

## 2024 NEP Lyke Wake Walk Relay

17<sup>th</sup> August

### History

The Lyke Wake Walk is a 40-mile (64 km) challenge walk across the highest and widest part of the North York Moors National Park in North Yorkshire, England. The route remembers the many corpses carried over the moors on old coffin routes and the ancient burial mounds encountered on the way; the name derives from a lyke, the corpse and the wake - watching over the deceased.

### The Route

Link: [Lyke Wake Walk - 63km Walking Route near Osmotherley \(ID: 77981\) \(plotaroute.com\)](https://plotaroute.com/route/77981)



**Start Point** – Sheepwash,  
Quarry Lane, Northallerton  
DL6 3AL

**Start Time** – 8am on  
Saturday 17<sup>th</sup> August



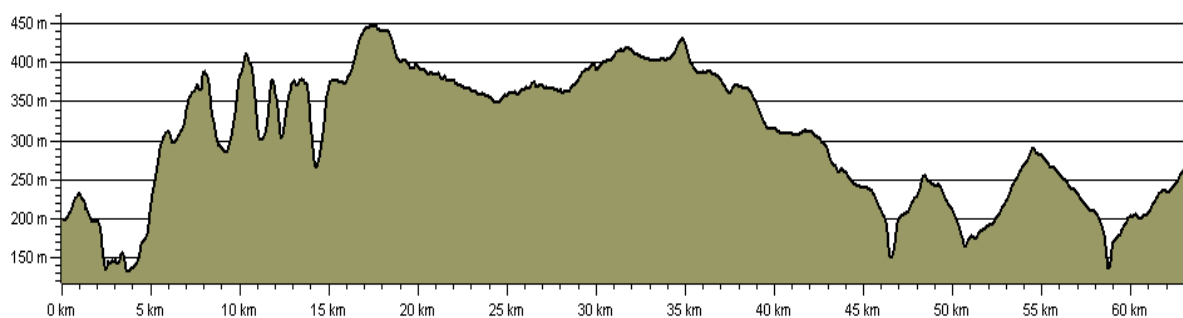
**Finish Point** – The Raven Hotel, Ravenscar, Scarborough YO13 0ET

**Finish Time (approx)** – 4 – 5pm on Saturday 17<sup>th</sup> August

### The Checkpoints

1. Osmotherley to Clay Bank (10 miles) – 8am start time  
A hilly start going over the Wainstones with a lot of steep ascents and descents but straightforward navigation. The hardest leg physically.
2. Clay Bank to Lions Inn Pub (9 miles) – 10am start  
Probably the easiest section with the least amount of elevation and an easy to follow direct path to the Lions Inn Pub.
3. Lions Inn Pub to Goathland (11 miles) – 12pm start  
Now things get tricky for the last couple of legs and the ground can be boggy with some navigation challenges, allow extra time for this.
4. Goathland to Raven Hall Hotel (10 miles) – 2pm start to 4-5pm finish  
Similar to the previous leg navigation challenges means pace could be slower and there's some cheeky climbs before the finish!

### Route Elevation



### **Interesting facts about The Lyke Wake Walk**

1. 5000ft of climbing.
2. With the exception of Lordstones Café (6 miles) and the Lion Inn at Blakely Moor there is no other places of refreshment (good job you have a support team).
3. The highest point is at Round Hill trig point (454m) near Botton Head (Urra Moor).
4. It takes an average of 17 h 16 min to complete.
5. The man behind the inception of the Lyke Wake Walk, was called Bill Cowley. Bill was a former Indian Civil Servant, North Yorkshire farmer, local historian, journalist and broadcaster. On the 1st October 1955, Bill Cowley and twelve others, set out to complete this challenge, and succeeded - finishing at the Raven Hall Hotel in Ravenscar within the allotted time frame. The group promptly founded the now famous 'Lyke Wake Club', and the Lyke Wake Walk became one of the country's first 'challenge' walks.
6. During the peak of its popularity in the 60's and 70's as many as 15,000 walkers a year were completing the challenge.