

LAKELAND LDWA



SPRING IN LAKELAND 50 ANYTIME CHALLENGE

Abbreviations

TR Turn right	R right	BR Bear right	TL Turn left
L Left	BL Bear left	SO Straight on	BW Bridleway
FP Footpath	WM Waymark	SP Signpost	KG Kissing gate

LOOP 1 ROUTE DESCRIPTION

1 STAVELEY to HOLEHIRD 8.0 miles / 12.8 km. Ascent 1210 feet, 370metres

1.1 From Staveley Village Hall (SD470984) turn left through the village for 400m to the Recreation Ground, cross bridge and TR. At T-junction TL under railway bridge into Crook Road. Over bypass & in 50m TR (SP Dales Way). *The Dales Way is now followed for about 6km.* Through 3 gates to T junction. TR on gated road & in 1.5km TR at T-junction. In 500m TL into BW (SD449966).

1.2 TR through 2nd of 2 adjacent gates on R & TL with wall on L. Follow path as it veers away from wall, through open gateway & TR at WM to L edge of wood. SO at Dales Way FP sign, through 2 gates & up track with wall on R to farm. Through gate & continue with wall on R. Ahead on FP, through gate & descend field, still with wall on R. Through KG to road (SD435969).

1.3 TR & at bend TL to Hagg End. Go between buildings & through 2 KGs. TR at waymark. TL at waymark to descend to open gateway & TL. Through KG & at track junction TR leaving Dales Way (SP Windermere) (SD422971).

1.4 Cross stream, go through gate & keep on right hand track. Through gate & ahead on road passing house (Old Droomer). Through 2 deer gates & cross road to BW. Do not cross stream but TR on road. TL over stream before Gill Droomer Stile & TR up steps. Over stile to cross railway with care. Up steps to KG. Ahead through woodland (360°) to wall corner. TL through open gateway and **immediately** TR through gate & follow track ahead. Through gate on R & continue on track with wall on L. Through gate & KG to road. (SD420987).

1.5 TL into Windermere & cross A591 with care at 2nd pedestrian crossing island to hotel opposite (*toilets in Booths supermarket on L*). TL & in 50m TR on tarmac FP (SP Orrest Head). Ignore FP on L. At Orrest Howe TL on FP then TL on road. At bend go ahead on uphill path. SO uphill on road & after 'sculpture' keep R on uphill path. Cross track & TR on next track with wall on L. Through KG & ahead to Orrest Head summit (SD414994).

1.6 Take path bearing 360° steeply downhill. At bottom left corner go through KG on L (SP Crosses Farm). Follow WMs to KG & down field with wall on R. Through KG on R into wood, SO over bridge & follow main path. Through KG to road. TL and at houses TR on FP (SP Troutbeck). Through several fields to Far Orrest. Through small partly hidden gate on R of buildings. Down drive, cross cattle grid & TL to descend to stile & gate in wall corner and enter ornamental gardens. Please walk not run in the gardens. Keep to hard surface paths to small car park on L (*toilets available*). (NY411008)

Cumulative distance 8.0 miles / 12.8 km

Cumulative ascent 1210 feet, 370 metres

2 HOLEHIRD to KENTMERE 4.9 miles / 7.8 km. Ascent 1150 feet, 350 metres

2.1 Retrace your route to cross cattle grid. Through gateway (shiny doors ahead) & L through gate into small field. Turn R with fence on R. Through gate & TL on enclosed track. Through gate into rough field. Through gate & contour along faint track. Through gate to road (NY413013).

2.2 TR and in 120m TL into bridleway track. In 1.5km keep R at track junction. Continue for 2.5km to Garburn Pass summit. (*At 447m this is the highest point on the walk.*) Continue for 2km to road. TL & follow road to reach Kentmere Institute (NY456041).

Cumulative distance 12.9m / 20.6 km

Cumulative ascent 2360 feet, 720metres

3 KENTMERE to STAVELEY 6.0 miles / 9.6 km. Ascent 590 feet, 180 metres

3.1 Continue past hall & TR into bridleway (SP Kentmere Hall). At farm take 2nd gate on L into ascending gated track & continue for 2.25km. Descend through gate to open moor, cross stream by stepping stones & take RH path (NY 443027). In 1.9km TL at track junction (SP Grassgarth). In 0.5km TL at track junction (NY440006).

3.2 Continue for 1.4km, ignoring road on L. At The Heights track becomes tarmac road. In 200m TL through KG & cross field to wall stile. Cross 2nd field to stile on L of tree. Bear slight R in next field to wall stile. In 4th field keep to L of slight rise to wall stile. Down field with wall then fence on R, through gate. L through metal gate. Down field to wall stile on R of small gate (*Thirlmere aqueduct access gate*). Down field & swing L to gate. TR on track to road (A591). TL for 0.5km to junction. TL into Staveley for 1.0km to Staveley Village Hall & end of Loop 1 (SD470984).

Cumulative distance 18.9 miles / 30.2 km

Cumulative ascent 2950 feet, 900metr

V1 10-3-2021