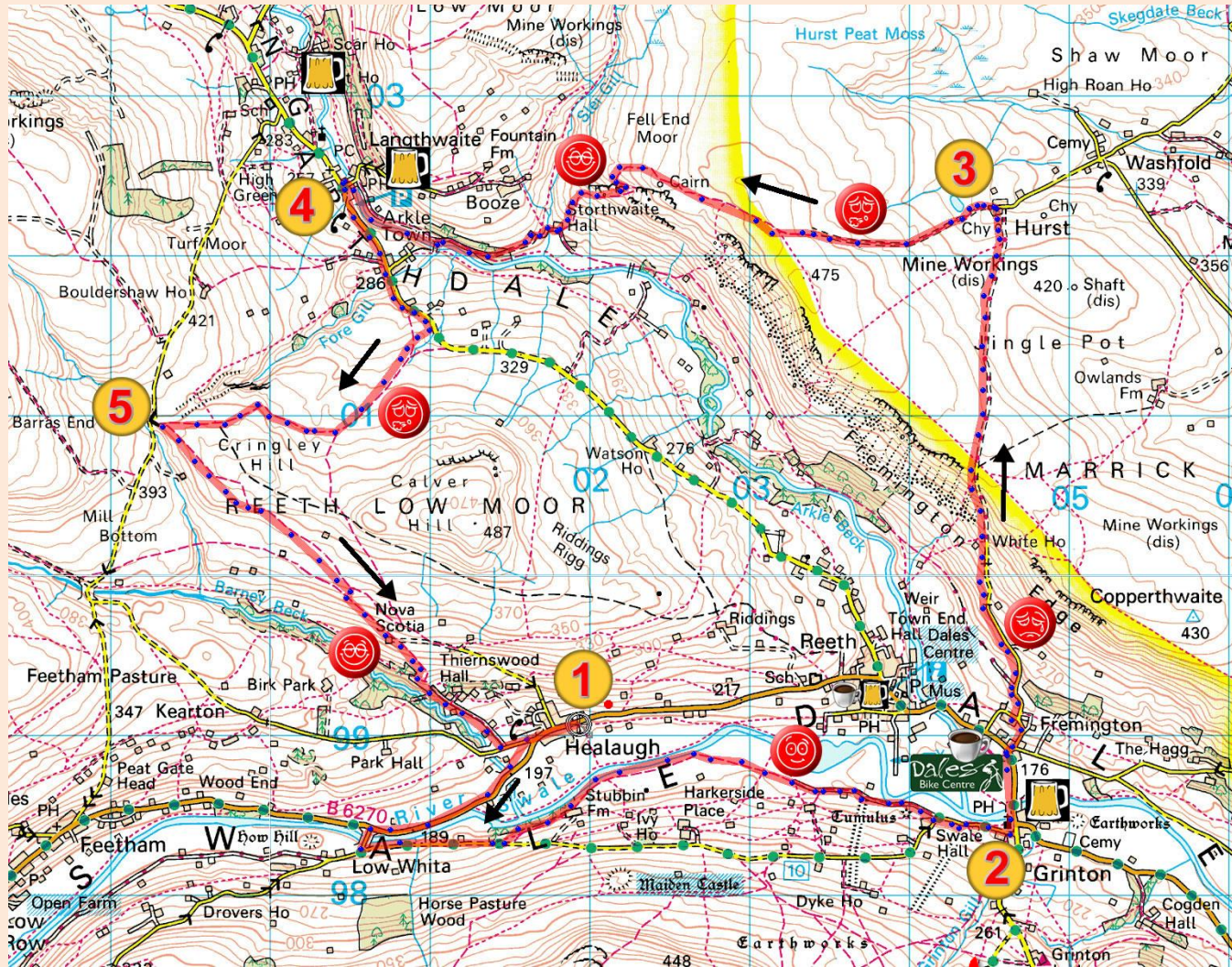


Healough circular MTB route via Grinton and Langthwaite.



Parking: As you enter Healough from Reeth you will see a small village green on your left with a small donation box for parking; this is as good a place as any to start.

1, Healough to Grinton: Start at the Green and cycle on the B6270 towards Low Row for 1 mile, turn left at the "Askrigg 7" sign and cross the Scuba Wath Bridge. Once across the bridge take your next left towards Grinton. Continue along the road over the Cattle Grid and up the hill. Just under a kilometre up the road you will see a path to the left marked as a Bridleway take this path and follow along the south side of the River Swale to gate at Swale Hall, and then take the tarmac road to Grinton.

2, Grinton to Hurst: Follow the B6270 through Grinton passing the Bridge Inn and across the bridge towards the Dales Cycles Centre then onto Low Fremington where you need to take a right turn up the hill. You will be glad you had a warm up along the river path because this is a real bastard of a climb up to Fremington Edge, some parts you will just have to get off and push. Go through the gate at Fremington Edge and follow the grouse road to the gate at Hurst.

3, Hurst to Langthwaite: At Hurst turn left and through the gate, follow the grouse path up through mine spoils for just over 1km, on the left you will see a faint bridleway to a wall and a gate, take this path and go through the gate. Continue on the path, initially the trail can get a bit boggy but it will soon change to firmer ground. Follow this path it is marked with small cairns. Bare left onto the steeper downhill path and follow it to a gate that opens onto a steep grassy field. At the bottom of the field go through the gate, turn right and cross the ford then follow the path along Arkle Beck to the Red Lion in Langthwaite.

4, Langthwaite to Barras End: From the Red Lion in Langthwaite cross the bridge and turn left onto the Reeth road (Sustrans Route 71) cycling through Arkle Town then up an incline in the road. To the right you will see a grouse road and shortly after that a Bridleway, take either turn as they both lead back to the same path and it's a gentle climb to Barras End Gate.

5, Barras End to Healough: About 60 metres before the Gate at Barras End you will see a path on your left that double backs up an incline. Take this path and climb for a few hundred meters and you will soon be travelling downhill. You will come to a wall on your left, at the end of the wall you need to bare right on the grassy path that will take you to a grouse road. Go straight over the grouse road and continue down the grassy path towards a farm house named Nova Scotia. At the entrance of Nova Scotia go straight over the grouse path and continue down the grassy embankment until you come to a gate, then another gate then onto what looks like a private driveway that passes Thiernswood Hall, don't worry it is a right of way. At the bottom of the drive turn left onto the road, then left again onto the B6207 and back to Healough Village Green.