

Furness Five Trigs Walk

37 km / 23 miles

800 m / 2600 ft of ascent

A walk in low Furness linking the highest points: Hoad Monument, Bank House Moor, High Haume, Yarlside and Birkrigg Common. You will walk a short section of the Cumbria Way and the Furness Boundary Walk, plus a delightful section of Ulverston Canal, walking on open moorland with extensive views over the Duddon estuary and Lakeland hills, Birkrigg Common with its excellent views over the whole walk and Morecambe Bay. There is no set route but a possible route can be downloaded from the LDWA website.

Grid reference

Start	Gillbanks	SD 285 785
1	Old Hall Farm	SD 280 795
2	High Lath	SD 275 802
3	Harlock	SD 253 803
4	Bank House Moor ▲	SD 245 804
5	Stewnor Park Farm	SD 238 786
6	Road junction (Rakes Lane)	SD 231 764
7	High Haume ▲	SD 226 761
8	Billing Cottage	SD 227 723
9	Yarlside ▲	SD 231 711
10	Bridle path / road junction	SD 241 713
11	Scudda Bank	SD 245 711
12	Stainton with Adgarley	SD 248 724
13	Bolton Heads	SD 256 731
14	Little Urswick	SD 263 736
15	Birkrigg Common ▲	SD 283 742
16	Cattle Grid	SD 296 737
17	Wadhead Scar	SD 308 745
18	Sandside	SD 305 773
19	Canal Foot	SD 313 776
20	Canal Head	SD 293 785
Finish	Hoad Monument ▲	SD 294 791

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

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:

Mr P H Grayson
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.