



# Roseberry Topping Wellbeing Trail

Moderately challenging hike up an iconic hill. Expect beautiful views and lots of nature connection opportunities en route.

**Distance** 7.2 kilometers / 4.5 miles

**Duration** 2 hours and 10 minutes



Wildlife



Great views



Refreshments



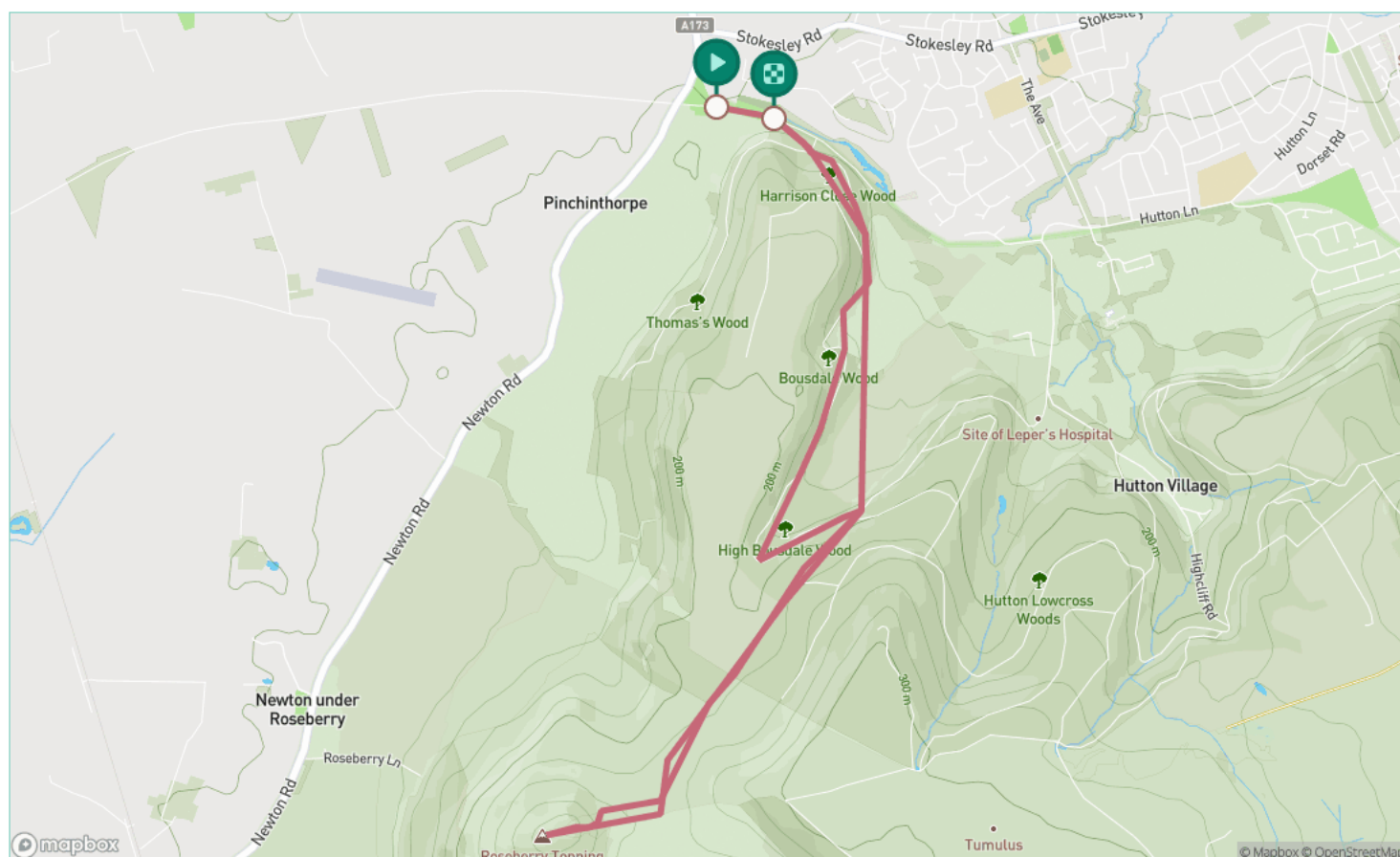
Picnic spot



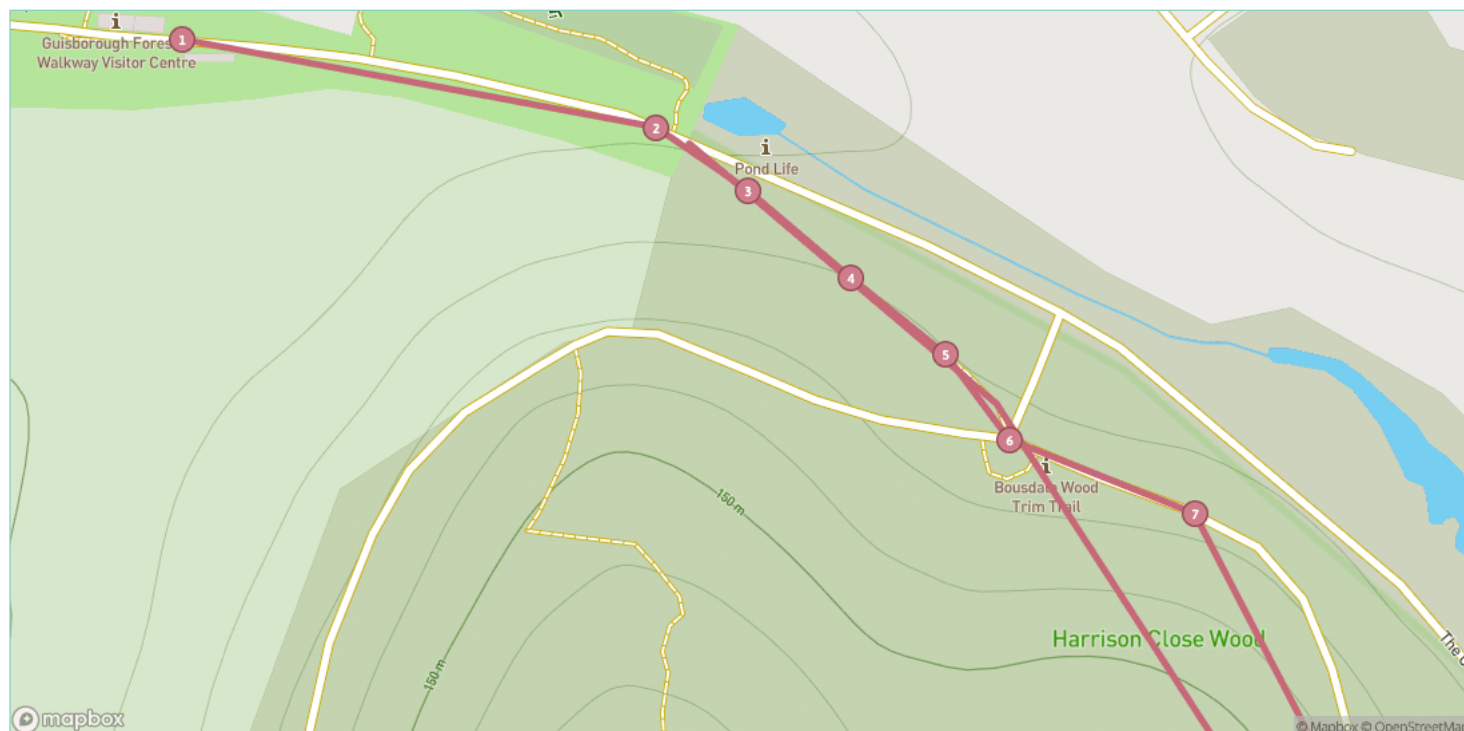
Parking



Hilly & steep



Disclaimer: Directions are provided as guidance only. Weather, construction, closures or other factors may affect routes. Please take care when crossing roads and avoid private land. Always follow local signage and use common sense. Created by Go Jauntly Ltd © 2025. Last Updated: 10 October 2025.



**Step 1:** This walk starts at the Guisborough Visitor Centre where you can find refreshments and toilets.

**Step 2:** Follow signs for the wellbeing walk and continue where it says trail start. Head right and walk through the forest and spot the birds.

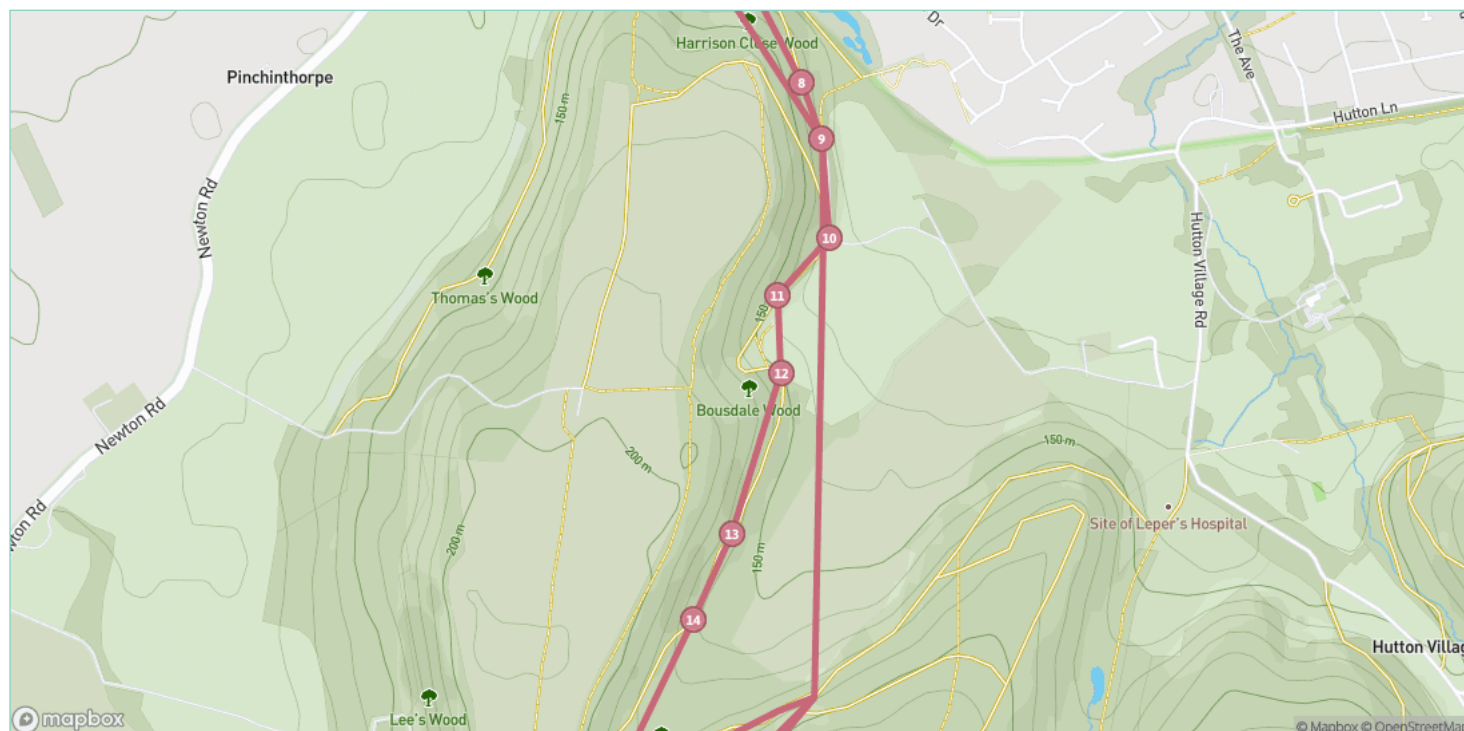
**Step 3:** Take a look at the deadwood carvings on your left.

**Step 4:** Continue into a woodland clearing where you can picnic and spot an owl sculpture

**Step 5:** Take note of the forest bathing prompts and pause to breathe in the forest air.

**Step 6:** At the junction head left to keep following signs for the wellbeing trail and watch out for passing cyclists.

**Step 7:** Continue uphill on the gravel path which bends right.



**Step 8:** Walk around the wooden gate and past Bousdale House.

**Step 9:** Follow the blue arrow and keep straight. Notice the colours in nature all around you.

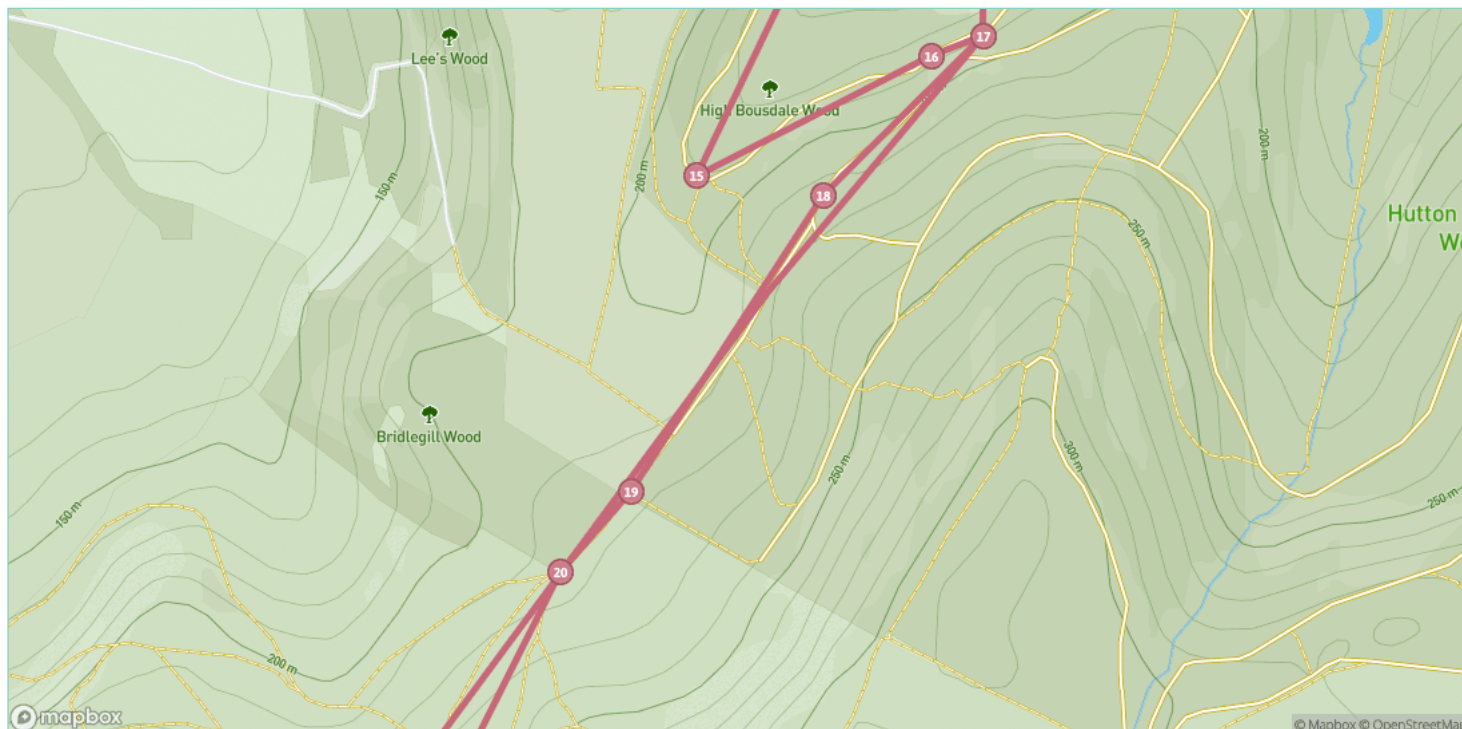
**Step 10:** Head right at the fork to follow signs for the wellbeing trail.

**Step 11:** Rest on the bench if you need a breather before the next hill section. The path continues to gently climb and wind left and right.

**Step 12:** Keep following the winding path, thinking about things you are grateful for.

**Step 13:** Continue following the gravel path.

**Step 14:** Continue to move mindfully up this next hill section.



**Step 15:** Follow the track around to the left as you follow the blue signs.

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**Step 16:** Keep straight until you reach the junction.

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**Step 17:** Turn right at the large path junction to continue to Roseberry.

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**Step 18:** You can see Roseberry topping in the distance. Take the right hand path coming up to get to it.

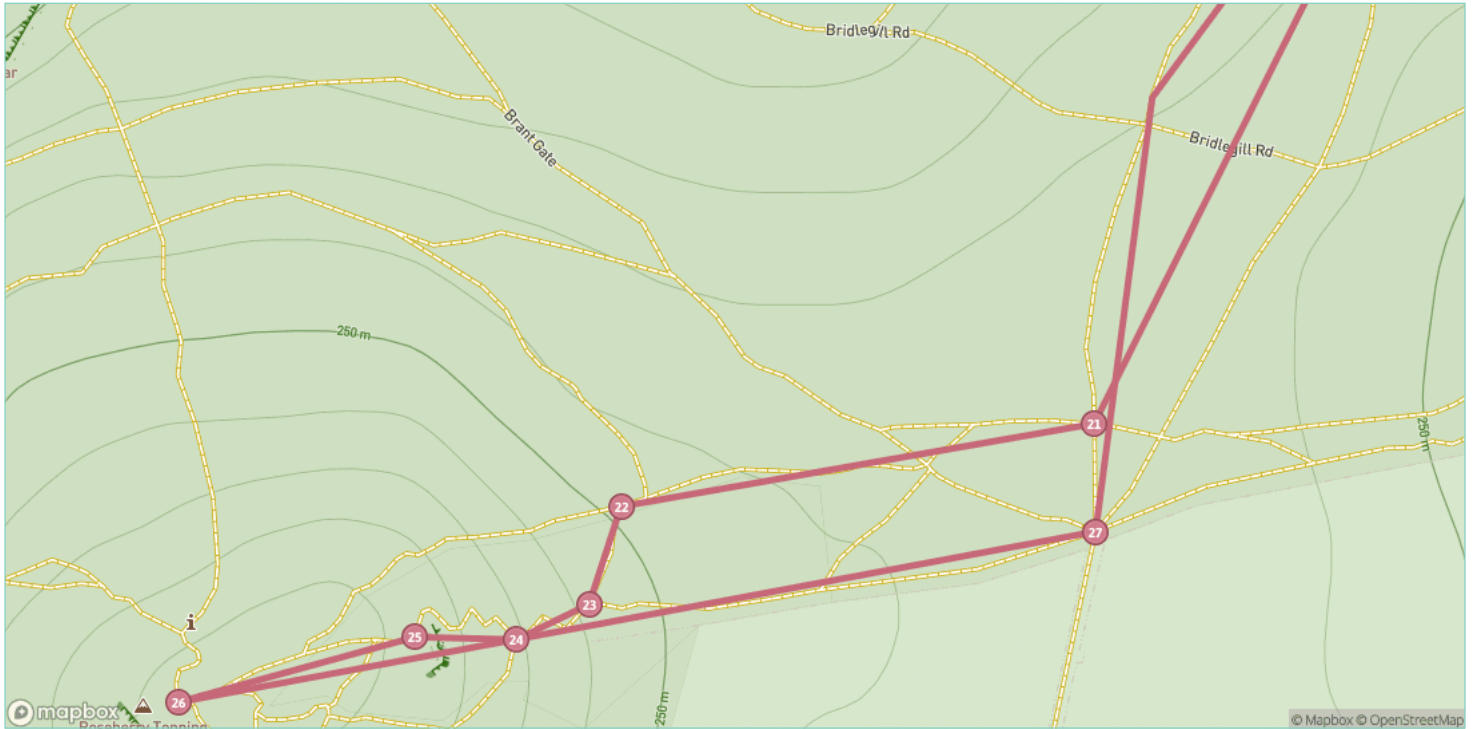
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**Step 19:** Continue through the gate. It might be stiff so don't give up if it feels tricky! Make sure to close it behind you.

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**Step 20:** Pass through another stiff gate and you're almost there as you pass the National Trust's Roseberry Topping sign.

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**Step 21:** Turn right towards the topping along a narrow path.

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**Step 22:** This path is quite overgrown in the autumn so you can also take any of the routes on the left up to the top to get to the stone path.

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**Step 23:** Continue up the stone path. Take care And watch your step.

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**Step 24:** Follow the stone path until you reach the peak.

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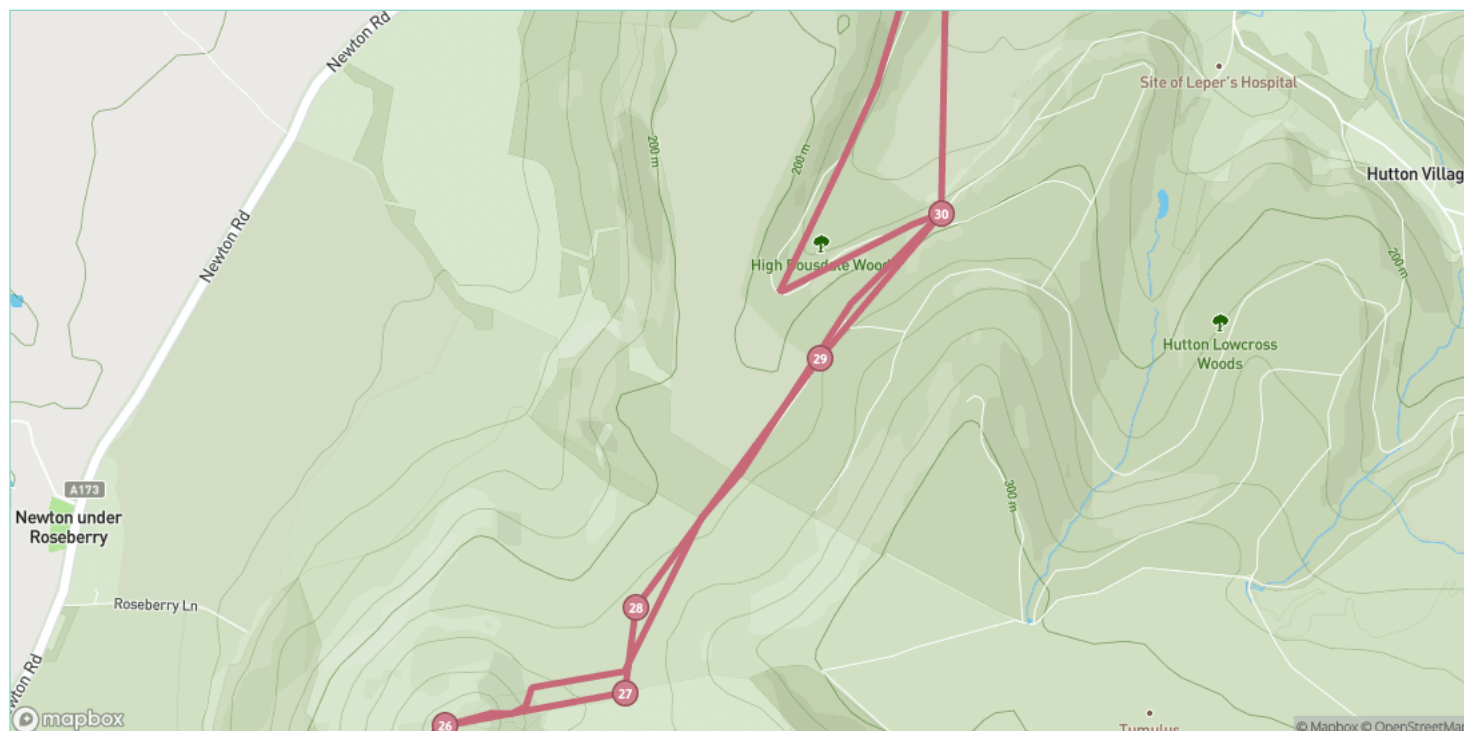
**Step 25:** Take a look at the lovely view to catch your breath.

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**Step 26:** Stop at the top for a rest and to enjoy the sweeping views before heading back down the same stone path.

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**Step 27:** Turn left here at the sign to go back the way you came.

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**Step 28:** Continue ahead downhill.

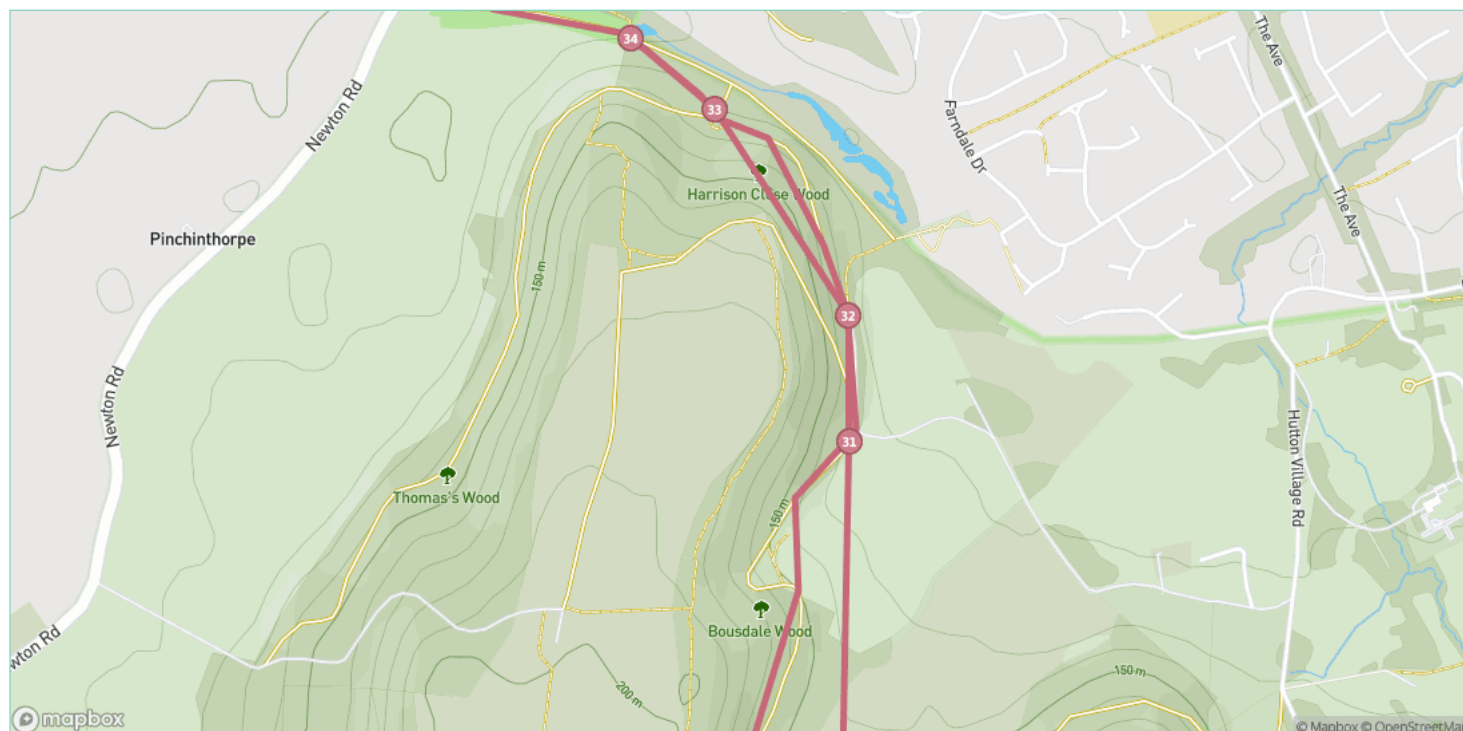
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**Step 29:** Keep straight to get back to the main path and take the left fork to head back

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**Step 30:** Take the left turn to retrace your steps.

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**Step 31:** Take the left fork following the green and red arrows.

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**Step 32:** Take the left path to head back to the visitor centre.

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**Step 33:** Continue through the clearing

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**Step 34:** Turn left to head back to the visitor centre. Well done!

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