

Crake Valley Round

35 km / 22 miles

1100 m / 3600 ft of ascent

Over three outlying fells including Brock Barrow, the route passes through the villages of Spark Bridge, Broughton Beck and Nibthwaite. In parts it is coincident with the Cumbria Way and Furness Way. A digital route file based on the route description can be downloaded from the LDWA website.

		Grid reference
Start	Beck Side Village Hall	SD 235 822
	High Gill House	SD 243 824
	Horse Head	SD 251 822
	Pepper's Wood	SD 252 809
	Shooting House Hill	SD 259 818
	Kirkby Slate Road	SD 260 830
	Rake Farm	SD 270 819
	Broughton Beck Church	SD 278 821
	Broughton Beck	SD 282 825
	Nettleslack	SD 283 835
	Lowick Beacon	SD 286 839
	Wood End	SD 298 846
	Farmers Arms	SD 302 848
	Spark Bridge	SD 305 848
	Footpath leaves road	SD 310 852
	Sayles Farm	SD 302 863
	Bessy Bank Lane	SD 301 869
	Hill Park Farm	SD 301 871
	Stock Farm	SD 304 886
	High Bethcar	SD 303 897
	Brock Barrow	SD 299 898
	High Nibthwaite	SD 294 896
	Water Yeat	SD 288 891
	Tottlebank	SD 269 881
	Footpath leaves road	SD 256 877
	Bridle path meets road	SD 251 870
	Road junction	SD 256 865
	Ashlack Hall	SD 246 855
	Grizebeck	SD 238 850
	Back Lane meets road	SD 237 840
	Chapels	SD 236 839
	Croglin Farm	SD 240 834
Finish	Beck Side Village Hall	SD 235 822

Maps required: OS Landranger sheet 96
or OS Explorer sheets 6 & 7

Route description

From Beck Side village hall left up hill. At junction keep right, up steep hill to sign post, keep right, passing houses on both sides. When you come to track on left take it. Go through one gate, when farther up track pass through another gate. At path junction go right and after crossing Gill House Beck follow good track higher up which takes you to Pepper's Wood. Turn left just before gate, cross Rathmoss Beck and follow track, keeping to wall, to Shooting House Hill. From Shooting House Hill look across moor north-west and you will see narrow track leading to slate road across Blade Moss. Head for this which will bring you to Kirkby Slate Road. Turn right, go through gate and follow track road to Rake crossroads. Cross road, down past Rake Farm to Well House. Bear right and take footpath on left in about 400 yards, to Broughton Beck church. Right here and left onto B5281 road, then next right and down into pretty village of Broughton Beck. When the road goes right you go left until you reach beck and 3 gates. Go through middle one and over two stiles, with wall on your left, into steep sided field. Go through next gate and follow hedge and through more gates to Nettleslack Farm. Turn left on road and next right, passing above Nettleslack Farm. After crossing a couple of broken down walls head up hill with wall on right to wall comer. Climb over wall stile and head for Lowick Beacon. There are various tracks to follow from summit but if not sure head for road and wall to Beck Bottom. Go right down passed houses up to farm, passing left behind house, into walled lane onto Woodend, bearing left down to A5092 road. Left then next right at Farmers Arms, down road to Spark Bridge. Cross bridge and take second left up very steep hill, with good views over surrounding area higher up. Follow road up and over. At footpath sign opposite wood edge on left go through and follow track with wall on left, which you walk near, to farther on continue on to wall corner and go through gate and follow track to Sayles Farm. Go into farm yard with buildings on your right, swinging left then right up onto flatish field to gate in north-western direction, to gate and through to Bessy Bank Lane. Left then next right to Hill Park Farm. Pass between buildings, dutch barn on left, through gate into lane with wall on left, hedge on right. Walk along track, bearing right in short distance. Pick up stile in wall on your left go through and into field, bearing north-westerly, to enter wood on

good track to Stock Farm. Ignore any turn offs in wood. From farm walk down track to road, turn left then right and follow good farm track to High Bethcar, then on further footpath to Brock Barrow. Retrace your steps back and pick up good track, near wood edge, leading down to Nibthwaite. Go through gate on left down into village, turn left on road for short distance go through wooden stile in wall, down field through wicket gate, and follow path near to river to Bouthrey Bridge. Go over stile, turn right on road and walk to village of Water Yeat. Cross road and follow road next to converted barn, bearing left passed houses, to farm. Continue on track which says Beacon Tarn. When path opens out with only wall on your right turn left across beck and follow track by wall to Cockensnell. Over stile and beck up hill into walled lane, through two gates onto open moor and good track to Tottlebank. Continue on good track, which twists and turns. When you reach path joining you keep to the right under Blawith Knott. When you reach minor road do not go across onto path; turn left and climb to parking place on right and follow path along ridge, with good views over Woodland Valley, passing small tarn on left, to minor road. Left then next right on footpath to minor road. Next right to Knittleton Farm. Climb up with wall on your right and follow track alongside wall. Just before wood go through gate in wall on your right. Go due west for a short distance and pick up track down to Ashlack Hall. Continue on track down to Grizebeck. Cross main road into village, passing pub, and take next footpath on right bend into Back Lane. Follow to minor road. Go right, then next left at Chapels, up hill to Croglin Farm, right down road to church, left, then left again at footpath sign, across 3 fields to Beck Side Hall and FINISH.

To receive a badge and certificate please write a brief description of your walk, including the date, time taken, your name as you would like it to appear on the certificate, and the address to which they should be sent. Either post it, with a cheque for £1 payable to 'P H Grayson', to:

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2 Thirlmere Close
Millom
Cumbria
LA18 4PJ

or email it to 'peterhgrayson@yahoo.co.uk', and you will then be asked to transfer £1 to a PayPal account.