

## That's Lyth Anytime Challenge

Distance =33.7 Km (21 Miles) Ascent 2500

Key: L Left R = Right TL = Turn Left TR = Turn right SO = Straight On LH = Left Hand  
RH = Right Hand RHS = Right Hand Side WM = Waymark KG = Kissing Gate BG = Bridle Gate  
BW = Bridleway FP = Footpath M = Meters SP = Signpost LS = Ladder Stile

### Route Description

**Start from the quarry car park on Underbarrow Road (SD490924), about 3km West of Kendal town centre. If full, there is more parking space near the mast, 100m east.**

At car park exit take path on R & cross road **with care**. Through KG & uphill on wide path to escarpment. Follow escarpment edge path for 2.8km. Pass between gorse bushes to reach wall. Do not go through KG, but TR, go through 2nd KG & continue to road. TR & in 50m TL. Pass Helsington Church (Parking available here SD489890) & continue on track. TR through field gate where track bends L (SD489885).

Ahead on wide grassy path through trees & through field gate. In 100m TR at WMs. Ahead down past large boulder, then swing L at next WM. Descend long field for 0.6km, keeping L of trees, to reach gate. TR, cross road & go through KG to track. Before farm leave track half left through gap in wall to road. SO through Levens village. In 800m TR opposite Orchard Cottage. TR 100m after last house to cross Lyth Valley (**beware fast traffic on this quiet lane**).

Eventually, road bends L & in 100m TR over wall stile & TL on embankment (Finger Post). Through several gates (ensure you close them). At road TR to cross pedestrian bridge over River Gilpin. Pass hotel & TR into cycle track, over bridge & onto old road. In 300m TR to Raven's Lodge. **11.2Km (7.0 miles) to here** (Parking option SD461853)

Ignore BW on L. As road turns R after buildings go SO then left uphill. In 400m cross large limestone slab area (**very slippery go slow**). In 600m enter woodland. TR uphill immediately after bench. Through gap in wall then TR to go through gate & continue uphill. In 400m follow track bending L & continue along ridge, passing two large piles of stones, to cross wall stile. Descend briefly then climb to cairn Lords Seat (SD442870).

Continue SO, descending half R to walk alongside crag outcrop then wall. Ignore wall stile and continue SO through trees to cross LS. Continue SO then curve R up to pile of stones. Then keep R and descend towards woods and through field gate. Follow track ahead for 200m and TURN LEFT (where waymark points SO). Continue down through scrub on narrow path, fork L at WM. TL at T junction and SO through field gate. Follow obvious path curving with the wall towards R all way down to gate into 'The Row' hamlet. **18.8Km (11.7 miles) to here.**

Ahead down track to reach road. TL on tarmac road, then immediately R on short track. TL onto second track in 50 metres. Ahead for 400 metres to 'Dale Lea'. TL here then TR at Junction in trees to descend to road. TR, cross road & TL immediately after  
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Lyth Valley hotel onto FP. (Parking available opposite hotel SD453896) Follow green lane over bridge, curve left then uphill to RHS Barn. Follow walled track to field gate, over stream, TL on green lane, continue SO for 200 metres then exit into field. Ahead with wall on L to gate, ahead into green lane. SO through 3 gates, & TR at track then curve L to farm. Go between buildings and continue to tarmac road. TR uphill on road. In 200m TR up green lane to Crosthwaite road.

TR (**with care**) and in 50m TL up lane (SP Sanderson Fold). Follow past white cottages & then take BG into field on RHS 20m before bend. Cross to field gate onto road. TL & follow road curving L uphill. Continue over brow downhill to TR on BW (SP Green Ridge Mill).

Wind L down through farm & out into field. Follow LH field boundary to enter walled lane. Ahead on lane and exit into field & follow RH field boundary through gate. In next field follow the right hand wall boundary until reach a rocky outcrop ridge, where curve left and in 200 metres look out for small stone bridge down on right hand side. Cross stream on the stone bridge then L & curve R to metal KG. Short path leads to road. TR (**with care**) & in 40m TL past Underbarrow Church. **23.4 Km (14.5 miles)**.

In front of Lynwood house TR on BW & follow to exit into field. When LH boundary turns away, go SO to gate. In next field follow curving path up field with pond on left. At top take LH gate onto green lane. Continue round RH bend after cottage & SO at BW junction. After 500m TL at fork in BW & pass farm, to gate & TL on tarmac.

In 50m take FP on R through metal gate. Follow LH boundary curving left till field narrows to a funnel, then follow RH boundary wall as field opens out (ignore any ladder stiles along here). SO & through gate in facing wall. Facing the farm take RH gate & pass between buildings. TL at WM & exit farm at field gate.

SO using track to field gate. Bear R to low WM & head over brow of field, aiming for top LH field corner (aim for Scout Scar Pylon). Bear half L in tiny field & second gate into long field. Go along long field to stone stile in LH hedge (300m). TR over stile & follow RH boundary until path heads up L through woodland (WM in bushes). Take same line till Cunswick Hall is seen. Then veer L to SP & gate onto tarmac.

TL on tarmac & in 20 metres R to follow track up RH boundary & down to edge of woods. TR into woods & ahead, exit by stone stile to R. SO in field to second wood. TR along edge of wood to stile, then take LH path uphill to KG on Cunswick Scar. TL & walk 600m along the scar edge then curve right to Cunswick Scar Cairn. (Views to Lakes, Howgills, Dales, Bowland and today's route.) On bearing 180 degrees towards Scout Scar mast. Path drops then rises beside stone wall & goes through small gate. Continue by wall uphill & TR with wall & SO to woodland & KG near mast. Keep R at main path junctions to the quarry CP where you started. **WELL DONE!**

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