

Abbreviations: **L** = Left, **R** = Right, **TL** = Turn Left, **TR** = Turn Right, **BL** = Bear Left, **BR** = Bear Right, **AH** = Ahead, **X** = Cross, thru = through, immed = immediately, cont = continue, FP = footpath, BW = bridleway, KG = kissing gate, WM = waymark post, FB = footbridge, RD = road, jct = junction, trk = track, enc = enclosed, CP = checkpoint, m = metres, KM = kilometres, CB:320 = compass bearing 320  
MVT = Meanwood Valley Trail

## Loop 1

1.1 Leave Church grounds **TL** on North Park Grove. **X** crossroads (North Park Avenue). **X** crossroads (The Avenue). At T jct, at end of RD, **X** RD to tennis courts & **TL**. In 50m, **TR** down ginnel. At end of ginnel, **X** RD using pelican crossing & **TL** on RD. In 100m, **TR** thru gates into Roundhay Park (SE327 382).

1.2 Follow path. In 150m, at band stands, **BR**. **AH** on path. At path jct, **AH** to R of steps on grass in front of Mansion House. Follow small fence. **X** RD. **AH** down grassy bank to small lake. **TL** on path and follow path round lake. At bridge, **BR** and cont round lake. At end of lake by railings, **AH** (CB:90) on path thru woods. **AH** past castle. At path jct, **TR** on path. **X** Bridge and **TR** on path. At T jct by railings and lake, **TL**. Follow path round lake. At end of dam, **AH** (to R of large tree) & head downhill on rough path thru trees. At end of path, **TL** to small car park & head to main RD. (SE 336 371)

1.3 At main RD, **TL** [following cycleway to TN – Temple Newsam]. **X** RD at pelican crossing, **TR** & **TL** thru metal squeeze barrier onto tarmac path across field. At end of field, **BR** over green metal bridge & follow path round to L. At end of path, go thru metal squeeze barrier & **TL** to crossing. **X** RD. (SE 340 366)

1.4 **TR** & go thru black barriers on L to path (Arthur's Rein) – beck on the R. At path fork, **BR**. Path turns into a RD. Go past the back of houses on L & a row of garages on the R. At Parkway Towers & green fence, **BR**. Go over small metal bridge & **TL**. Follow path round edge of playing fields – beck now on L. Go thru squeeze stile & **X** RD. (SE 342 353)

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1.5 **TR** on path by side of RD. **X** RD at zebra crossing & **AH** on cycle path. **X** bridge into Killing Beck Fields. Thru black barriers. Pass path on your R. At grass triangle, **BR**. At fork in paths, **BR**. At cream bollards, **TL** thru black barriers along path (small pond on R). At RD **TR** & follow pavement to crossing. **TL** & **X** RD over 2 sections of RD. **TR** & **X** dual carriageway. Go slightly **R** & **TL** up RD (Sutton Approach). **BR** with RD to end. (SE 345 341)

1.6 Thru metal barriers & squeeze stile & **X** railway bridge. Go thru barrier into "Primrose Valley". Follow cycleway to L & then R. At Y jct & fingerpost, **FL** (Primrose Lane), slightly uphill. In 150m, at board & finger post, **BR** along cycleway. Past old tennis courts, thru black metal barrier to RD. **TL** on RD. At end go thru green squeeze stile, **X** RD & cont on path between houses (wooden fence on R). Head for shops at end ("Cream"). (SE 351 335)

1.7 At T jct, **TR** into Chapel Street. Outside Halton Library on R, **X** RD at crossing & **TR**. **X** side RD (Grove Road), **BL** at blue barriers past parade of shops. At playing fields, cut across field (CB:170). Go over 2 minor RDs & cont on grass (CB:136) with hedge/houses on L heading for grey metal squeeze stile in corner. (SE 351 327)

1.8 Go thru metal squeeze stile next to wooden gate & **TL** on path thru woods. In 20m, at wooden post, **BL**. Cont on path thru woods for 800m. The path bends to R & goes past a little flower garden. At path T jct, with broken fingerpost, **TR** along path to field. At field, **TL** to go round edge of field & small car park [**DRINK STOP** Open 08:30 Close 10:00]. **X** RD thru park, past 2 silver metal gates, & go across grass (CB:100). **X** RD & **TR**. [Temple Newsam House across field on R]. (SE 360 327)

1.9 In 150m, **TL** on RD (signposted Lakes Car Park Walled Garden). As RD bends L, **AH** thru wooden bollards on path towards lake. At lake **TR**. **AH** past 1<sup>st</sup> wooden bridge on L. At 2<sup>nd</sup> wooden bridge, **TL** between ponds. **TR** along path. Ignore path on L. Follow path round to the left thru bushes and up brick steps. After 4 steps, **TR** on small path. At path jct, **TL** [GR SE 363 322]. Follow path up thru trees, **L** then **R**. Go over stile next to horse gate. Past "The Little Temple". Go thru KG. Go downhill with fence on R. At bottom, go thru KG, thru gateway & cont up trk (CB:140). Cont up hill, bearing to

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L. This is the main Temple Newsam House drive. [At the fingerposts by the benches, look back at the House]. In 700m, 50m before barriers at RD, **BL**. Thru metal squeeze stile & then **TL** onto path parallel to RD. In 100m, at tree in middle of path, **TR** thru metal squeeze stile & **X** RD. (SE 374 317)

1.10 **AH** on BW, **BL**, then **BR** & go over motorway bridge. Cont on BW (**BL** then **BR**) to enc path. Cont on minor RD to T jct. **X** RD & **AH** onto trk. When trk goes to the R (fancy gates), **AH** on trk, then **BL** on enc path. In 100m, at waymark sign & wooden fence, **TR** thru gate. Cont with hedge on L. At ditch, **X** bridge & **TL**. Follow the path (which bends **R** then **L**, - ignore the steps). In 300m, at corner of field, **TL** to **X** bridge & up the steps. **X** the grass & RD & go thru small gate in gap in hedge. **TR** along enc path to end (Perimeter Path sign). **TR** up steps & **TL** to main RD. (SE 388 310)

1.11 **X** [with care] to pavement on other side & **TL** along pavement. In 50m, at de restriction sign, **BR** on new path. Cont (CB:50) on small path across grass to go under barrier to RD. **X** RD & **TR** on verge. In 50m, at fingerpost, **TL** [Leeds Country Way sign] over bridge. (SE391 312)

1.12 **AH** on trk, which bends **R** & **L**, to large metal gate. Over stile on L. **TR** on minor RD. Past farm buildings on your R & **AH** on trk. After 400m at trk jct, **BL**. Go downhill on trk, which bears **R** & **L**, & go over small bridge. Follow trk round to **R** & **L**, uphill to X trks with green barriers. **TL** along disused railway. In 800m, go under bridge & in 200m, go under RD bridge. **BL** over tarmac path, thru gap in hedge on tarmac path, across a small grassy area. Bend to **L**. Cont on enc path. After 800m, **BR** in ginnel. At barriers, **TL** on RD. In 10m, **TR** along ginnel. At end of ginnel, **TR on minor RD. X RD to opposite pavement. In 200 m reach:**

**CP 1 GARFORTH METHODIST CHURCH (SE 407331) Open: 10:30 Close: 13:00**

1.12 Leave CP & **TL**, slightly uphill for 200m. **TL** into Station Fields. **AH**, past white barrier and primary school on L. At end as RD bends L, **BL** (Garforth rail station on R). **AH** onto main RD. **AH** past Lord Gascoigne pub. **TR** to **X** RD at lights. **TL** on pavement & **X** RD at lights. **TR** along RD [which bends to

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L]. As the RD bends to R, **AH** on Barrowby Lane. At the end of RD, **AH**. At top of lane, **BL** past large stones onto gravel path. Cont on path thru trees for 1KM. (SE 387 338)

1.13 At large tree stump, **BR** with path, uphill & over motorway bridge. **BR** & in 50m, follow path to L. Thru KG. Go over railway bridge, thru 2 gates towards farm. At the farm, **TL** & in 100m **TR** past barrier. At the top of the hill, **BR**. Keep on the main trk. Cont past metal barrier, over X trk. At fingerpost, **TR**. At the end of trk, **X RD**, **TR** & follow pavement round to L. **X RD** and **TL**. **AH** on Main Street (SE 384 364).

1.14 In 100m, just before the bus stop, **TR** back on yourself onto trk. (keep to L of #24). Follow trk round, with hedge on L. Go thru gap in hedge, & cont with hedge on R. **TR** thru gap in fence. After 20m, **TL** thru gate. Go thru gap in hedge & between 2 boulders. Go along path with hedge on R, then enc, to RD. Cont on RD. At **X RDs**, **TL**. Follow the RD round to R & **TL** onto The Boyle (Methodist Church is on your L). (SE 399 374)

1.15 When RD turns L (Rakehill Road), cont on trk. **BR** at bottom & go over footbridge. **AH** uphill. In 80m at log, **TR** thru gap in hedge. **TL** & cont uphill with hedge on L. In 650m at hedge end, **AH** aiming for bridge across beck, to L of "Private Land" sign. Go over bridge & stile into a field. Cont with beck on L. Go over several stiles. At the end of the fields, go over stile & **TL** on narrow path thru wood. Go over a small bridge & up wooden steps [Care metal spikes] to reach main RD. **TL** on grass verge for 10m. **X RD**. (SE 390 392)

1.16 Go thru wooden gate to path. Cont on path thru woods. At end of woods, at wooden fence, **TR**. At end of fence, **BR** & cont on trk along edge of field. In 700m at trk jct, **TL** past a gate & onto RD. Cont on RD. At T jct in RD, **AH**. In 50m, when RD bends to R, cont on small path. At end of path, **X RD** & cont on Stead Lane. **X Cul-de-Sac** (Moat End) & follow RD round to R. At end of RD, **X Rd**. (SE 378 404)

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1.17 Cont on Carr Lane. As RD bends to L, **X** Station Lane, then just before village hall, **TR** on trk. Trk becomes FP. At 2 sets of double metal gates, thru KG on R. Go along enc path. Go over stile. **AH** with hedge on R to **X** stile to enc path. Thru a KG & uphill on grassy path (CB:360). At the top of the field, **BL** & **X** stile. Go along enc path. At the end, thru gate & **TL**. After 100m **TR** thru small wooden gate on FP. After 2<sup>nd</sup> (stiff) gate, go downhill (CB:344 initially), then **BR** past large tree to go over stile. **TL** onto RD. (SE 372 414)

1.18 At cream house on corner, **TR** on trk. In 125m, at fingerpost, **TL** around wall onto FP along edge of field. **BR** thru trees over a small wooden bridge & cont on path. At field edge, **TL** on wooded path. At end of woods, **TR** on path & head slightly uphill along edge of field (hedge on R). Go up the hill & down again. At trk jct, **TL** on path (ignore trk bending to R). At RD, **TL**. In 5m, just before the bus stop, **X** RD & take trk opposite (Wayside Mount). RH of 2 trks. (SE 366 422)

1.19 Trk turns into a path. At a hedge, where the path goes to L, **TR** thru gap in hedge then **TL** down edge of field. Near bottom of field, **BR** to go across the field. Down an enc path. Over a small bridge. Up to Church. Thru a small wooden gate & **AH** to path & **TR** round the Church. Thru small wooden gate & **X** RD & go **AH** into Woodacre Lane. After 150m on L, arrive at:-

**CP 2 – BARDSEY VILLAGE HALL.** (SE 365 432) Open 13:00 Close 17:00

1.20 Leave village hall & **TL** on pavement. Cont past school to T jct, **TL**. Join grassy bank on L & **TL** on RD. In 20m, **X** RD & go thru L of 2 metal gates on to trk. Pass trk on your R, pass grassy path on your L. Go past Gatfon House Farm on your R. (SE 350 435)

1.21 After 100m, **BL** with path uphill. Follow path as it goes round to R, ignore 2 farm gates & **BL** onto path which narrows with hedges on both sides. As path starts to descend, at fingerpost **TR** thru 2<sup>nd</sup> metal gate & cont across field with hedge on R. Thru metal gate, into 2<sup>nd</sup> field & **AH**. At end of field, go thru small wooden gate into enc path. Path becomes trk. After new barn, at fingerpost (WIKE) **TL** to follow grassy path with fence on R. Go over stile on R. **TL**, then (hedge on L, hay bales

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on R) over stile, thru small wooden gate (tied on with string) and over stile to reach trk. **TR** onto grassy path with electric fence on L and wire fence on R. **TL** over stile. (SE 342 426)

1.22 **AH** on grassy path, following line of telegraph poles. At end of path, **TL** down small incline. **TR** over stile. **TR** up slight hill on enc path & follow round to the L. At end of path, **TL** downhill. **X** wooden FB. **TR** and follow FP around pond. After short uphill section, emerge onto golf course. **TR** with hedge on R & follow edge of golf course (keep L at #7 Tee). **X** stile next to metal gate to emerge onto house drive. Cont on gravel drive to RD. **X** RD & **TL** onto pavement. (SE 335 424)

*From here to end of loop 1 is same as finish on loop 2*

1.23 At end of RD, at T jct, **TR**, **X** RD & almost immed **TL** onto enc path. At end of path, **X** RD, go slightly **L** into Brandon Crescent. At T jct, **TR** down trk. In 100m, **TL** past bollard onto BW. In 100m, at barn, **BL** down path. Keep hut on your R. In 800m, at end of path, **TR**, between house & white shed along a minor RD. Follow the RD as it bends to L. At T jct, **TL** with a children's playground on your L. At end of RD, at T jct, **TR**. (SE 339 399)

1.24 In 100m, just after the bus stop, **X** RD & **TL** to go thru a wooden gate onto a path. At end of path, at the Ring RD, **BL** & **X** RD, then down path on other side. In 80m, at T jct, **TL** and follow path down gorge. In the first half of the gorge there are a lot of small bridges (12). After 700m, **TR** over bridge. **AH** on path, slightly uphill & bends to R. After 200m as main path joins from R, **AH**, past castle on L. After 200m at wide junction, **BL**. **AH** (to L of large tree) towards the railings. **TL** on path around small lake (on R). **AH** over wooden bridge [care! – no railings on lakeside]. At end of lake follow path round to R. After 5m, **BL** up past bandstand (on L). After 100m at end of path, **AH** on staggered **X** RD (Mansion House on R). Ignore all paths. At end of drive, thru main gates, and **TR**. **X** over RD on pelican crossing. **AH** on ginnel. At end, **X** RD & **TL**. In 60m **TR** up North Park Avenue. **X** crossroads (The Avenue). At next crossroads (North Park Grove), **X** RD & **TL**. In 50m, **TR** thru small wooden gates into St Edmund's Church grounds. The hall is on the L.

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**CP3 ST EDMUND'S CHURCH HALL Open 13:30 Close 20:00**

END OF LOOP 1! Have some refreshments & get ready for the second loop.