



LAKELAND LDWA THAT'S LYTH 42nd Event

28TH JANUARY 2024 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 through arch, then follow path along L side of park, and TL on riverside path. Cross road at zebra crossing, forward up Kent Street and continue into Branthwaite Brow. SO across Main Street into Wainwright's Yard to L of Card Factory. Continue past Wainwright's boot prints and Booths supermarket into car park. 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. SO keeping wall on right 500 metres. Path dips in trees, curves L. and climbs steeply to golf course. When wall ends on right, head half R to cross waymarked fairway to reach path with wall on R. Ahead down fields, through two gap stiles and descend to footbridge over by-pass (SD499935).
3. Through gate on R and follow path uphill to wall stile. L with wall on L to gate. Ahead, staying close to right hand wall. Curve right with wall, TR at 4-way SP through gateway into Gamblesmire Lane. Downhill on main track, through gate and continue with wall on R, through more gates and into trees. Leave lane through gate, cross tarmac track, ahead to WM and bear L to gate (wet!). Cross 2nd field (325 bearing) to KG in low R corner. Head diagonally left down field (280 bearing), find waymark in field centre, and continue down hill to exit field by KG. TL along lane then R along main road **care**. Pass Black Labrador Inn. 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 agricultural buildings to wall stile. Continue on this line to wall stile in field corner. Cross and go uphill between walls, along ridge, through gate and pass the front of 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. TL along lane to road, TR and follow main 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. TL at road then TR onto BW at Aspen. At farmhouse go ahead through yard and along track. Through gate to road. **TL, care on fast road.** Walk on left verge for 150m, cross road at brow, then go through gate at FP sign into field. Through gate in top L corner and join concrete track to farm buildings. Go between buildings under the washing lines, turn TR then sharp L at WM steeply uphill, up rock step, cross wall stile and follow path through wood. At WM follow path to R and leave wood at gate near house. TR on track and in 50m TL through gate onto FP (SD449895).

6. Go Half R to follow track up to go through gateway. Continue approx. 1 mile, eventually curving left to KG at R side of wood. Ahead (wall on L initially), curving steep right to **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. Path dips slightly right, then ahead 500 metres, then swing R with the path to descend into Buckhouse Wood. Through small gate in wall and follow WMs to L through wall gap. Follow path down slope to angled T-junction near seat. TR and follow WMs, descending to TR when reaching a wide track. After 300m TR onto FP to Beck Head. Through wood, then descend over field and between two houses onto tarmac lane beside Yew Tree Cottage.
7. TR 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 up field to wall stile 20m to L of right hand wall. Straight across next field to cross wall stile same direction over 3rd 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 Red Letter 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 and follow raised path by River Gilpin through gates. Go through wall stile by 1st gate on R and TL on road. Follow road across valley (ignore left turn) 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 door and immediately R at crossroads to follow road downhill and all the way through village. At right bend by last house, ahead through wall stile and uphill on field track to road. Cross to gate and **immediately** TL through small gate (signpost Brigsteer). Head uphill (10°) approx. After 400m ignore 1st field gate over to left, just ahead onto rocks & ridge, curve left by shrubs to gate. Through another gate onto lane. TL to pass Helsington Church. At road TR and shortly L (gate SP Scout Scar). Follow main path through another gate and TR sharp uphill with wall on R. TL (level with KG on your R) to reach escarpment edge path. Follow path for 0.5miles/0.8km to large cairn (SD487907).
11. TR (90°) on clear path over brow then downhill for 0.75miles/1.2km then through two KGs and cross former racecourse to 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 07796 - 696188 (Phone if retiring between checkpoints)

NB Check in from 0700, start 0800. Parking: South Lakeland House Top Level (LA9 4DH) £1.10 Sundays. Blackhall Road (LA9 4BT) £1 Sunday arrival by 7am. Kendal College (LA9 5AY) £2 Sundays, takes cash.