



## LAKELAND LDWA THAT'S LYTH 40<sup>th</sup> Anniversary

### 30TH JANUARY 2022 ROUTE DESCRIPTION

Start: Abbot Hall Social Centre. Map OL7 GR515922

**Abbreviations:- BW Bridleway; FP Footpath; KG Kissing gate; L Left; R Right; SO Straight on; SP Signpost; TL Turn left; TR Turn right; WM Waymark**

1. TR from hall on path by side of Social Centre and continue on R side of park. TL on riverside path. Cross road at zebra crossing, forward up Kent Street and continue into Branthwaite Brow. SO across Main Street into Entry Lane to R of W H Smith. Up steps on L then TR past Wainwright's boot prints and Booths supermarket. Leave car park at exit road and in a few yards TR at bollards. In 50m TL up Fountain Brow. Continue uphill bearing L at junctions to reach road.
2. TR and in a few yards TL up steps to Serpentine Road. TL and immediately R into Queens Road. In 150m TL onto tarmac track (SP Alphabet Sculpture Trail & Helsfell Nab). At sub-station track changes to path and in 400m TL steeply uphill to golf course. Contour across waymarked fairway to path with wall on R, through two gap stiles and descend to gate and footbridge over by-pass (SD499935).
3. Through gate on R and follow path gently uphill to gap stile in wall. L with wall on L to reach gate and continue on right hand path. TR at 4-way SP through gateway into Gamblesmire Lane. Downhill on main track, through gate and continue with wall on R, through 3 more gates (wall on L after 2nd gate) and into a wood. Leave lane through gate, cross tarmac track, ahead to WM and bear left to gate (wet!). Cross 2nd field to KG in far R corner. TR (325°) to electricity pole then L to waymark and continue downhill to leave field by KG. TL along lane then R along road with care. Pass Black Labrador Inn and in 150m TR through gap stile. Cross to gate on R of white cottage (SD465920).
4. Cross road and enter drive to Kirkby House. Follow WMs through farmyard, bear L to track then keep to R of new barn to wall stile. Continue on this line to wall stile in field corner. Cross and go uphill between walls, along ridge, through gate and past the house and down the drive of Middle Blakebank. Go L on lane and after left hand bend TR through gate. Cross field over brow to gate in corner. L along lane to road, TR and follow road with care for 0.6miles/1.0km to **CHECKPOINT 1 at CROSTHWAITE MEMORIAL HALL (SD442914). 6.9miles/11.0km. Opens 8.40am.**
5. From hall cross road and take track opposite. L at road then R onto BW at Esp Ford. At farmhouse ahead through gate past large barn and ahead along track. Through gate to reach road, **L care on this busy, fast road.** Walk on left verge for 150m and cross road with **care at brow**, then go through gate opposite at FP sign into field (**ignore path closure sign out of date**). Through gate in top L corner and join concrete track to farm buildings. Go between buildings and through two gates, turn R then sharp L at WM steeply uphill, up rock step, cross stile and follow path through wood. At WM follow path to R and leave wood at gate near house. R on track and in 50m TL through gate onto FP (SD449895).

6. TR to follow obvious track for 0.75 miles to go through gate (which may be open). Continue to eventually reach ladder stile at R side of wood. Ahead with wall on L initially, to reach Whitbarrow's summit memorial cairn. Continue along the scar, swinging R to follow low limestone cliffs on L. Through gap stile in wall and continue ahead on obvious path, passing 3 piles of stones. Enjoy fine views of the Kent estuary before swinging R with the path to descend into Buckhouse Wood. Go through small gate in wall and follow WMs to L to re-cross wall. Follow path down slope to angled T-junction near seat. TR and follow WMs, descending to TR when reaching a wide track. This becomes a tarmac lane and descends to Mill Side (SD448842).
7. Before phone box turn sharp R. Pass Beck Head House on R, Beck Head Farm on L and where the road changes to a track pass a barn with Hikers Rest on L. Immediately after barn TL on FP. Cross stile and field to wall stile 20m to L of right hand wall. Ahead across next field to cross wall stile then cross 3<sup>rd</sup> field to wall stile in top L corner. TL on road and follow for 0.5miles/0.8km to **CHECKPOINT 2 at WITHERSLACK VILLAGE HALL (SD440837). 14.4miles/23.0km. Opens 9.30 am.**
8. TL out of hall then left at first road junction. At Millside, with mill pond on L, TL on road to Beck Head. Pass phone box and fork R uphill on minor road. Continue on main track below Buckhouse Wood. Keep L at Whitbarrow Lodge entrance and leave wood at Raven's Lodge. Turn R onto road (SD461852).
9. At junction TL, then just before cattle grid L over wooden bridge onto cycle path. Pass Gilpin Bridge Inn and ahead where A5074 turns L to take foot bridge over river. At end of bridge TL through gate and follow raised path by River Gilpin through gates. Go through wall stile by gate on R and TL on road. Follow road across valley to T-junction, cross and climb path half L to road. TL and continue to crossroads and **CHECKPOINT 3 at LEVENS INSTITUTE (SD487862). 18.3miles/29.2km. Opens 10.00am. WALKERS ARRIVING AFTER 3PM MAY BE ASKED TO RETIRE HERE.**
10. TR out of hall and immediately R at crossroads to follow road downhill through village. At right hand bend go through wall stile ahead and uphill on track to road. Cross to gate and immediately TL through gate (signpost Brigsteer). Uphill (10°), through rocky gap in trees and L to gate. Through 2nd gate to lane. TL to pass Helsington Church. At road TR and shortly L through KG (signpost Scout Scar). Follow main path through KG and TR uphill with wall on R. TL on reaching further KG on R to reach escarpment edge path. Follow path for 0.5miles/0.8km to large cairn (SD487907).
11. TR (90°) on clear path through two KGs and cross former racecourse to reach wall stile. TL on road downhill and in 0.7miles/1.1km keep R at small grass triangle and TR into Gillinggate. Cross road into Dowkers Lane to **FINISH at ABBOT HALL SOCIAL CENTRE (SD515922). 23.6miles/37.8km. WELL DONE.**

**EMERGENCY CONTACT NUMBER 07851 - 951070 (Phone if retiring between checkpoints)**

NB Check in from 0700, start 0800. Parking: South Lakeland House Top Level (LA9 4DH) and Kendal Snow Sports Club (LA9 7BY) (Card Payment Only). £1 Sundays. Blackhall Road (LA9 4BT) £1 Sunday arrival by 7am.