

**Bike Routes**

**Local Ride Index**

**Distances in miles**

Ayton to Coop - 3.3; Ayton to Seamer - 4.5; Ayton to Tanton - 2.5; Ayton to Ingleby Gr - 3.5; Ayton to Easby - 2.0  
 Coop to Seamer - 2.5; Coop to Tanton - 1.5; Coop to Easby - 3.0; Stainton to Seamer - 3.0; Stainton to Coop; 5.6  
 Carlton to Seamer - 7.0; Carlton to Coop - 5.0

		Mileage	ElevG			
	Meeting Point	Ayton/Stok	(m)	Main Destination	Passing	Stop en route
LB01:Seamer-Crathorne	Seamer Crossroads	24/20	134	Crathorne	LB01:Seamer, Goose run, Yarm, Crathorne(8.5), H-R, Chicken run, Seamer(15)	Crathorne Arms
LB02:Seamer-Swainby	Seamer Pond	27/23	166	Swainby	LB02:Seamer, Chicken run, H-R, Potto, Swainby(7.1), Carlton, H-R,Chicken run, Seamer(18)	Black Horse
LB03:Seamer-Yarm	Seamer Pond	24/20	131	Yarm	LB03:Seamer, Chicken run, H-R, Crathorne, Kirklevington, Jubilee(9.0), Alec's leap, Seamer(16)	Jubilee
LB04:Seamer-FoxCov	Seamer Crossroads	22/18	128	Fox Covert	LB04:Seamer, Goose run, Alec's Leap, Fox Covert(8.0), Stainton, Seamer(13)	Fox Covert
LB05:Stok-Ingleby-Arncliffe	Seamer Pond	32/27	208	Ingleby Arncliffe	LB05:Seamer, H-R, Crathorne, East Rounton, East Harlsley, Ing Arncliffe(14), Carlton, Stokesley(24)	Bluebell Inn
LB06:Seamer-Stainton	Seamer Crossroads	25/20	113	Treebridge	LB06:Seamer, Hilton, FoxCov, Maltby, Stainton (6.2), Coulby Newham, Treebridge(12), Newby, Seamer (16)	Treebridge
LB07:Seamer-Hilton	Seamer Crossroads	23/19	90	Hilton	LB07:Seamer, Newby, Thornton, Maltby, Hilton(7.4), H-R, Chicken run, Seamer(14)	Hilton Arms
LB08:Stok-Osmotherley	Stokesley Coop	30/24	338	Osmotherley	LB08:Stok Coop, H-R, Faceby Grange, Gold hill loop, Swainby, Osmotherley(12), Carlton, Coop(24)	Queens Head
LB09:Stok-Ingleby	Stokesley Coop	24/18	135	Ingleby Greenhow	LB09:Stok Coop, Kirby, Broughton, Middle Earth, InglebyGr(7), Battersby, Ayton, Treebridge, Coop(18)	Dudley Arms
LB10:Tanton-Ingleby	Tanton	17/18	107	Ingleby Greenhow	LB10:Tanton, Newby Grange, Treebridge, Ayton, Battersby, Ingleby Gr(11), Broughton, Stokesley (16)	Dudley Arms
LB11:Ayton-Kildale	Stone Bridge	12/15	203	Kildale	LB11:Ayton, Gribdale, Kildale, Battersby, Ingleby(8), Ayton (11.5)	Dudley Arms
LB12:Stok-Commondale	Stokesley Coop	16/18	298	Commondale	LB12:Stok Coop, Easby Electric Gate, Kildale, Commondale(9) & reverse	Cleveland Inn
LB13:Treebridge to Barrage	Treebridge	27/26	143	Tees Barrage	LB13:Treebridge, Newby, Stainton, Thornaby, Teesside Park(10), Tees Barrage, Preston-on-Tess, Ingleby Barwick, Hilton, Tanton(23)	Barrage pub
LB14:Seamer-Potto	Seamer Crossroads	24/20	121	Potto	LB14:Seamer, Goose run, H-R, Potto(7), Faceby, Carlton, Busby, Stokesley(15)	Dog & Gun
LB15:Seamer-Appleton Wiske	Seamer Pond	30/26	145	Appleton Wiske	LB15:Seamer, Chicken run, H-R, Crathorne, AppletonW(11), East Rounton, H-R, Chicken run, Seamer(21)	Shorthorn Inn
LB16:Treebridge to Maltby	Treebridge	18/19	127	Maltby	LB16:Treebridge, Nunthorpe, Newby, Maltby, Roger Lane, Goose Run, Seamer, Treebridge (16.5)	Treebridge
LB21:Stok-Yafforth	Stokesley Coop	40	213	Yafforth	LB21:Stokesley, H-R, East Rounton, Yafforth, East Rounton, H-R, Stokesley	Parklands café
LB22:Stok-Water-Gardens	Stokesley Coop	40	242	Dalton Gates	LB22:Stokesley, H-R, Appleton Wiske, Great Smeaton, East Cowton, Dalton Gates	Water Gardens
LB23:Ayton-YCH	Ayton Bridge	32	677	Yorkshire C-H	LB23:Ayton, Castleton, Yorkshire-Cycle-Hub	Yorkshire Cycle Hub café
LB24:Stokesley Charity Ride	Town Hall	29	334	Potto	LB24:Stokesley Charity Ride;Stokesley, Ayton, Clay Bank, Gr Broughton, Faceby, Potto, H-R, Seamer, Stokesley	NA
LB25:Battersby loop	Ayton	10	78	Battersby	LB25:Ayton, Battersby, Ayton	NA
LB26:Girsby loop	Stokesley Coop	40	351	East Rounton	LB26:Stok, Yarm, Middleton, Neasham, Girsby, Hornby, East Rounton, Stok	Roots
LB27:Ayton to Shildon	Ayton Bridge	60	503	Shildon Railway	LB27:Ayton, Hilton, Long Newton, Shildon	Shildon Railway café
LB28:Ayton to Staithes	Ayton Bridge	40	849	Staithes	LB28:Ayton, Kildale; Castleton, Danby, Commondale, Staithes, Lingdale, Charltons, Guisborough, Ayton	Danby café
LB29:Seamer to Croft	Seamer Pond	38	302	Croft	LB29:Seamer, Yarm, Middleton, Neasham, Great Smeaton, East Rounton, H-R, Seamer	Roots
LB30:Stok-Osmotherley	Stokesley Coop	36	382	Osmotherley	LB30:Stokesley, Carlton, Swainby, Osmotherley, East Rounton, Crathorne, H-R, Stokesley	Roots
LB31:Ayton to Wolviston	Ayton Bridge	30	178	Wolviston	LB31:Ayton, Middlesbrough, Wolviston	Black Horse pub
LB32:Ayton to Danby	Ayton Bridge	30	517	Danby	LB32:Ayton, Kildale, Commondale, Castleton, Danby, Lingdale, Guisborough, Ayton	Danby café
LB33:Ayton to Osmotherley	Ayton Bridge	40	742	Osmotherley	LB33:Ayton, Clay Bank, Chop Gate, Hawnby, Osmotherley, Stokesley, Ayton (Hawnby Loop)	Osmotherley café
LB34:Ayton to Saltburn	Ayton Bridge	27	327	Saltburn	LB34:Ayton, Guisboro, Lingdale, Saltburn, Upleatham, Guisboro, Ayton	Saltburn café
LB35:Ayton to Whitby	Ayton Bridge	55	1078	Whitby	LB35:Ayton, Guisboro, Sandsend, Whitby, Aislaby, Egton, Glaisdale, Danby, Castleton, Kildale, Ayton	Whitby café
LB36:Stok to Northallerton	Stokesley Coop	37	222	Northallerton	LB36:Stok, H-R, East Rounton, Northallerton, H-R, Stokesley	Joe Cornish café
LB37:Ayton to Saltholme	Ayton Bridge	29	170	Saltholme	LB37:Ayton, Coulby Newham, Middlesbrough, Saltholme, Teesside Park, Nunthorpe, Ayton	Saltholme café
LB38:Ayton to Staithes	Ayton Bridge	43	1063	Staithes	LB38:Ayton, Kildale; Castleton, Danby, Staithes, Skiningrove, Carlton Howe, Lingdale, Commondale, Ayton	Danby café
LB39:Stok to Scorton	Stokesley Coop	53	487	Scorton	LB39:Stok, H-R, Appleton, Gr Smeaton, Scorton, Bolton-on-Swale, Witwell, Lovesome, Brompton, Osmotherley, Stok	Lakeside Farmshop
LB40:Stok to Staithes	Stokesley Coop	15	110	Swainby	LB40:Stok, H-R, Potto, Swainby, Faceby, Carlton, Stok	Rusty Bike
LB41:Ayton to Redcar	Ayton Bridge	27	277	Redcar	LB41:Ayton, Guisboro, Wilton Lane, Redcar, New Marske, Dunsdale, Guisboro, Ayton	Stray café

LB42:Ayton to Yarm	Ayton Bridge	30	220	Yarm	LB42:Ayton, Seamer, H-R, Crathorne, Yarm, Eaglescliffe, Preston Park, Ingleby Barwick, Stainton, Coulby Newham, Ayton	Preston Park
LB43:Stok to Carlton Bank	Stokesley Coop	34	500	Carlton Bank	LB43:Stok, Seamer, Goose run, H-R, Crathorne, East Rounton, Potto, Faceby, Carlton Bank, Chop Gate, Great Broughton, Kirby, Stok	Lord Stones
LB44:Stok to Swainby	Stokesley Coop	24	442	Swainby	LB44:Stok, Kirby, Broughton, Clay Bank, Chop Gate, Carlton Bank, Faceby, Swainby, Faceby, Carlton, Busby, Stok	Rusty Bike
LB45:Ayton to Blakey	Ayton Bridge	29	747	Blakey Ridge	LB45:Ayton, Kildale, Westerdale, Blakey Ridge, Castleton, Kildale, Ayton	Lion Inn
LB46:Stok to Richmond	Stokesley Coop	59	354	Richmond	LB46:Stok, H-R, Appleton Wiske, Smeaton, Cowtons, Scorton, Richmond, Langton, Danby Wiske, Lovesome Hill, East Rounton, H-R, Stok	Richmond café
LB47:Stok to Rievaulx	Stokesley Coop	38	651	Rievaulx Abbey	LB47:Stok, Kirby, Broughton, Chop Gate, Rievaulx Abbey, Chop Gate, Broughton, Kirby, Stok	Abbey café
LB48:Ayton to Thorpe	Ayton Bridge	39	233	Thorpe Thewles	LB48:Ayton, Coulby Newham, Tees bike paths, Thorpe Thewles, return	Thorpe Thewles café
LB49:Stok to Darlington	Stokesley Coop	47	306	Darlington	LB49:Stok, Seamer, Yarm, Middleton, Darlington, Sadberge, Eaglescliffe, Ingleby Barwick, Stainton, Newby, Stok	Darlington café
LB50:Stok to Osmotherley	Stokesley Coop	33	455	Osmotherley	LB50:Stokesley, H-R, East Rounton, Brompton, Bullamor, Haynes Arms, Thimbleby, Osmotherley, Faceby, Carlton, Stokesley	Osmotherley café
LB51:Ayton to Sedgefield	Ayton Bridge	54	471	Sedgefield	LB51:Ayton, Seamer, Hilton, Yarm, Long Newton, Bishopton, Sedgefield, Middleton, Yarm, Seamer, Ayton	No 4 Café
LB52: Ayton to Lord Stones	Ayton Bridge	26	717	Lord Stones	LB52:Ayton, Gribdale, Kildale, Battersby, Ingleby Greenhow, Clay Bank, Chop Gate, Lord Stones (17m), Carlton, Ayton	Lord Stones
LB53:Stokesley to Blakey Ridge	Stokesley Coop	52	1128	Blakey Ridge	LB53:Stok, Chop Gate, Helmsley, Hutton le Hole, Blakey Ridge, Westerdale, Kildale, Stok	Lion Inn
LB54:Castleton to YCH	Castleton	11	301	YCR	LB54:Castleton-YCR-Castleton	YCR café
LB55:Ayton to Botton	Ayton Bridge	27	879	Botton	LB55:Ayton, Commondale, Castleton, Botton, Westerdale, Kildale, Ayton	Botton café