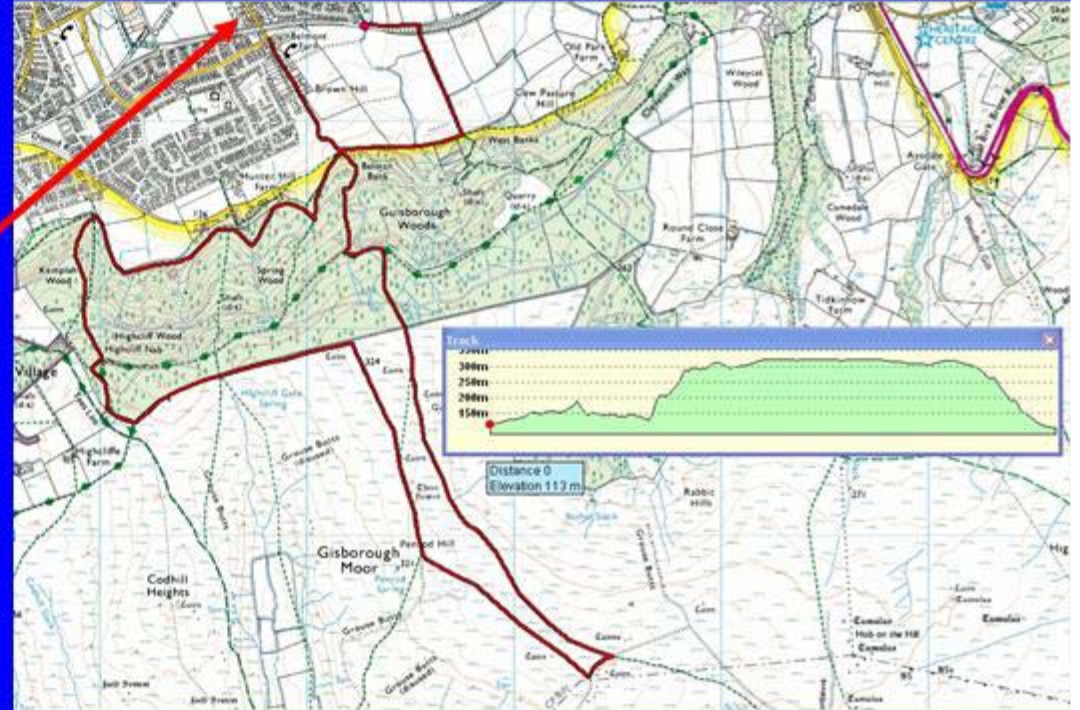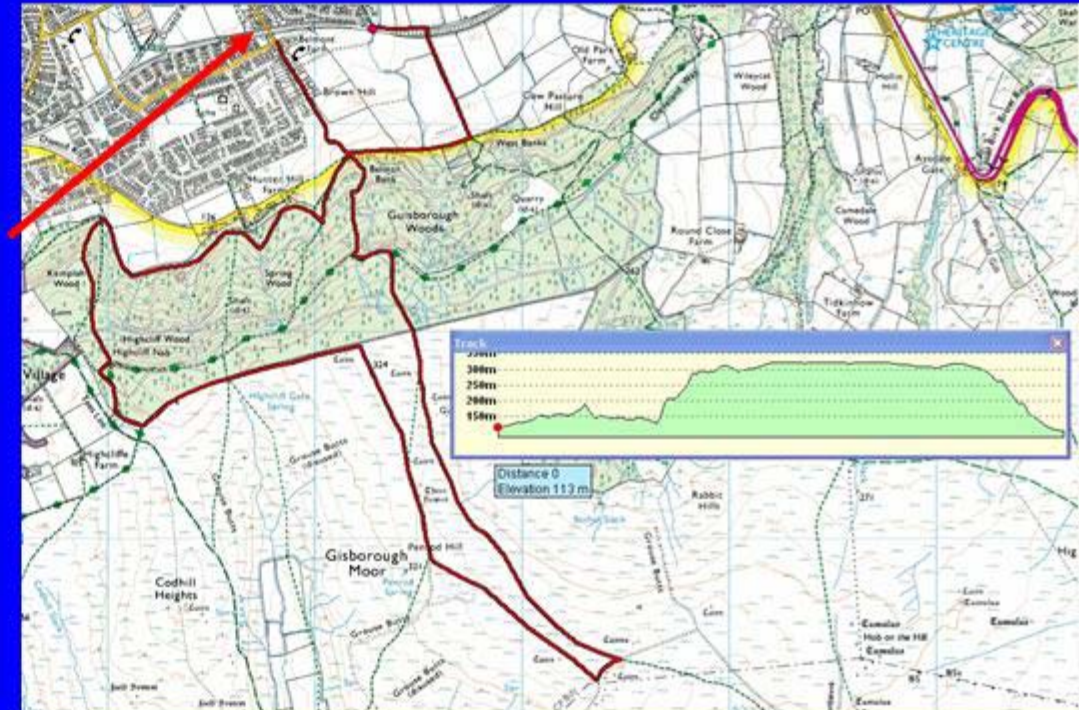# Gisborough Grunt Race
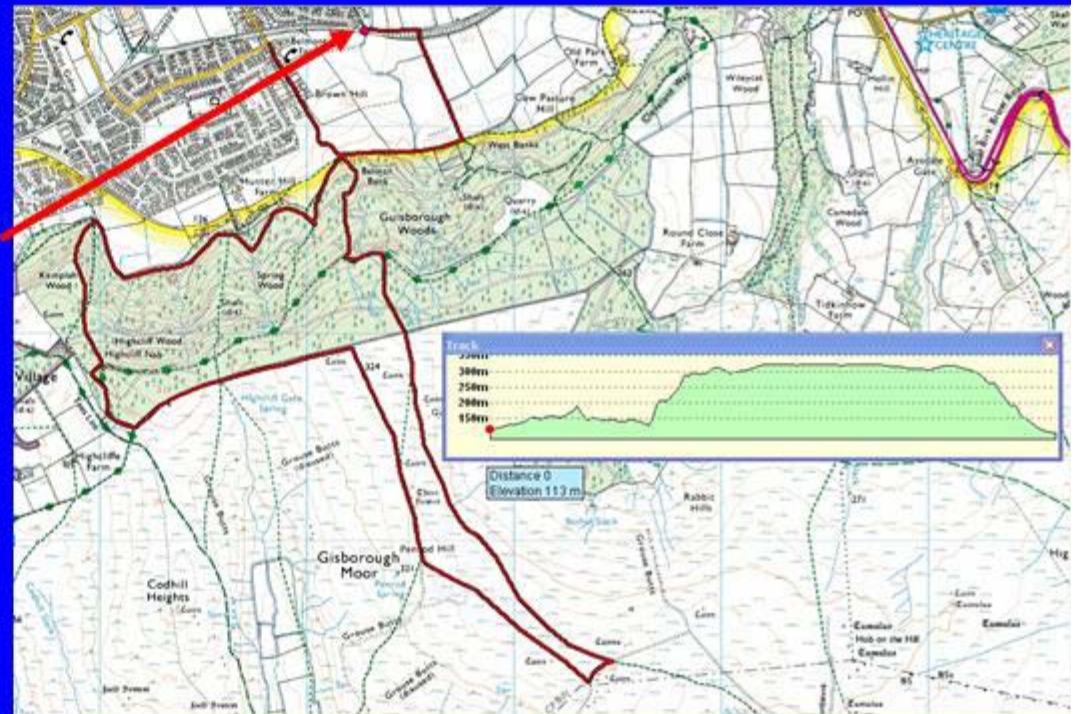# Route Details

Registration

Registration is at Guisborough Rugby Club
NZ 617155, on Belmangate.

Route to Start

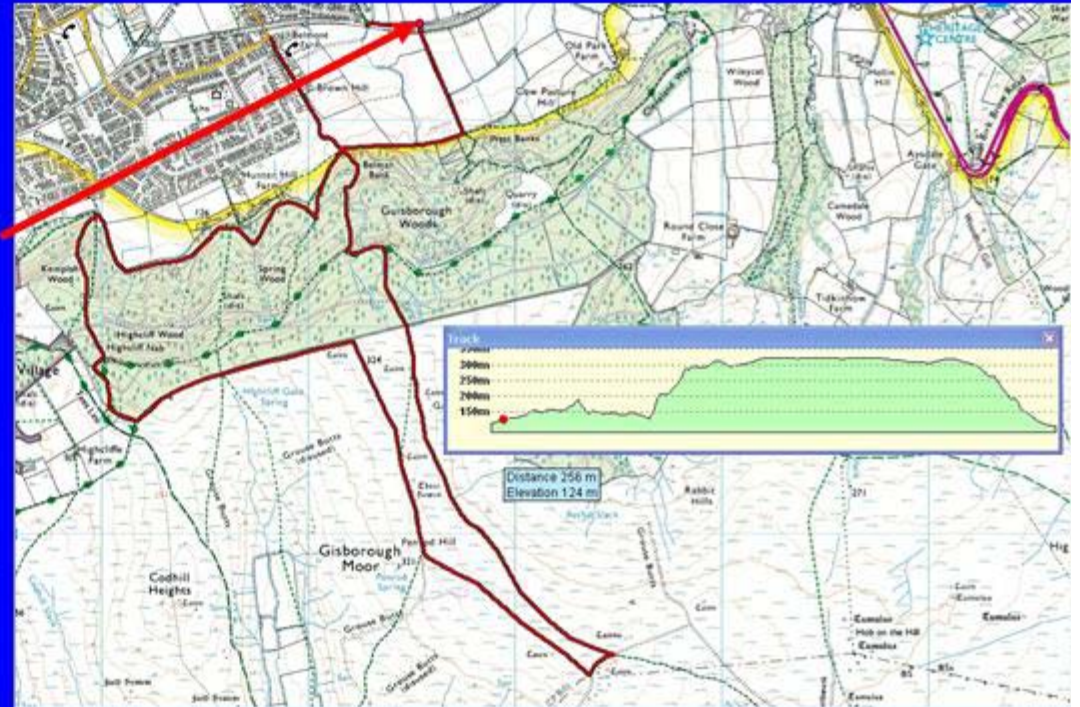Climb up the bank at Guisborough Rugby Club
NZ 617155, onto the disused railway track, turn left and
walk over the bridge on Belmangate for 630 m.

Route to Start

Pass through the gates and assemble in front of the second set of gates on the path.

Start

Take the path immediately to the left before the second set of gates and follow it uphill until you come to a bridge.
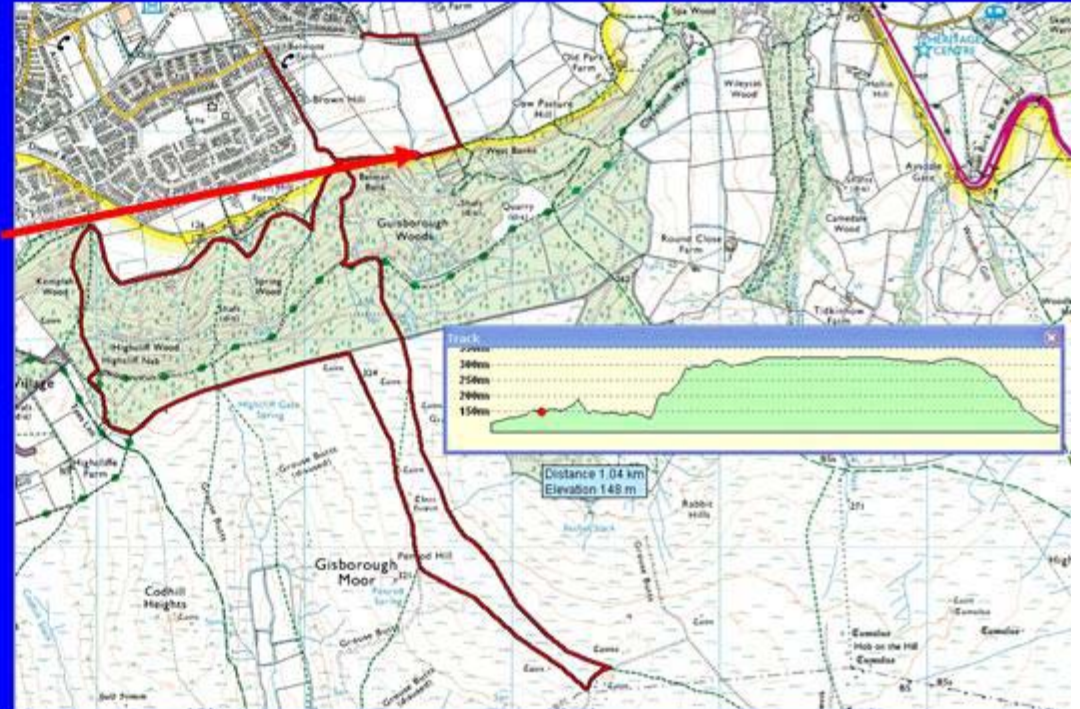
Cross bridge and gradual ascent

Turn right and head over the bridge and follow the path as it gently ascends uphill towards Guisbrough Woods.
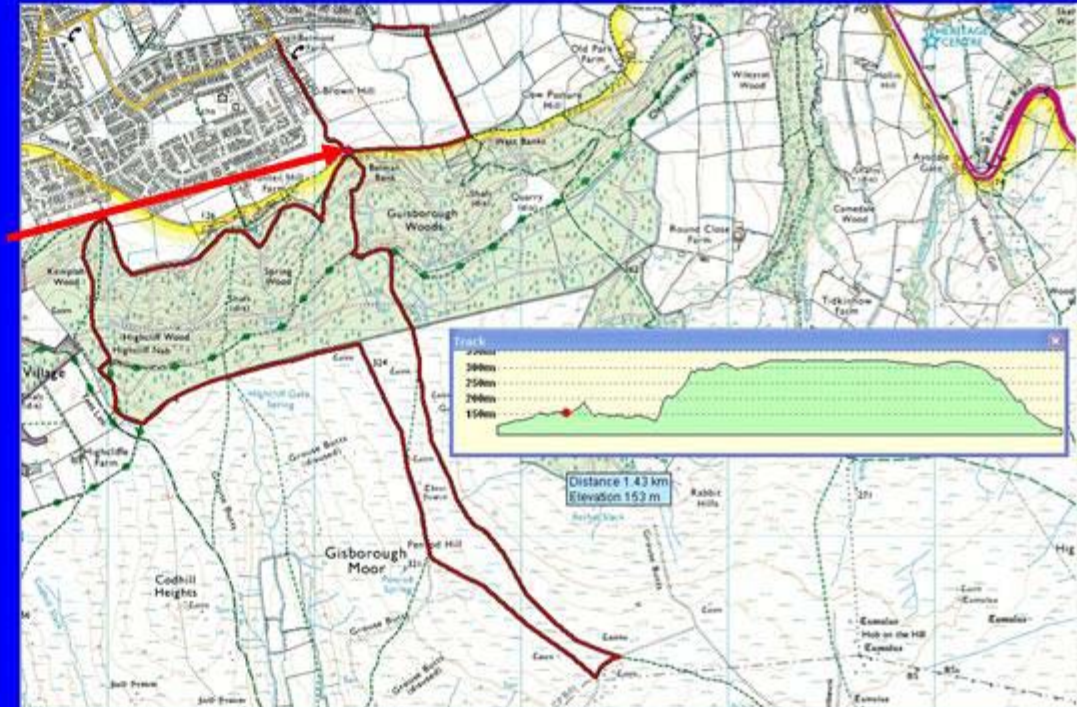
Path along Guisborough Woods
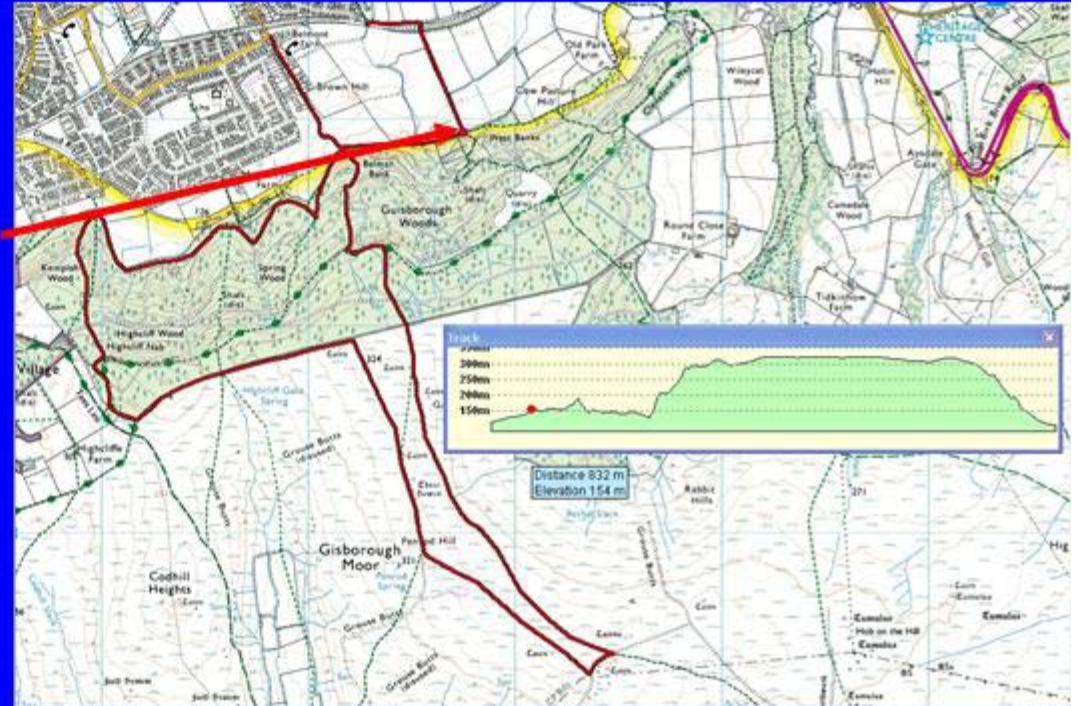
Pass through the gate and turn right, following the overgrown path at the foot of Guisborough Woods.
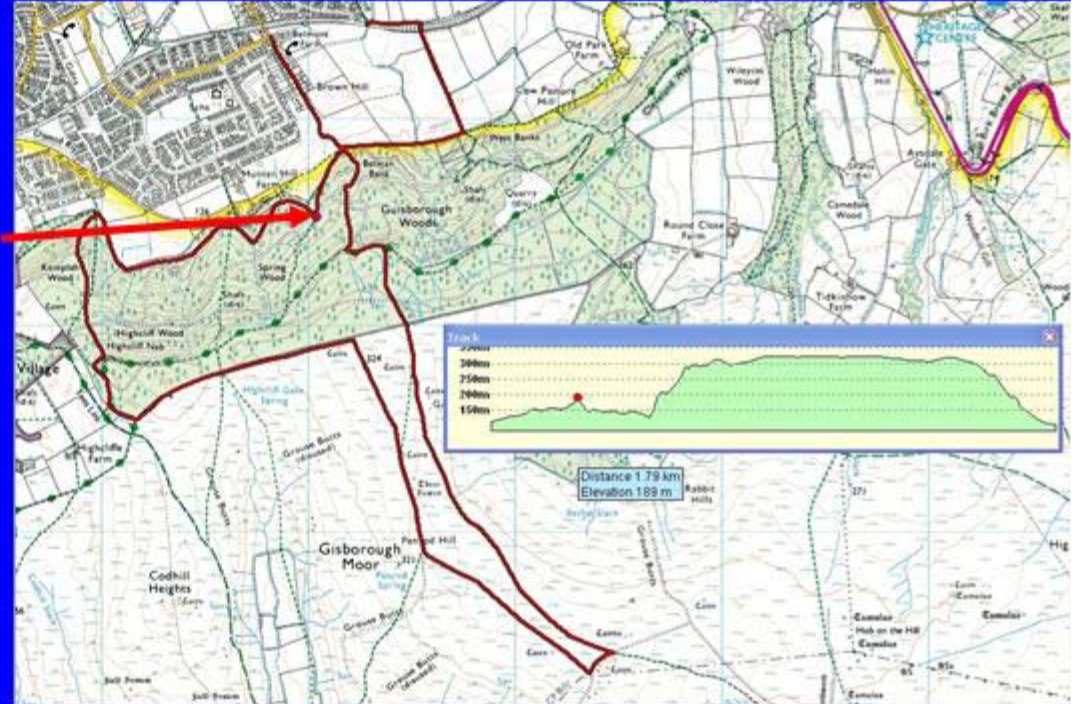
Across the footbridge

Descend down and cross a small footbridge across a stream, and follow the path ahead upwards.
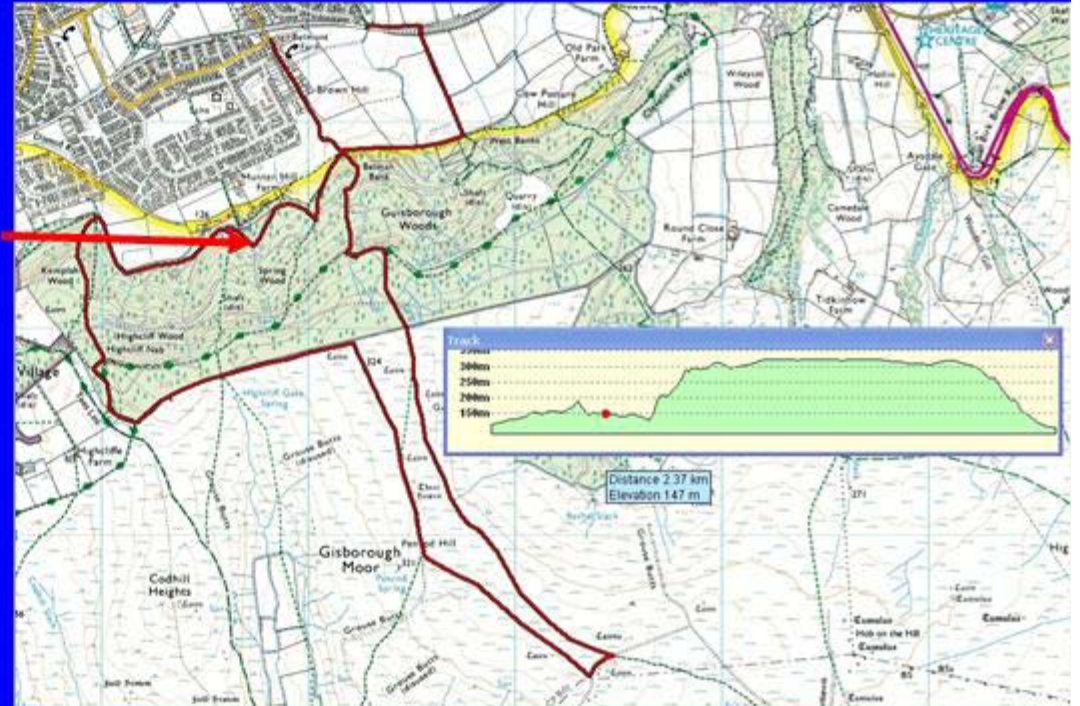
Across junction of paths

Follow the footpath ahead, crossing
the junction at NZ622148.

Climb the short hill
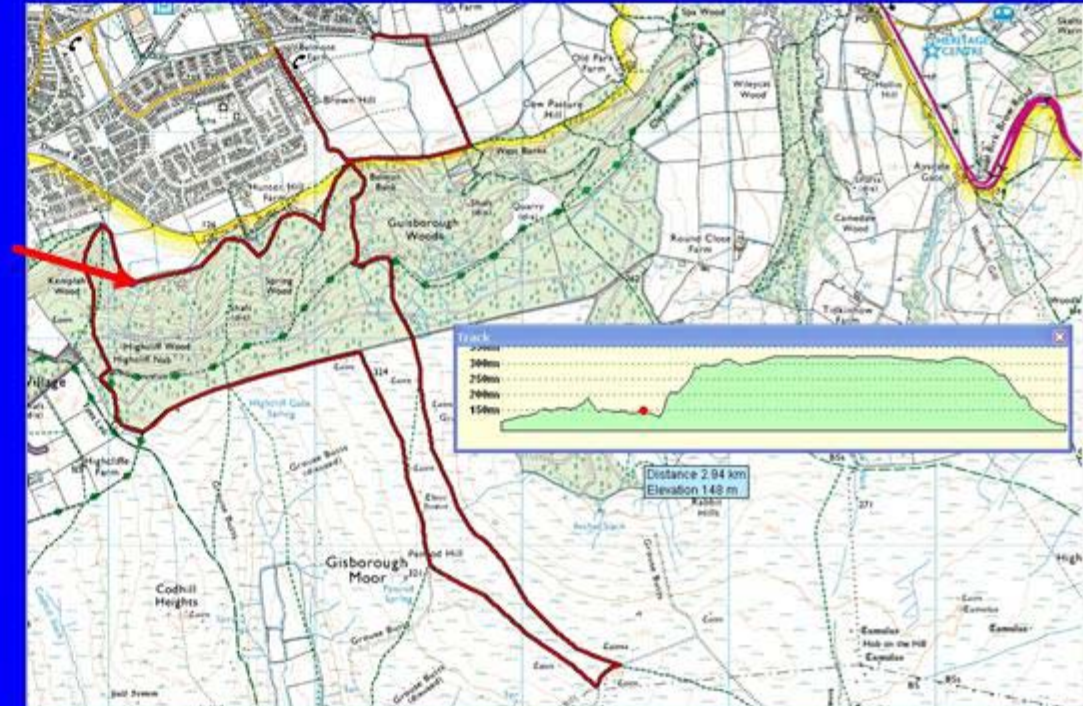

Distance 1.79 km
Elevation 189 m

Follow the footpath and climb up the short 1in 10 .section (rehearsal for the Grunt section), with path merging from the left at the top.
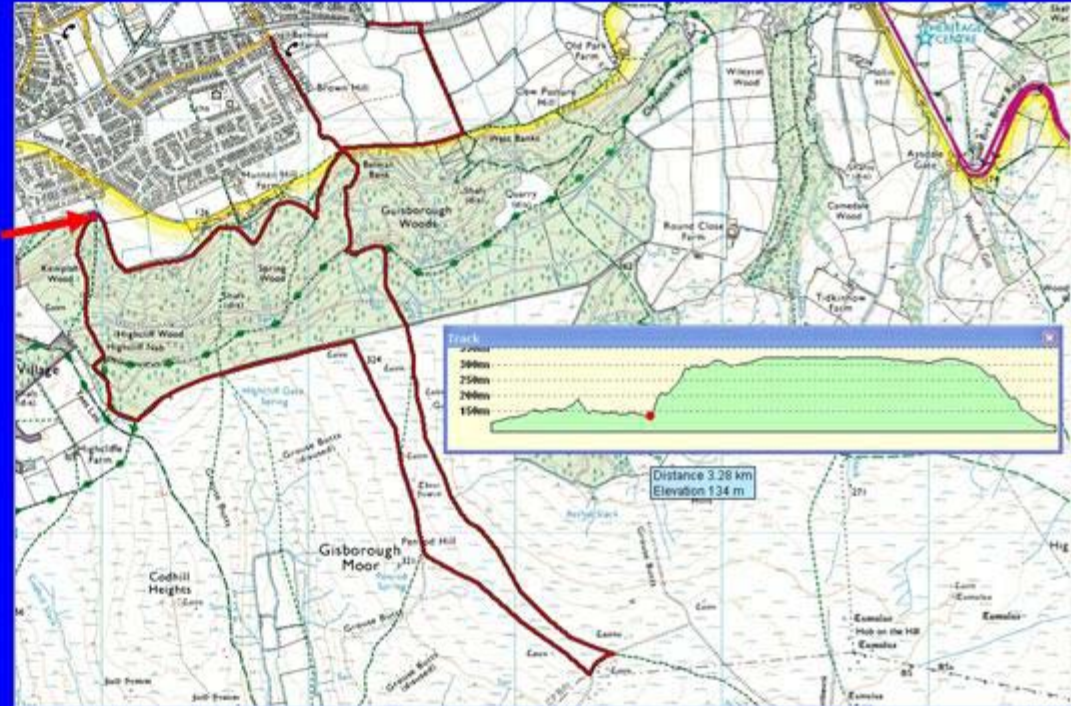
Follow descending path to right

Follow the rapidly descending footpath to the right, then follow the path that bears left along the edge of the woods.
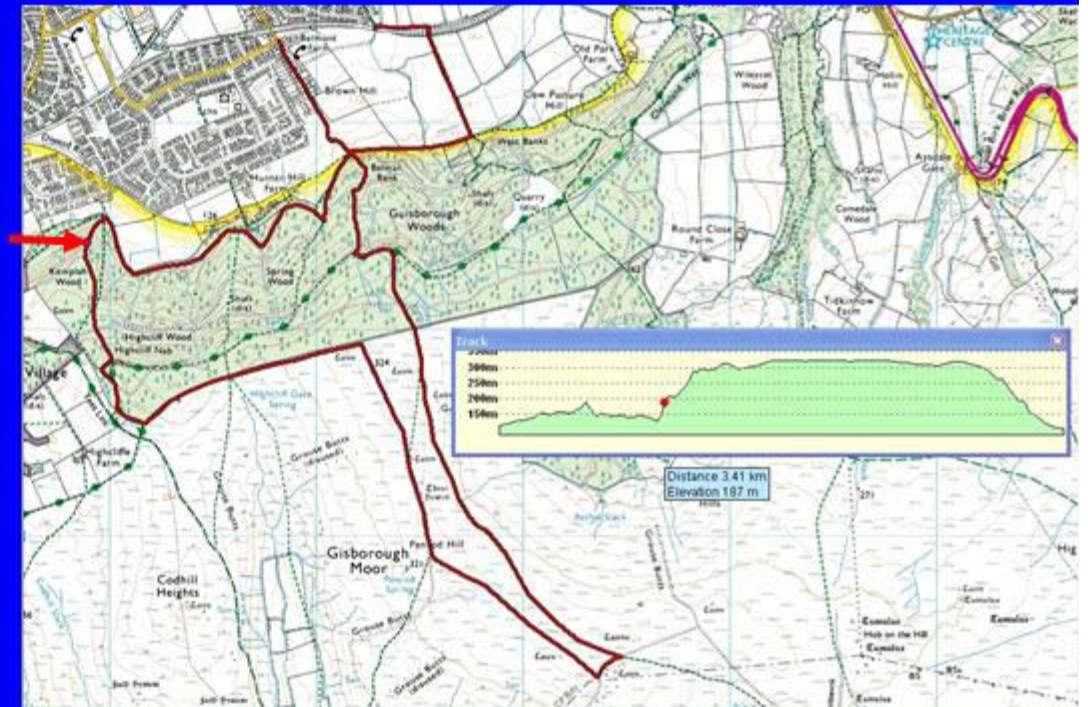
Follow path bending to right

Follow the path as it bends sharply
to the right..

Begin ascent of Kemplah Woods

The path bears sharply left. Cross over footpath that ascends to your left, and carry on a few more metres, before taking the small track that ascends steeply up the hill through Kemplah Woods.

Distance 3.28 km
Elevation 134 m
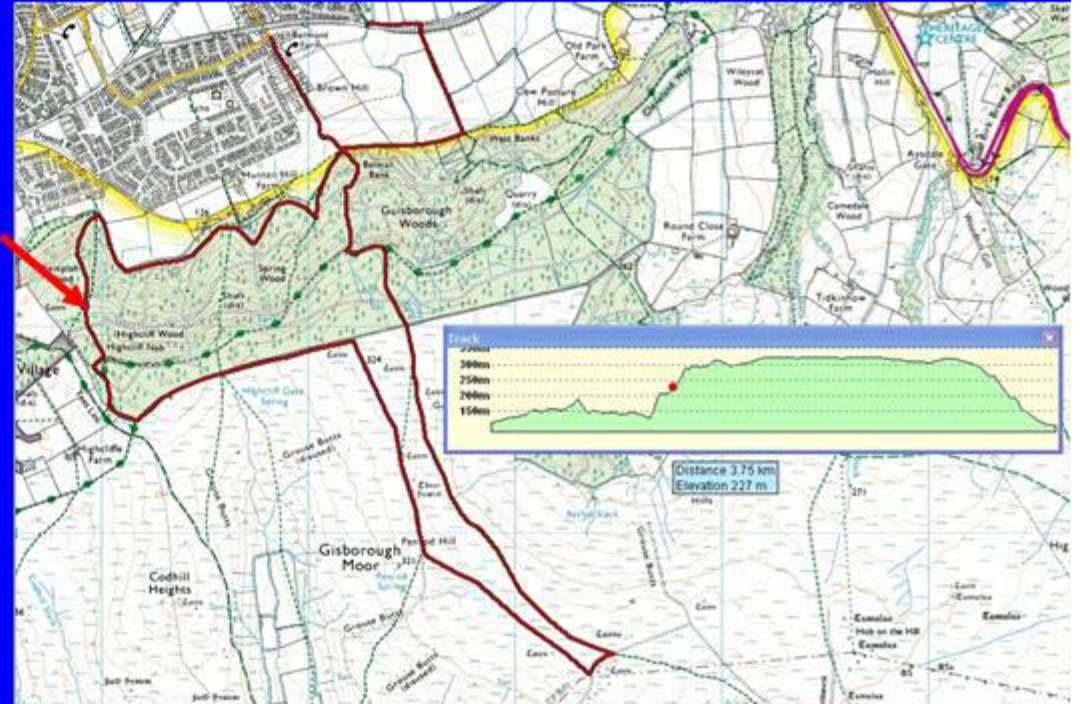
Ascent of Kemplah Woods

You are now allowed to 'Grunt' as you climb the 1 in 3 ascent through Kemplah Woods.
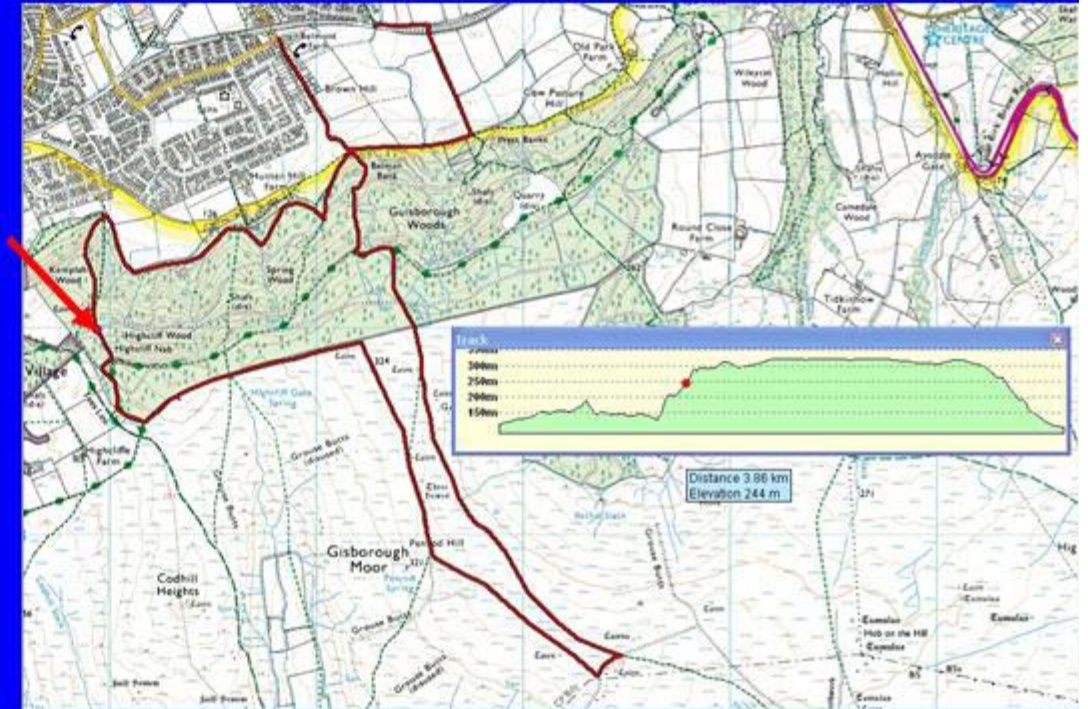
Top of Kemplah Woods
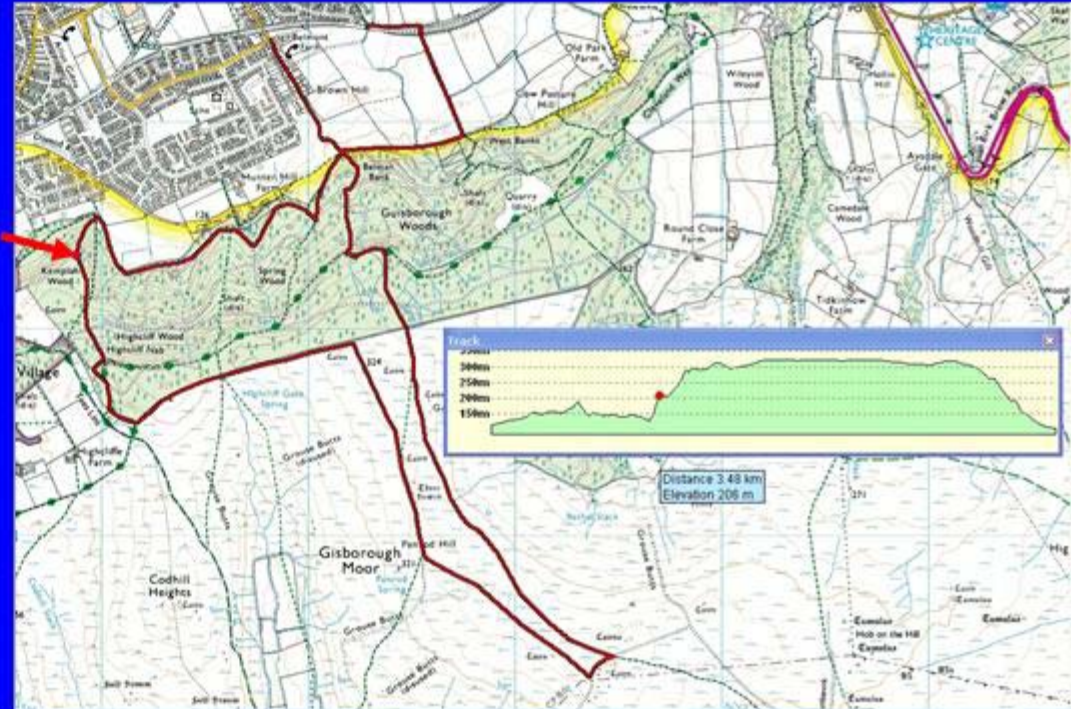
At the top of the ascent, take the left hand path through the woods. Turn left onto the main path and follow it.
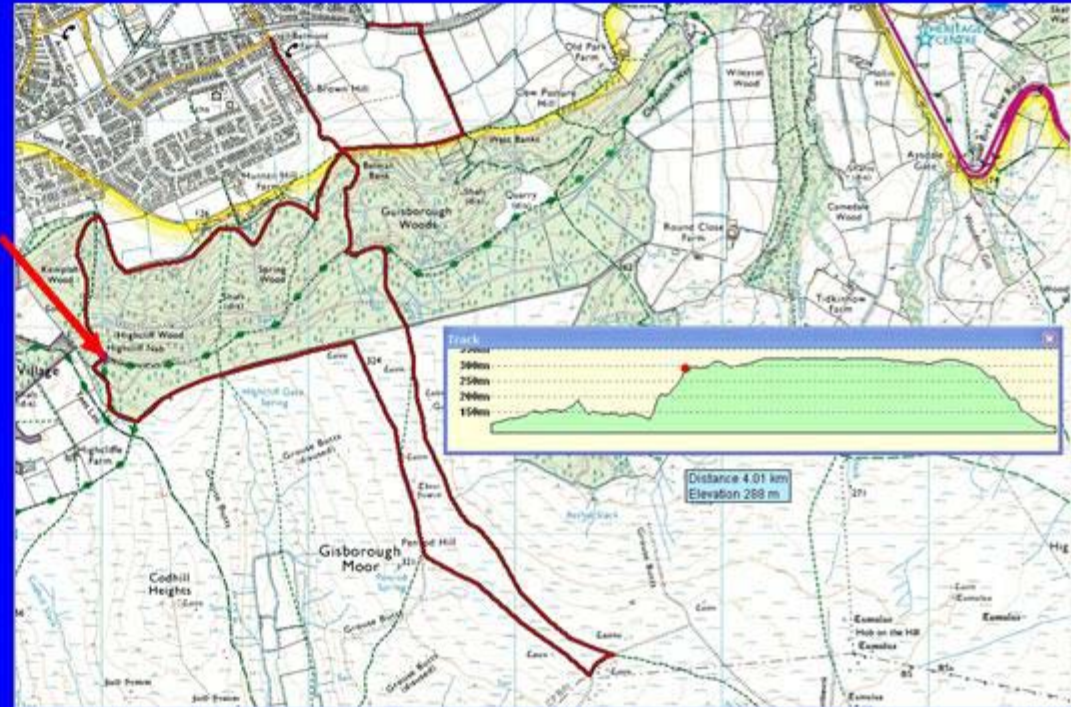
Merge with path

The path now merges with a track to your left. Keep heading on up towards Highcliff Nab.
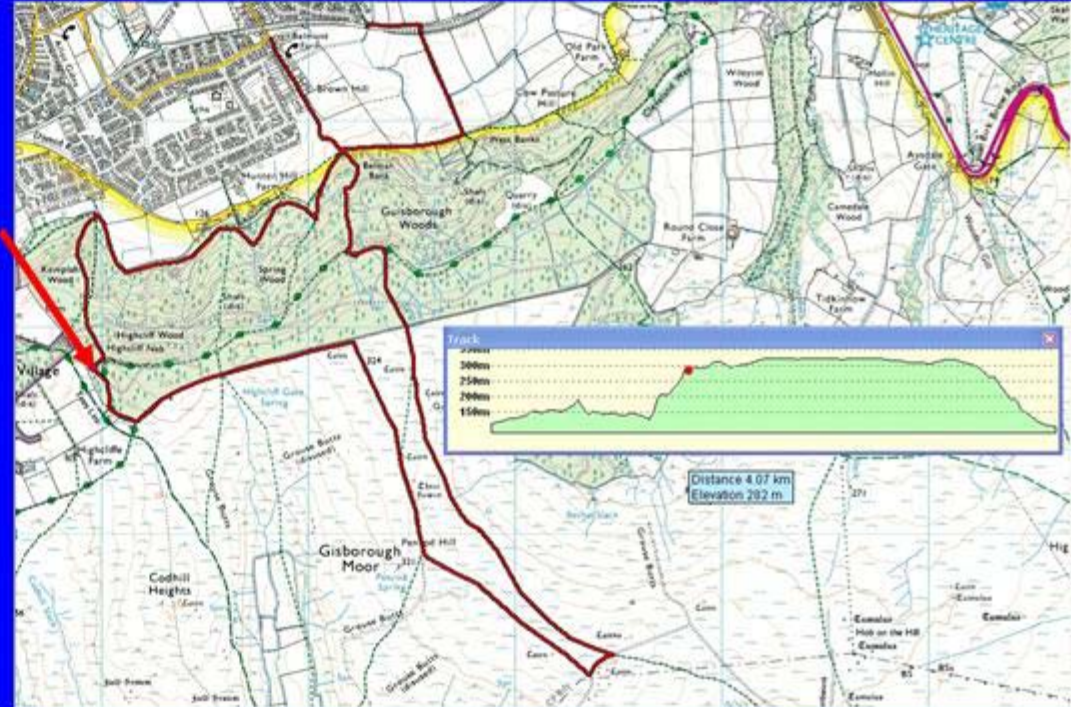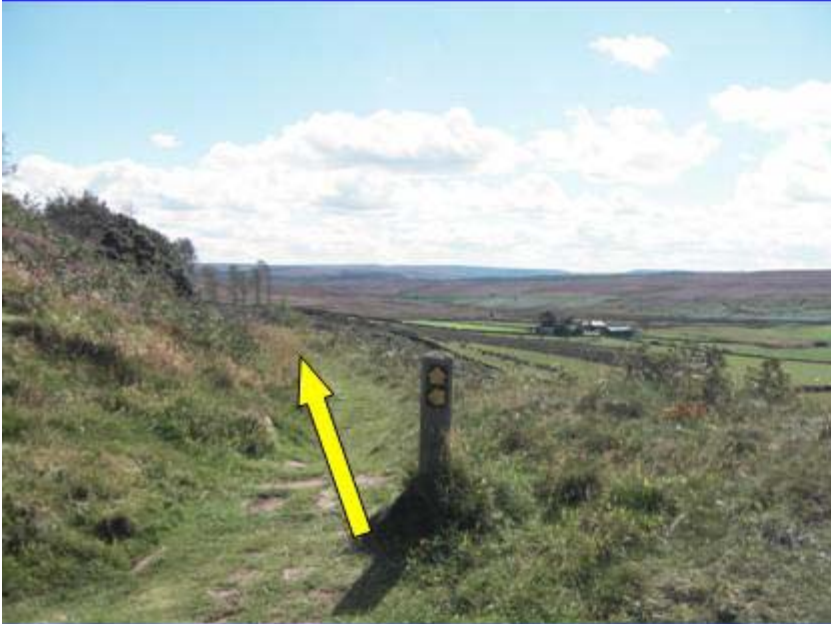
Ascent of Highcliff Nab

The path now climbs on a 1 in 5 ascent towards Highcliff Nab.

Distance 3.86 km
Elevation 244 m
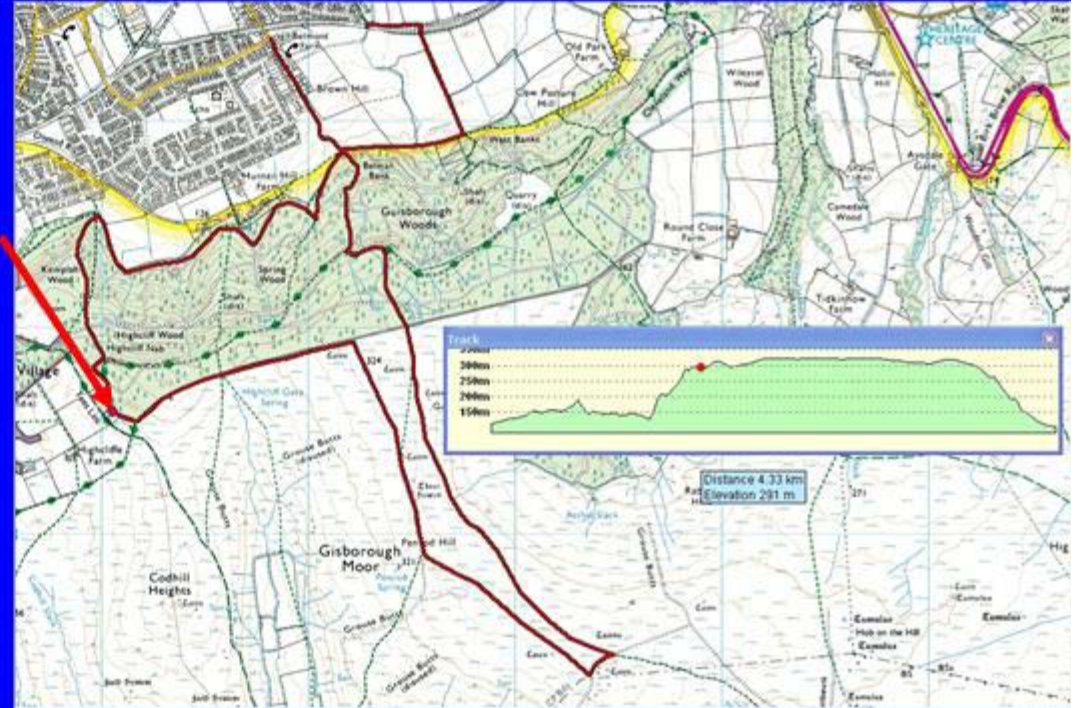
Highcliff Nab

Take the path to the right of Highcliff Nab.
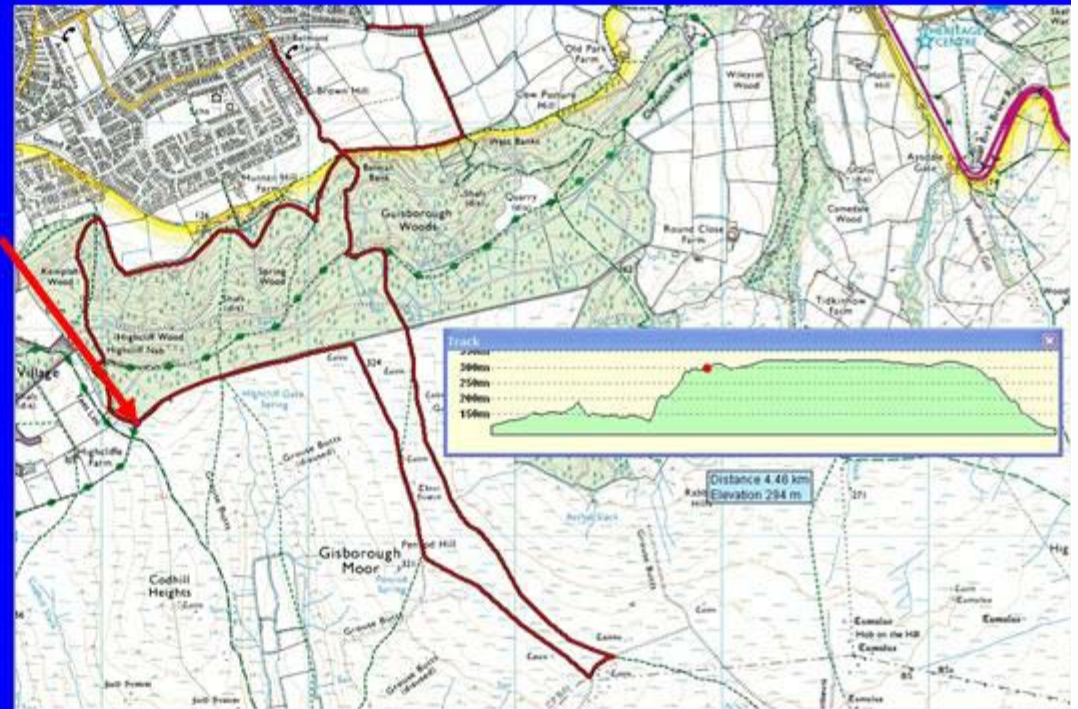
Highcliff Nab

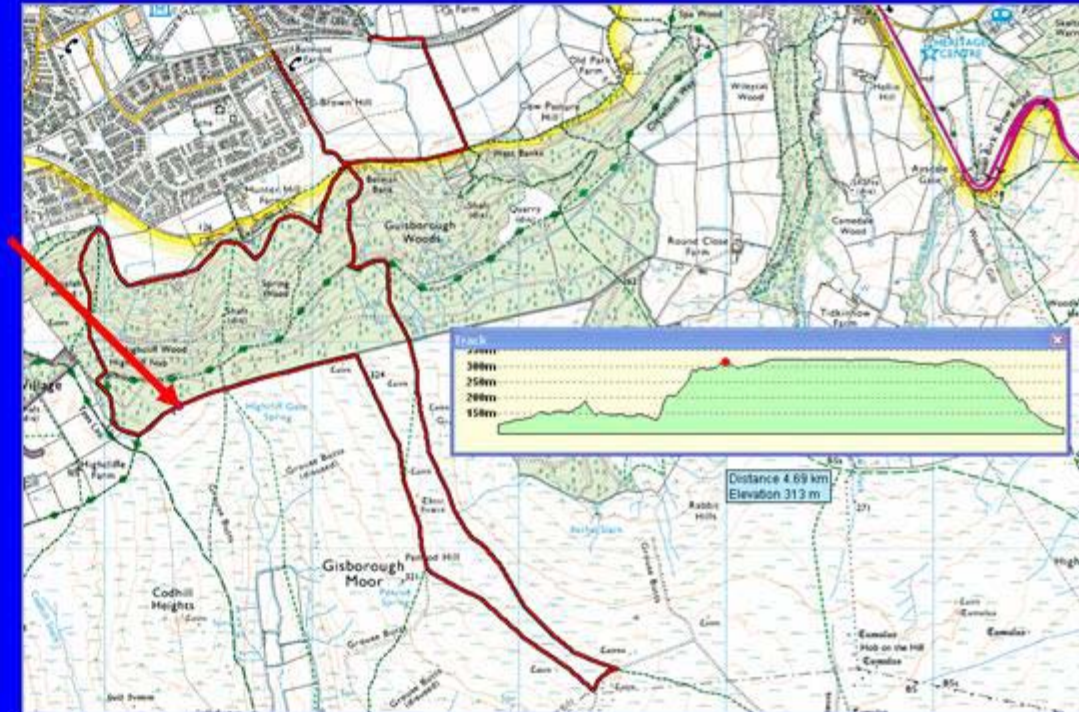At the waymarker, keep straight on the path.

Path to Moor

Take the right hand fork towards the trees.
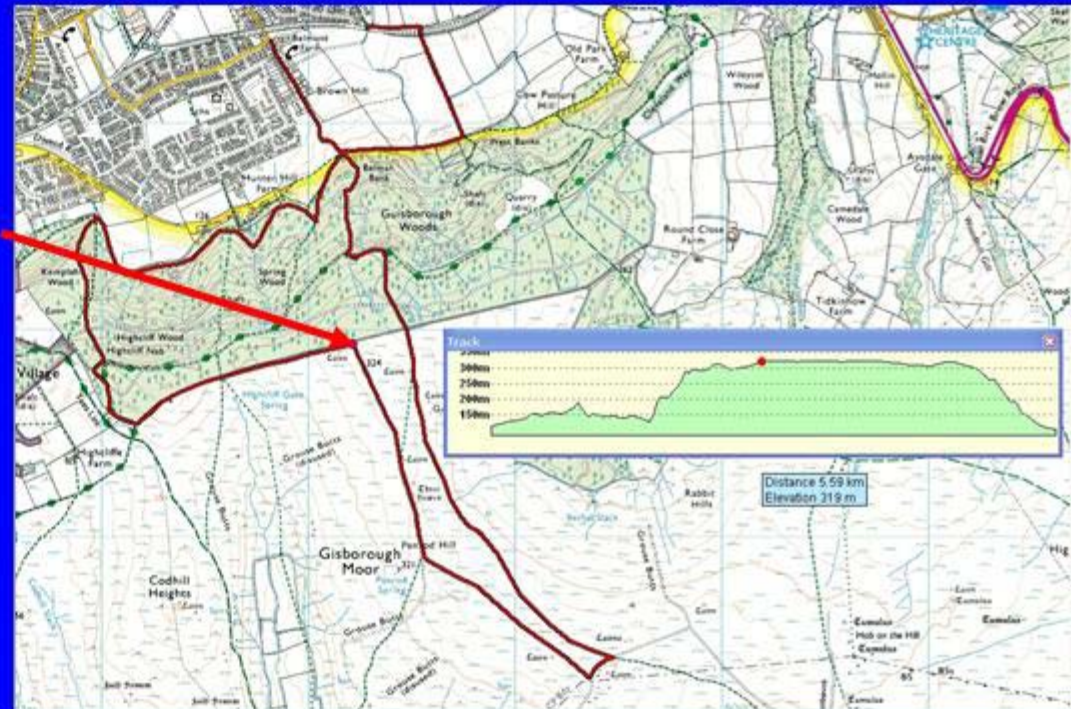
Gate onto Moor

Pass through the gate and turn left, then head up the hill, with Highcliff Woods to your left.
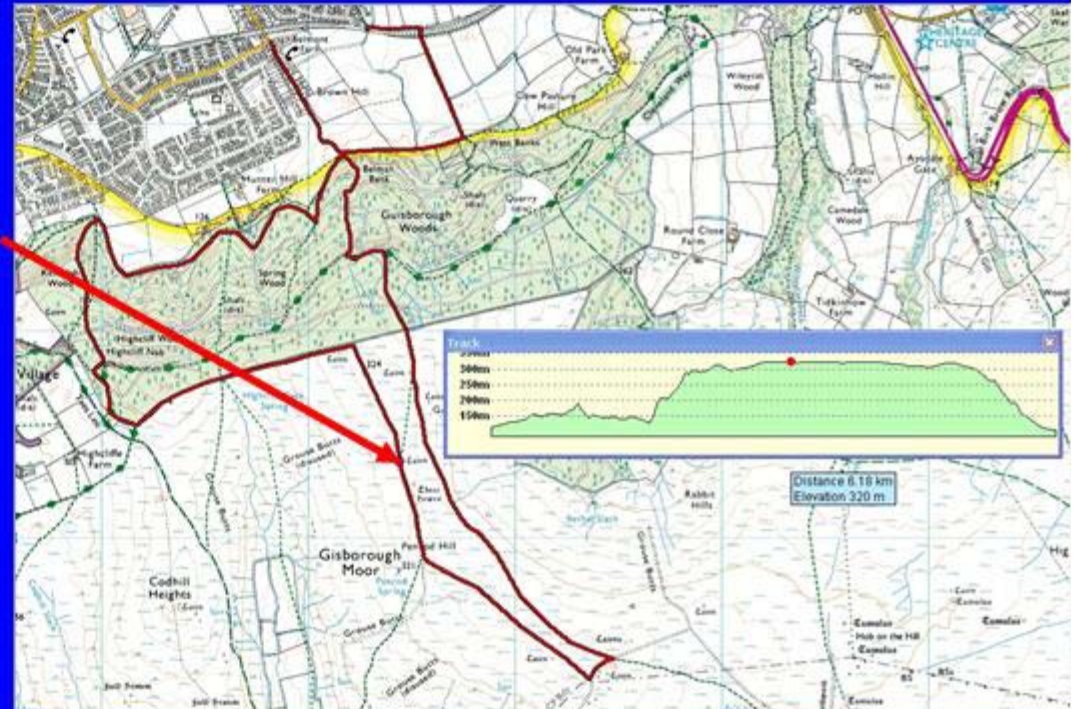
At the edge of Highcliff Woods

Follow the track across the Moor by the edge of the woods.
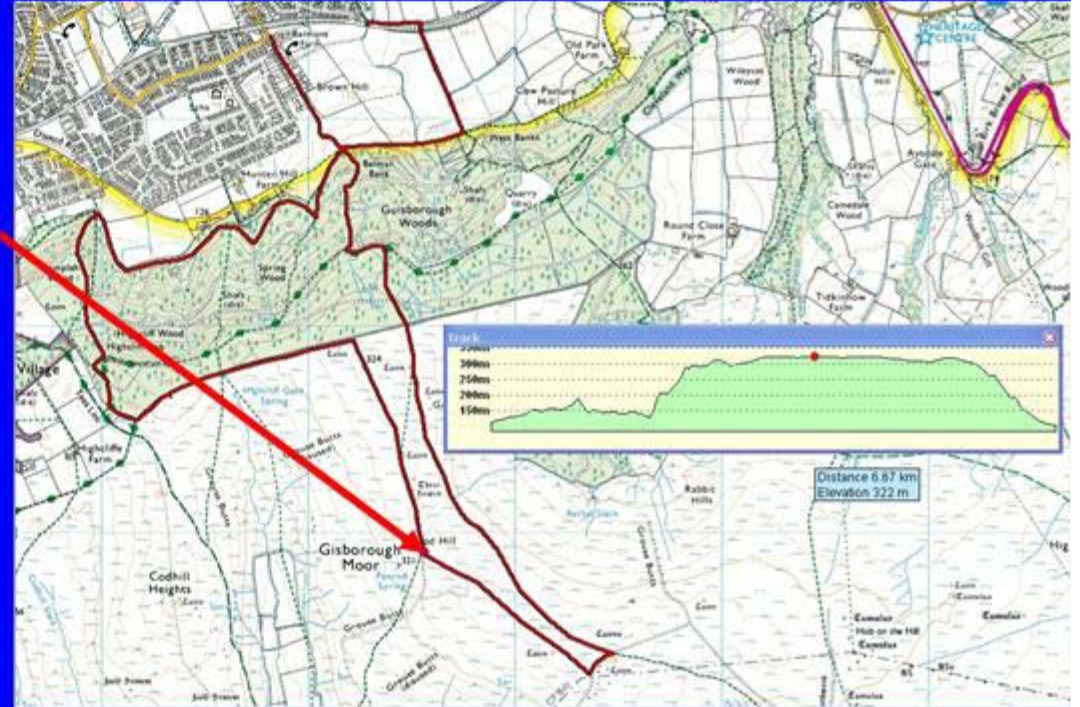
Turn for Guisborough Moor
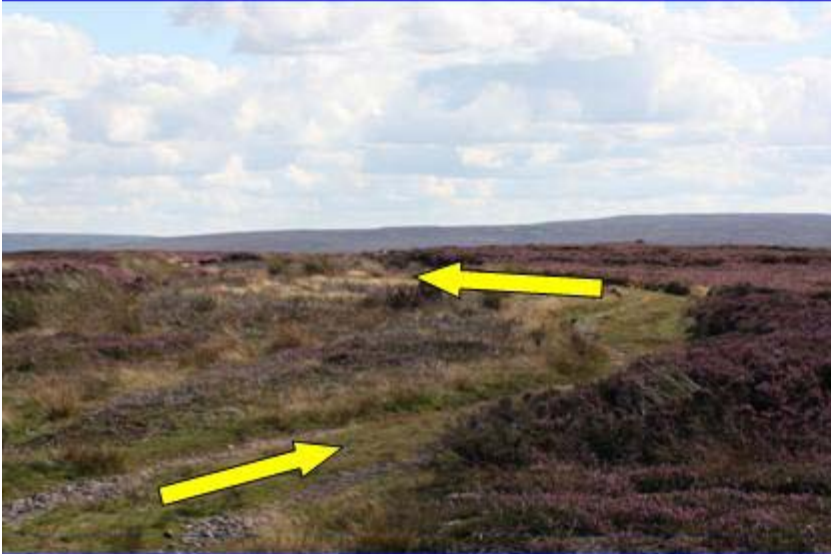

Take the path that heads right out across Guisborough Moor at NZ622139.
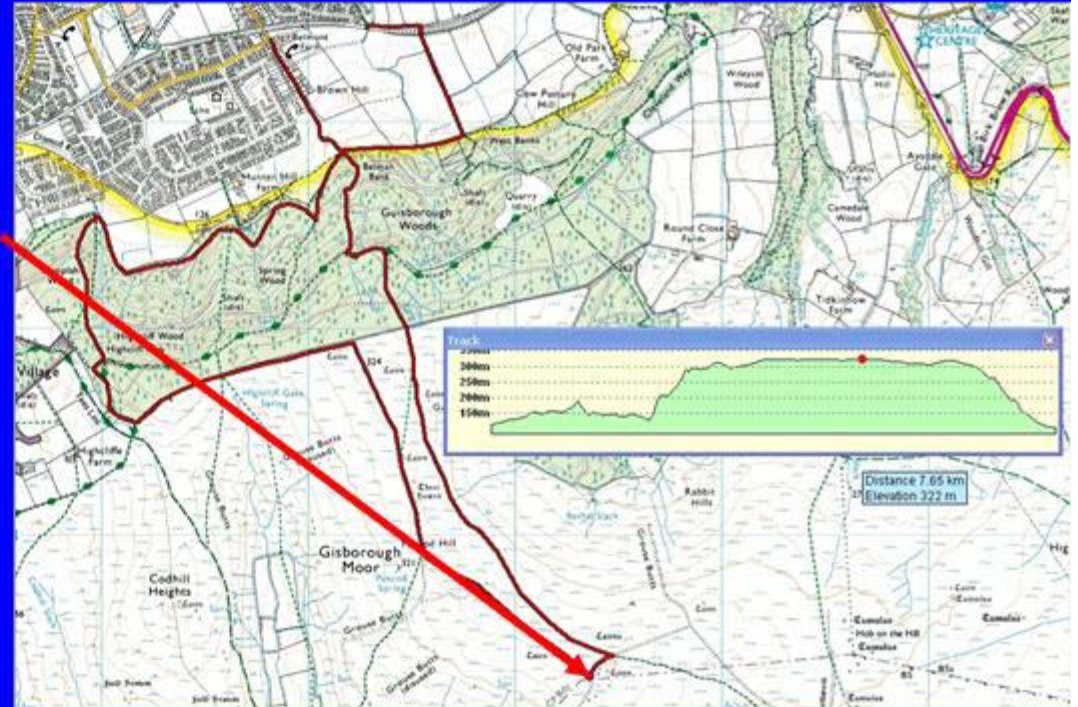
Guisborough Moor

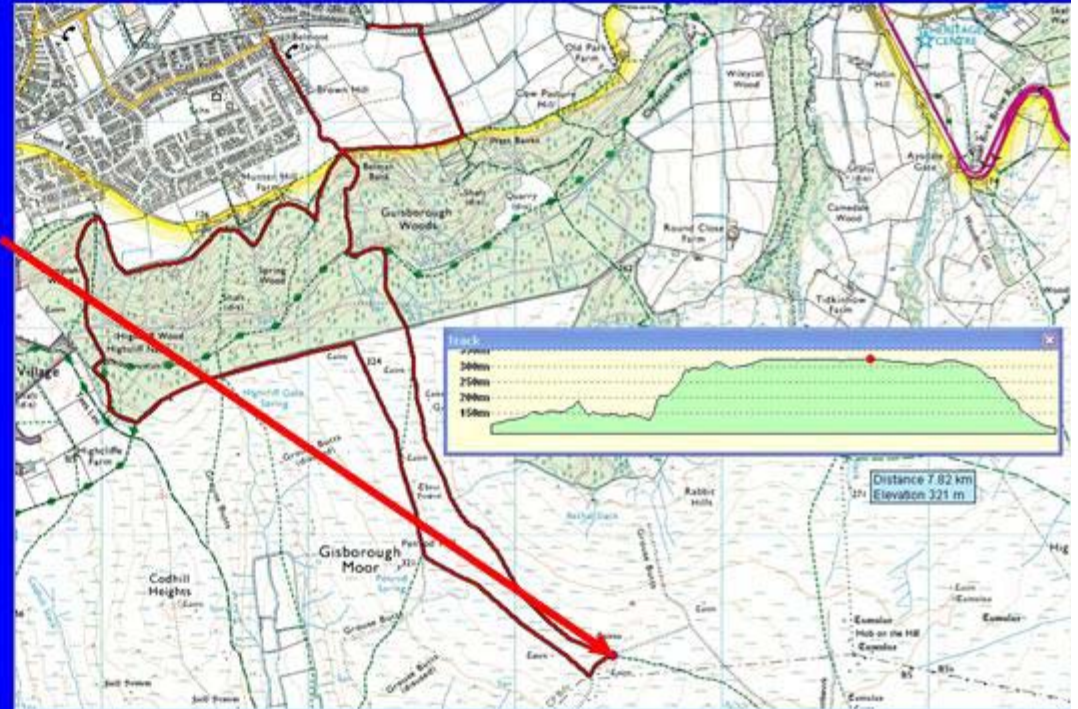Follow the track across the Moor.

Penrod Hill

Keep following the track across the
Moor. You are now at the highest
point in the race.

Turning point on Moor


At NZXXXYYY, turn left and take the short section of path. Notice the far horizon changes from moorland to the sea when you've made the turn.

Turning point back to Guisborough Woods

After 170m from the last turn, just before the stone marker at NZXXXYYY, turn sharp left and take the faint path that heads back to Guisborough Woods, which should be visible on the far horizon.

Past the Grouse Butts on the Moor
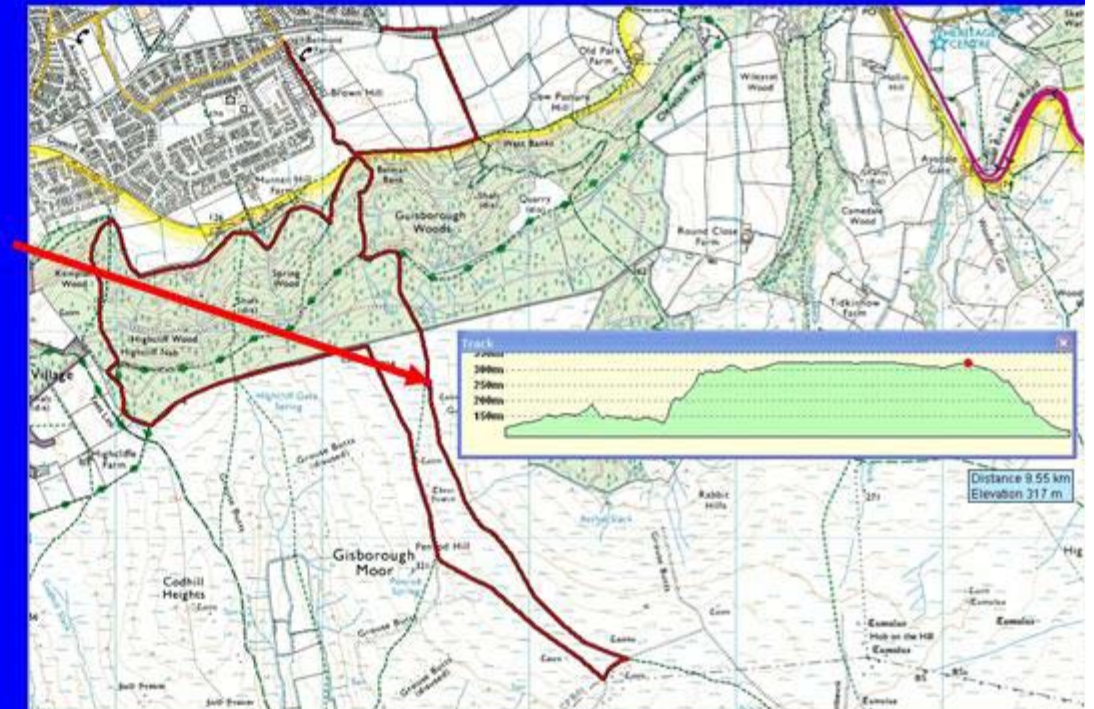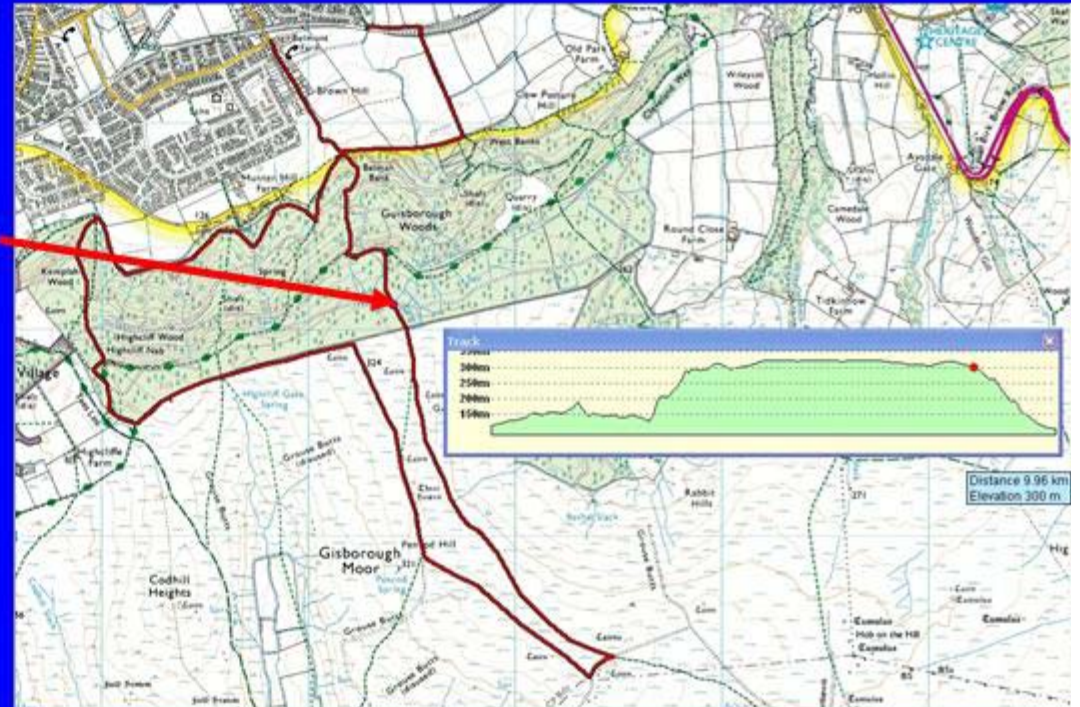

Keep following the faint track across the Moor as you pass the grouse butts to your right. Guisborough Woods are getting closer!
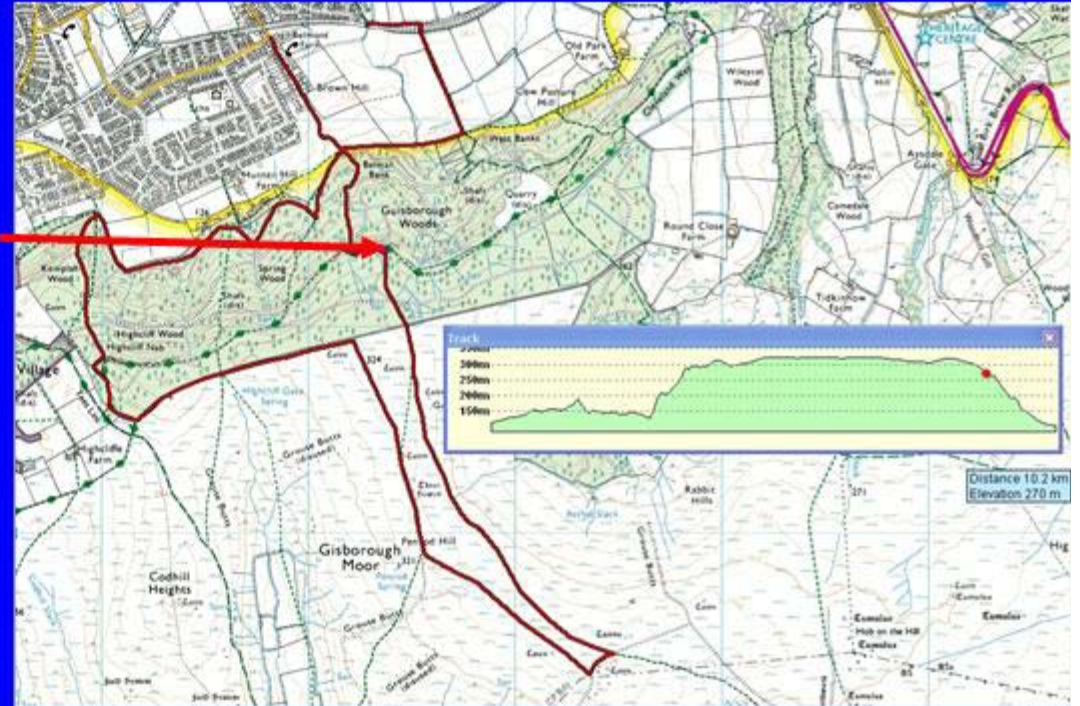
Gate into Guisborough Woods
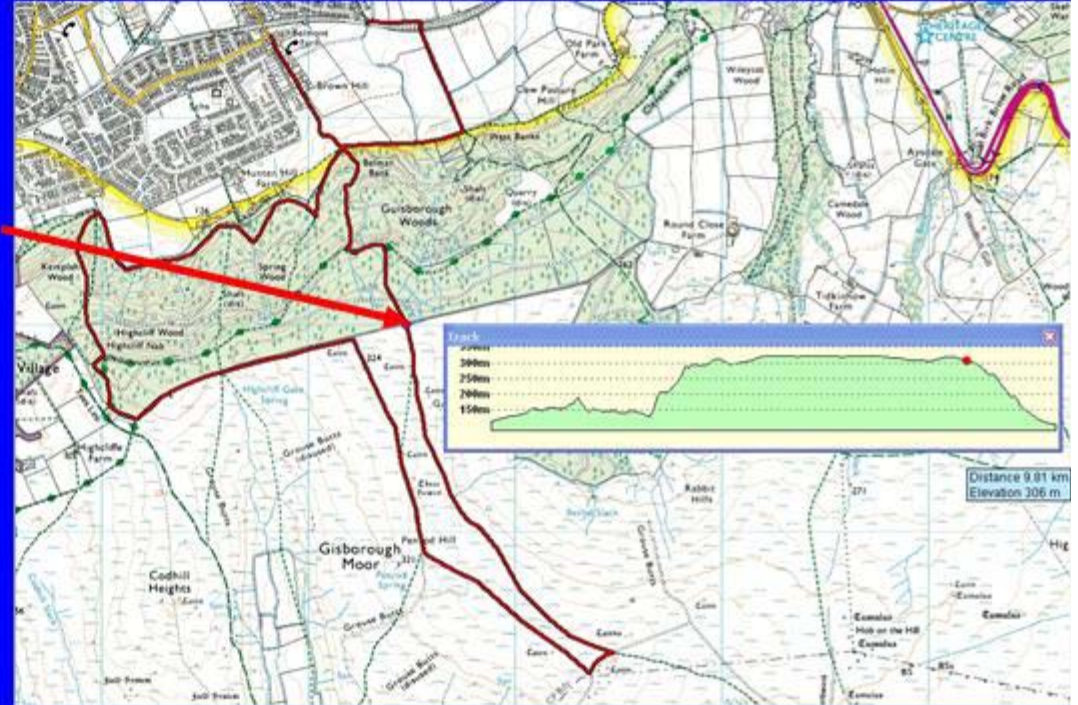
At NZ625140, go through the gate and head on through the path into the wood.
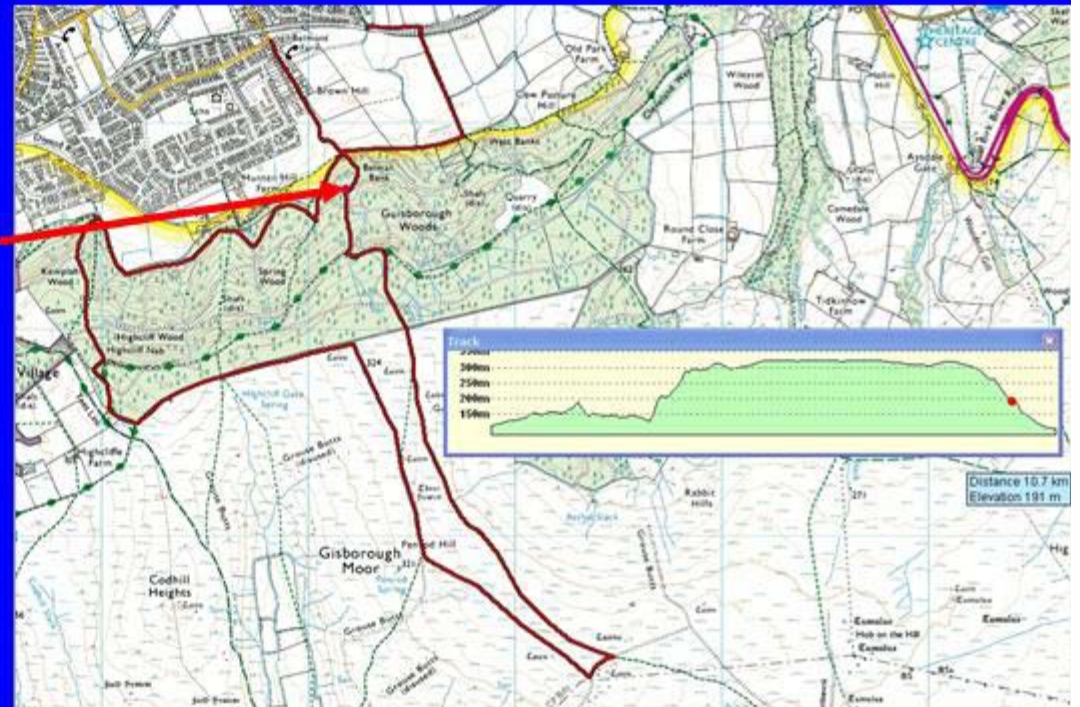
Path through Woods

Keep on the well defined path leading downhill through Guisborough Woods.

Turn left descending down


Continue down the path until you reach a T junction. Turn left, then follow the right hand grassy path that gives a rapid descent.

Rapid descent through Woods

Continue down the path until you
reach a waymarker at a T junction.
Turn right, then shortly turn left,
following a path through woodlands
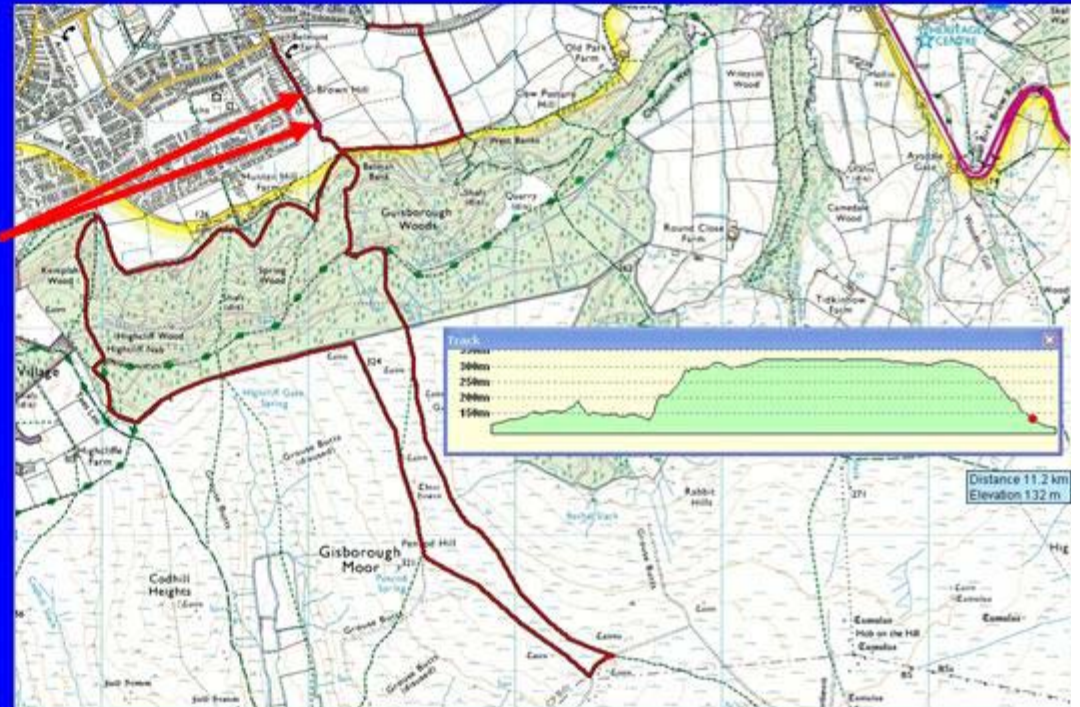that gives a rapid descent.

Pass through Gate

Continue down through the Woods until you rejoin a path, turn right, then shortly left, down another steep section.
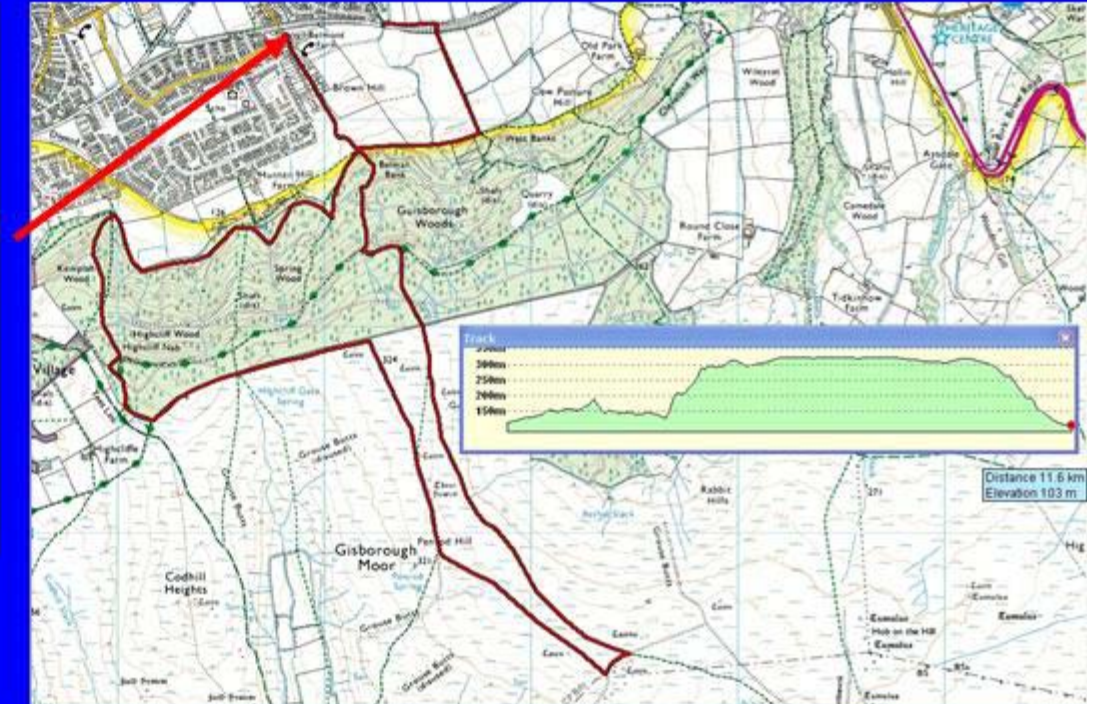
Pass through Gate
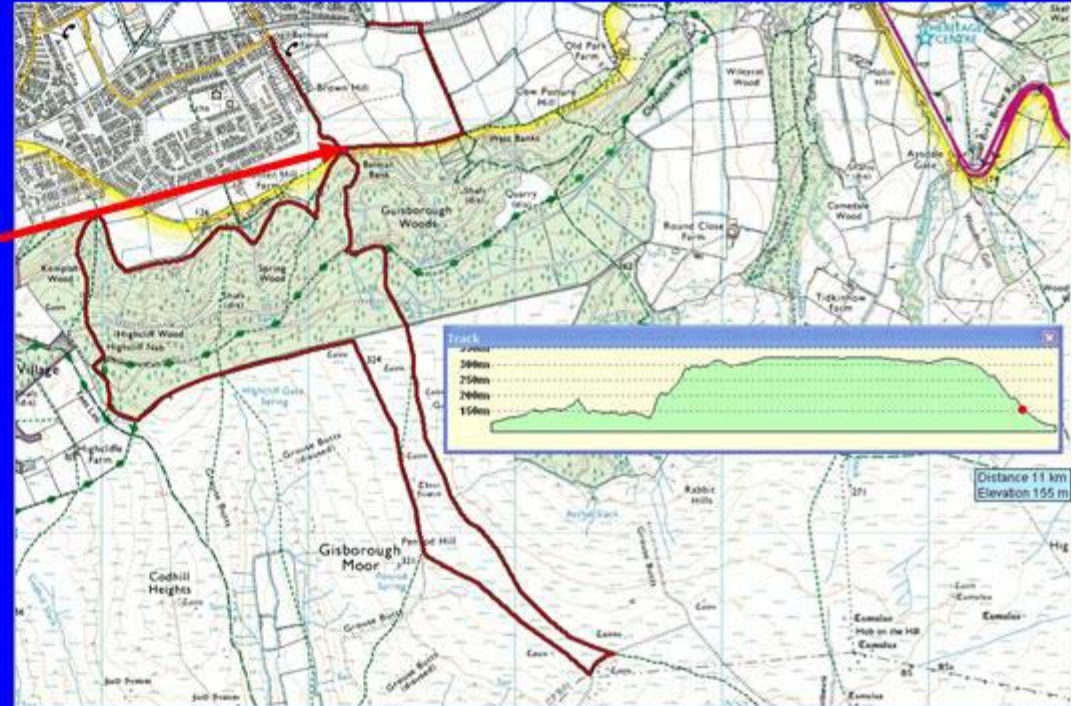
Pass through the gate at NZ622148
and keep on heading down the path.

Pass through gate into Estate

Pass through the gate then keep on the path which eventually turns into road as you head down Belmangate, .

Finish at Belmangate

Keep on the road to the finish car!.

Guisborough Rugby Club is ahead.
Pass through the railway arch, then
take the first left.