**CTC North Yorkshire – Thirsk 50k route**

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| **Mileage** | **Directions** |  |
| 0 | L from Auction Mkt site onto **Blakey Ln** (under the flyover) |  |
|  | L at T on Sowerby Rd continue on South Moor Rd |  |
|  | L SP **Bagby** to T with A19 |  |
|  | L and R over the A19 Care. To Bagby and **Balk** |  |
|  | L at the T and continue trough **Oldstead** to **Byland Abbey** |  |
|  | L at T SP **Ampleforth** to Ampleforth village |  |
|  | **Food available**; Hearts Cafe on Rt; Ampleforth Village Stores on the Lt; Ampleforth College, further on the route (this is table service). |  |
|  | Continue straight to **Ampleforth College** take Rt into the access road and down the hill (restaurant on the Rt) |  |
|  | Lt on East Ln (SP car park) and continue down Back Lane (cobbles, take care if riding) and **St Hildas Walk** to T. |  |
|  | L at T on Station Road, Mill Lane and Thorpe Lane |  |
|  | After crossing Thorpe Beck take the next Rt – unsignposted **Colley Broach Rd** |  |
|  | Continue on the **Gated Road** passing Fiish Pond by Newborough Priory to T |  |
|  | Rt to **Coxwold.** **Refreshments available**; Coxwold T rooms or Fauconberg Arms, opp church. |  |
|  | Leave Coxwold up **Thirsk Bank,** (church on the left) and continue on this road until L on Croft Lane SP **Carlton Husthwaite.** |  |
|  | Rt at T SP **Sessay** |  |
|  | Cross A19 with **care.** Continue to **Hutton Sessay** |  |
|  | After Horsebreakers Arms and caravan park take next Rt SP  **Dalton** |  |
|  | Continue towards Dalton. |  |
|  | After the church follow the road to the Rt to **Dalton Village Hall** |  |
|  | Continue on this road to **Sowerby.** After passing under the flyover take the next Rt Blakey Lane and retrace to **Gavel Cafe.** |  |