



# A Mindful Meander around Ravenscar



**Looking for reflection and inner calm? An amble around Ravenscar will help you gain a sense of peace, enhanced by the stunning views across Robin Hood's Bay. For nature lovers, it's a delight and a wonderful place for peace and quiet. Ideal for a mindful meander.**

Once known as Peak, Ravenscar is now home to the Ravenscar Visitor Centre, a cluster of houses and the Raven Hall Hotel. Make your way to the Visitor Centre and the start of this walk. While there pick up historical information about the area and sit outside on a bench.



Before you start any mindfulness activity, it's useful to pause. This enables you to stop and take notice of your breath, body, thoughts and immediate environment. Slowing down brings you to the 'here and now'. Being aware like this helps to calm your mind, relax your body, and reduce stress. This is what mindfulness is about.

When you're ready, make your way past the Raven Hall Hotel on Station Road. Follow the footpath signposted Cleveland Way. While walking, move your attention to your feet. Notice how they strike the ground and how each foot moves as you walk. Keep your pace relatively slow so you can tune in. Feel the sea breeze brushing over your skin.

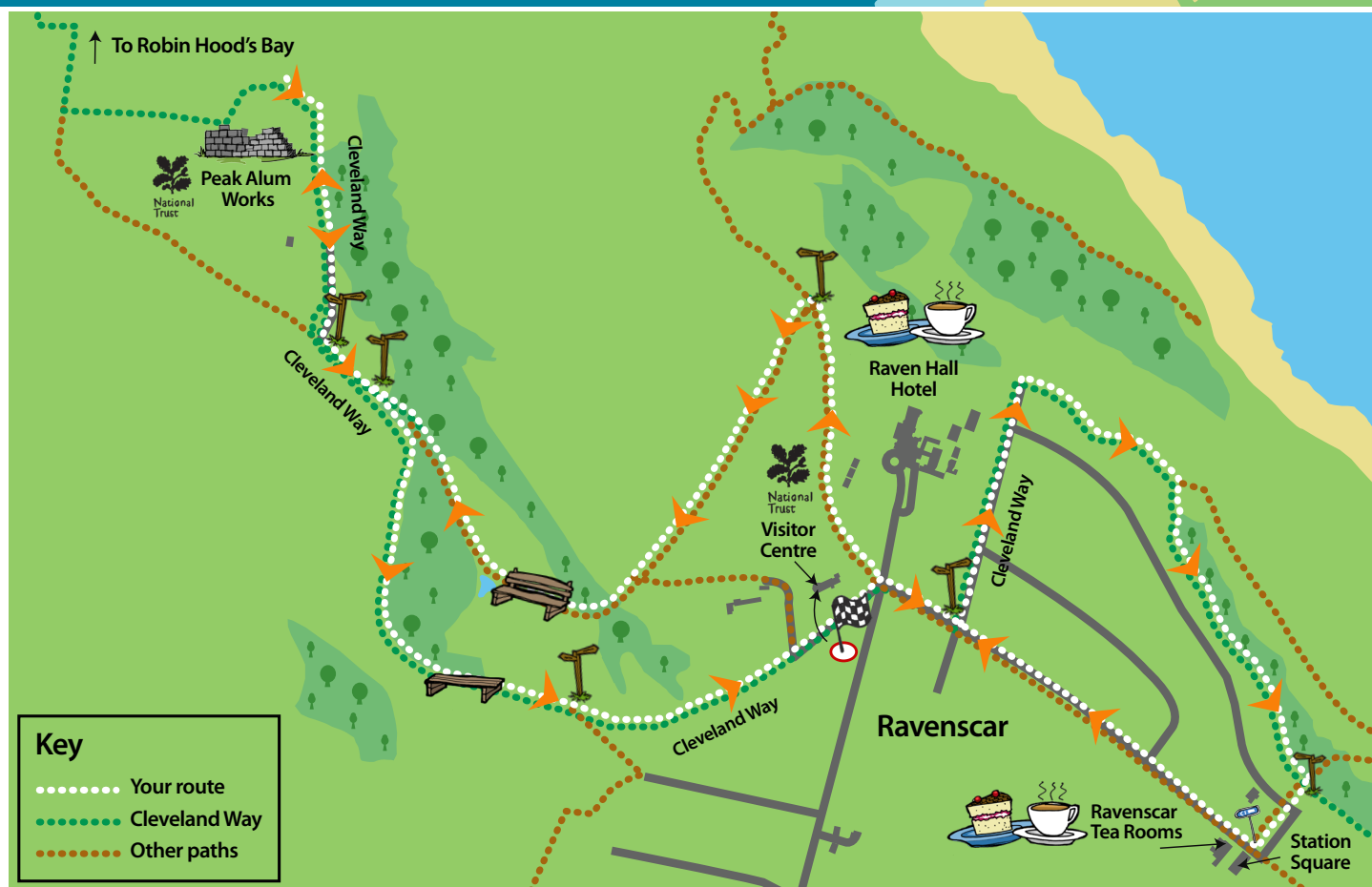
Turn off the Cleveland Way and head up to Station Square's disused railway platform. Find the information board, pause for a moment and ponder what was here. You might like to stop for tea and cake at Ravenscar Tearooms. Become aware of the temperature of the tea. Taste and texture of the cake. What does it feel like?

Continue along Station Road past Raven Hall Hotel and head down the track signposted Peak Fault. See if you can smell the salty sea air while moving along the path. Don't forget to stop and admire the views across the bay.





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Follow the track around until you reach a small woodland and pond. This little setting offers an oasis of peace and tranquillity. It's a wonderful place to rest and listen to the beautiful birdsong.

Carry on along this track until you meet the Cleveland Way once more. Head down the hill until you reach the Peak Alum Works, managed by the National Trust. Try to look at the stone work without labelling it, focusing more on the colour and shape.

Follow the Cleveland Way back up the hill until you reach a bench with stunning views out to sea. While sitting here, be aware of any thoughts. If your mind is taking you elsewhere rather than experiencing this moment, bring your attention back. Feel the bench underneath you.

When you are ready, make your way to the Raven Hall Hotel and treat yourself to a well-deserved lunch.

## Essentials

**This figure of eight meander is just over 3 miles long, over uneven ground and up hills.**

## Useful information

**There are lots of places to stay, eat and drink in the nearby village of Robin Hood's Bay**

**Ravenscar Visitor Centre** – open daily from mid-March to end of October and weekends in early March and November

**Raven Hall Country House Hotel** – open for lunches, afternoon tea and dinner year round

**Ravenscar Tearooms** – open March to October

## How to get here from Whitby or Scarborough

### Bus

Pick up the X93 service [www.yorkshiretravel.net/](http://www.yorkshiretravel.net/)

### Cycle

Ravenscar is on the 'Moor to Sea Cycle Network'. Sections of this can be downloaded here: [www.northyorkmoors.org.uk/moortosea](http://www.northyorkmoors.org.uk/moortosea)

### Car

Take the A171 and follow the signs to Ravenscar. Park along Raven Hall Road.



**Cleveland Way**

NATIONAL TRAIL

