**THE HANGOVER HIKE REV DEC 2023**

**EMERGENCY CONTACT NUMBER – GIVEN AT REGISTRATION.**

MEDIUM ROUTE 17 MILES (1700ft ascent) ascent)

Please take care when crossing and walking on roads. Use pavements wherever possible. Some of the pathways are slippery and uneven. A torch may come in useful if it gets dark.

1. Leave marina as indicated and turn left on towpath with canal on your right

2. At the road bear right and in approx 35yds bear right back onto the canal towpath to go under Bridge 9 (Bretton)

3. Go under Bridge 36 (Railway) to ascend ramp. Turn right across the bridge and bear left to continue on the canal towpath, with the canal now on your left in the direction of Sowerby Bridge.

4) Turn right off the toll path at bridge No 8 Forge Bridge up 2 steps on a narrow footpath parallel to the canal up to the road

5) Turn left at the road over Canal and the Rail bridge to the T junction

6) Turn right at the T junction taking care and using the safety Island

7) Keep left on the Main Road for about 200 Yds (150 meters)

8) Turn left at a sign for Ravenstall school

9) Keeping the school on your right the road become a Bridle Path

10. Continue to junction of tracks where **Checkpoint/Bucket drop on map (2½ MILES GR SE 233194)**

11. Continue, passing Crow Royd (farm) to go round metal gate and ahead on track.

12. At junction of paths bear right in the direction of the green/yellow way marker.

13. Follow track/path, (ignoring path off to right) as it gradually swings left to reach a gap at a junction of paths.

14. Continue to right on enclosed path with trees/woodland to left and field (later farm track) to right.

15. After merging with farm track the path becomes a tarmac lane (keep ahead).

16. At junction in front of house bear left to stile at side of gate

17. Over stile and continue with houses/fence on your right to go through gap in crossing fence to reach stile in corner. BEWARE ELECTRIFIED FENCE.

18. Over stile into enclosed walled path at end of which continue across golf course in same direction

19. At far side enter wood and immediately turn right down track. **(3½ MILES GR SE 217190)**

20. At stone wall ahead DO NOT go through gateway but bear left between stone gate posts

21. Keep on this path through wood leaving through two more gate posts into enclosed path

22. On reaching tarmac lane immediately turn left at Wheatley Park sign.

23. Continue through industrial/mill complex and past cricket ground on your right.

24. At junction bear right (No through road farm traffic only) and continue over cattle grid.

25. Where lane turns left up to farm continue on footpath ahead into wood with wall on right. IGNORE STILE ON RIGHT.

26. Through gate now with wall on left at junction up to further gate.

27. Through gap to left of gate and follow enclosed path for almost 1100yds to go through farmyard to road.

8. Cross road onto signed farm track and **REFRESHMENTS (5½ MILES GR SE 205173)**

29. Leave refreshment stop proceeding south down farm track.

30. Cross stile in wall to left of cattle grid into field

31. Ahead across field towards, but not as far as, wind turbine.

32. Turn right at post at corner of fence/hedge, keeping fence/hedge on right.

33. Turn right at hedge corner going downhill with fence on right towards buildings.

34. In corner go through rust coloured kissing gate and turn left on enclosed path.

35. At end go over stile to continue ahead on track.

36. At junction of tracks (15yds before 'Private' metal gate) turn right downhill on grass path passing old railway wagon over to your left and fence on your right.

37. Follow this path for about 650yds to bear left on track when faced by house ahead.

38. Continue up this gravel track to go through a kissing gate to left of gate.

39. Continue ahead on track/lane for about 300yds, ignoring path on right, and pass through another stiled gateway to reach a waymarked lane junction.

40. Here turn left downhill towards Whitley Royd Farm and on reaching cream painted house with white UPVC door, go to the right of it to locate & go over stile onto path.

41. Follow this path with fence then wall on the left to corner by wooden pole.

42. Go through gap.

43. Ahead on drive/lane with cream painted house on your left and garage on right soon turning right uphill.

44. Continue uphill on track to road (A642) (**7 MILES GR SE 207152**)

45. Turn right towards Lepton. After passing 315 Bar Restaurant cross road with care on brow of hill into car park of Lepton Highlanders S and SC..

46. Cross car park to left of building head for left corner of football pitch.

47. Head for kissing gate in corner of field next to power pole.

48. Go through kissing gate into another field.

49. Straight on (130°) following footpath (may not be obvious in the mud), initially aiming for solitary tree on the far skyline, passing just to right of wind turbine, to reach another kissing gate in fence ahead.

50. Go through kissing gate then down steps. At far side pass over stile and follow more prominent path bearing right upward towards house.

51. Just before house go over brocken stile turn left through brocken wall to reach road. TAKE CARE.

52. Turn right then, crossing with care, turn left into Cockermouth Lane.

53. Follow lane passing houses and Near Cockermouth Farm – both on your left. (Ignore a footpath on right).

54. At stone sign for Near Cockermouth Farm (behind driveway barrier), take footpath on left over stile into field.

55. Footpath goes diagonally right (50°) across field to gate opposite.

56. Through gate into another field, continue close to electric fence on right.

57. Cross temporary stile then stile in corner to go along enclosed path to emerge onto farm track.

58. Cross straight over track to go through gate opposite into field.

59. Follow field path with stone wall then hedge on left to enter an enclosed track and continue towards farmhouse.

60. Immediately before house turn right down enclosed footpath with gable end of house on your left.

61. The path becomes a track as you proceed and is followed up to a road.

62. Cross with care into Crawshaw Lane opposite. **(9 MILES GR SE 230 144)**

63. Follow lane as it climbs upward and then levels out. Keep on track ignoring driveway on left.

64. Then at houses where track splits into three take the left hand one (50°)

65. Keep following track, eventually past house on left with red garage doors.

66. When track splits take left-hand track DO NOT ENTER FARM.

67. Carry on down track then about 10yds after sharp left bend turn right over stile by gate into field. Once in the field you have a large stack of hay bales over the wall to your right.

68. Follow footpath along right-hand side of field turning right with boundary wall into corner.

69. Cross stile in corner and immediately turn left

70. Follow field boundary as it turns right and when hedge on left ends continue ahead across open stretch of field to reach hedge corner and way marker post.

71. Turn left across centre of field aiming for church on the horizon.

72. Path then joins a hedge and in corner go through gap with way marker.

73. Follow path down to stile and cross footbridge over small stream.

74. DO NOT TAKE THE RIGHT FORK BUT GO FORWARD on path to enter churchyard.

75. Continue for 20yds to turn right on track to gap in wall. Turn left along walled track to road and war memorial

76. Turn left down road crossing when safe to do so.

77. Turn right into Thorncliffe Lane, which you follow for 1500yds. Along the way it becomes concreted as you pass through an area of buildings/farm/houses and later becoming a combination of mud and grass.

78. At end of track, you meet a crossing path (Kirklees Way) **(11 MILES GR SE 260140)**

79. Turn left over the stile (which is about 10yds before the gate). Follow path along field edge with hedge on right.

80. At the end of the field, go over stile into another field. Carry on downhill to cross stile on the right just before the corner.

81. Cross stone slab footbridge over small stream (still Kirklees Way).

82. Follow footpath heading north across field (basically cutting field corner) to join a hedge at a stile/gap in it and way marker post.

83. Through gap/stile in hedge (leaving Kirklees Way) into another field and carry straight on (60°) descending to reach a stream.

84. Turn sharp right with stream on your left and follow meandering path beside it to reach and cross wooden bridge over the stream.

85. Continue on footpath through a bit of woodland to enter a field.

86. Initially keep hedge on left and when trees/hedge turn left go diagonally right across field aiming for left hand edge of trees on horizon.

87. Go left ,left most tree same direction to reach post with direction arrows, where turn left and follow path alongside hedge/trees to road (A637).

88. Cross with care and cross stile slightly left opposite – Wakefield Way (Water Tower on left).

89. Cross field aiming to reach bottom left hand corner of field. Here you pass through gate to join access road to New Hall Prison.

90. Turn right downhill and when road splits, go straight on, level with car park.

91. Passing houses on right, then on left and then a telephone box on right. At junction take the lane/track opposite.

92. This lane/track climbs and then descends before levelling out through farm buildings.

93. Continue on track in the general direction of the radio mast ahead until you reach a junction of tracks.

94. Here turn left (310°) passing radio mast on your right. On reaching trig point bear right into football field and go ahead to football stand and **REFRESHMENT (13½ MILES GR SE 259165)**

95. Retrace your steps to return to brick building and playing fields entrance

96. Ahead on lane to main road. Turn right down road for approx 400yds to Black Swan

97. Turn left down road to junction with New Road

98. Cross to Wood Lane (Right of Garden Centre) and follow for 800yds to small stable & Bridleway (Briggs Lane) sign on right.

99. Follow bridleway downhill, across bridge and up tarmacked lane to road junction (Edge Lane).

100. Turn right and in approx. 50yds, take footpath on left uphill through trees.

101. At top of hill, meet footpath coming in from left (Kirklees Way). Turn right on KW. Do not take concrete footpath up hill.

102. Continue on KW, contouring around hill side, eventually dropping down to meet second prominent footpath coming in from right.

103. Turn left, still on KW footpath to emerge into housing estate.

104. Continue on road for approx 800yds, ignoring left or right turns, to reach junction with major road.

105. Down steps on right to cross road into Park car park **(15 MILES GR SE 256186)**

106. Turn left and walk through car park to Rotary Park notice board.

107. Follow obvious path to end of short wooden section.

108. At bench on left, leave path and continue half right, heading for prominent solitary tree, pass to left of tree to reach tarmacked foot path

108. Turn left on path and continue to gap in wall.

109. Go through gap to join lane and turn right.

110. Continue down lane to go through gateposts onto track, Bear left with track.

111. Through gateway and in approx 150yds turn left at track junction (Kirklees Way goes right here)

112. In approx 170yds turn right, back on yourself, down a pathway. ***(This is just as the track starts to descend – if you reach power pole W505/31 you have gone too far)***

113. Follow enclosed path for approx 350yds to cross bridge over canal **(16 MILES GR SE 259 194)**

114. Turn left on towpath with canal on your left

115. Follow towpath for approx 1100yds to canal junction, to re-join your outward route

116. Go over the track to continue ahead going down the ramp under the low railway bridge.

117. On reaching the road turn left and in approx 35yds bear left onto footpath which takes you back onto canal towpath.

118. On reaching the Marina, check into the “LEGGERS INN”

**WELL DONE YOU HAVE COMPLETED THE HANGOVER HIKE**