

ASCEND EVENTS – SILVERDALE CIRCUIT

START; Milnthorpe Cricket Pavilion; GR 496814 MAP OL7; Sat Nav LA7 7AD

DISTANCE TO CP 1 10.9MILES - DISTANCE CP 1 TO FINISH 10.7 MILES - TOTAL DISTANCE 21.6 MILES

Walk across sports field (bearing 275) to pass concrete parking area. Through barrier onto track and right to main road. Turn left and immediately left again crossing bridge into Dallam Park, then ahead uphill following WayMarker Posts. At small cairn bear slightly left (signed Beetham on cairn) around side of hill then still following WM's to top of next hill. Ahead through kissing gate and downhill to gate continuing in same direction on lane. Turn right on road (GR497796) into Beetham to pass war memorial on left and church on right.

After Wheatsheaf Inn turn left into lane and at fingerpost (on right just before row of houses) go right into field and on bearing 160 (ignore WM) cross middle of field to the far corner. Through slip stile (GR 498789) and ahead, wall on left to slip stile and head over next field. At next wall do not cross stile but turn right into woodland (SP Slack Head via Marble Quarries). Ignore paths to left and right follow rising path and WM's to go through wall gap and shortly at track junction turn left going downhill still with WM's. Eventually at WM pointing left, go left and in couple hundred yards into caravan site. Go left of toilet block, pass Elson block on right then go right on nature walk. Continue on this walk behind caravans and out onto a gravel road which passes an open area on left then onto tarmac road (GR503778).

Turn right and continue ahead for app 1/2 mile. As road starts to rise look for track on left (GR498771) with map showing permissive routes on post. Go through gate and then 2 further gates on wide track. In 200yds when track splits fork right for 100yds then left, following wire deer fence on left. When track splits continue ahead through kissing gate then continue with wire fence on left over fields to road. (GR 498762) Turn right and almost immediately left at WM. Follow obvious path then onto track, continue uphill through gate and on to reach further gate/stile. DO NOT CROSS but turn right and follow fence as it goes into wood and turns left then stay on track as it goes uphill to join cross track. Turn left and continue on larger path which eventually narrows (ignore track on right). Eventually join track coming in from left. Go right with wall on left through 3 metal gates and ignoring gate and path downhill continue ahead to Fingerpost near road (GR502744). Turn right signed Leighton Hall, and uphill on faint track. Go past pole and cross field at top to small wooded area and stile. Downhill in same direction to Leighton Hall. At road go right over cattle grid and onto lane (tennis court on right) and continue to Grisedale Farm on right. In 100yds pass barn on left and take right fork on track to continue through Leighton Moss Nature Reserve to road.

Turn right and in 100yds cross road to fingerpost on left and follow permissive path (SP Trowbridge). Go straight ahead at 4 way fingerpost and through large silver gate in shape of a carabiner. Continue up path to pass interpretation board and out to open quarry, go ahead for approx. 30yards then bear left to large boulder with white top edge. Turn left IN FRONT of the boulder to 2nd interpretation board and metal barrier. Pass these and follow good track down passing through metal gate & wooden gate and on to road.

Turn right, pass old quarry houses and continue to barrier and ahead on track. At wooden gate go right over board-walk, through another gate and turn left. Continue on at junction following bridleway to left. A wall comes in from left and 50yds later go through slip stile on left (GR476767). Cross open field following WM's on permissive path to reach 3way Fingerpost. Follow directions to Red Bridge Road and at kissing gate go through and cross railway line (Take Care). Over next field to road and go right, left at junction and left again (Signed The Row).

Continue along here to Number 51 and just after this go through stile on right at WayMarker. Pass through 2 fields, through slip stile and turn left, with wall on left to reach lane. Turn right on the lane and left through kissing gate following path towards church. Ahead at junction keeping Church on right and follow track to houses ahead, on to road, turn right at junction then left at next junction and continue to Silverdale Village Hall.

CP 1- HOT/COLD DRINKS AND FOOD; PUBLIC TOILETS AVAILABLE AT FAR END OF HALL

Leave hall and turn right to continue along road as previously. At junction turn right (The Shore) to reach steps and gate, on right, (SP Cove and Arnside). Pass through 2 fields to reach right hand corner of 2nd and drop down to cove (GR 457755). Go right up lane to road and turn left. Road turns sharp left, continue ahead on footpath (SP Silverdale Road and Far Arnside), through metal gate to caravan site. Over crossing and ahead parallel to road on left to reach another road (buildings on left), turn left on this road and almost immediately right down a 3rd road. Pass fingerpost (Far Arnside) and in 25yds veer left on gravel track through hedgerow and follow well define path through 4 gates to road (GR 527764)

Cross road and continue ahead to main drive through another caravan site. At 1st junction go right passing danger sign and Fingerpost (SP Arnside). Continue on to reach 'No Entry' signs, bear left and continue to reach woodland. Ahead to reach wall and drop down to coastal path, follow this for approx. 1 mile (Take Care: very slippery and narrow with drop on left). Eventually pass behind 2 benches into woods and drop down to left through trees, then ½ right up track and yet another caravan site. Follow main track (Signed Arnside) through site to reach barrier at exit. Turn right on concrete road and follow it as it turns right, now tarmac then left to WM (SP Arnside Knott) on right (GR 445777). Through kissing gate, along enclosed track to gate then uphill to gate in wall. Keep ahead until you reach wall facing you, turn left along wall and then right through gate and follow wide track until you pass a bench on left. Immediately turn left uphill on good track, fork left to pass benches and ahead to small wooden gate in wall. Go through and follow path to right as it zig-zags uphill to viewing point.

Pass to rear of viewing point then turn right to gate, go through and follow main path to eventually pass a small wood and stone bench. Bear left and drop down to go through small gate in wall on left. Now bear right along edge of trees to follow path down to right corner of field. Through gate and ahead (Arnside Tower). In 20yds ahead (SP Silverdale Road) and continue until you reach wicker gate, go through, turn right and out on to road. Turn left on road and continue to houses, turn down Spinney Lane, 1st lane on right with WM on opposite side of road. At end of road follow WM's downhill passing behind house on slippery path. At bottom turn right (SP Waterslack) to pass farm buildings and follow railway on left.

Through gate and along enclosed track through further gate and to M/Post. Turn left through tunnel under railway and continue ahead on concrete road. At end of concrete continue 165yds to low WM on right. Turn ½ right and cross gap/depression in ground and then veer left following WayMarkers (usually on ground) to top of field and wooden gate opposite house (GR 472783). Through gate on to road and turn right for 20yds, at junction go over stile on left (SP Hazelslack) and continue ahead to finally reach wall slip stile by gate. Ahead on path then right on track to road, turn right and go past farm. Go over crossroad and ahead on path to Fairy Steps. Keep going uphill to reach 1st set of steps where path goes left, right then left again before continuing to 2nd set of steps.

BREATH IN & CLIMB UP NARROW GROOVE - DO IT WITHOUT TOUCHING SIDES AND FAIRIES WILL GRANT YOU WISH!

At top, turn right and follow WM's to bring you back to bottom of the Fairy Steps, retrace path back to fingerpost (Cockshot Lane). Turn right and follow path to eventually join wide track, turn left past small cairn and fork right down to road (GR 483799).

Turn right on road and in 100yds go left at gap (SP Sandside and Milnthorpe) into woodland and follow WM's to Fingerpost (Hollins Well). Turn left on obvious rising path, at top go through gate and then ahead downhill keeping stone wall on your right (DO NOT GO THROUGH OBVIOUS GATEWAY), to kissing gate, over lane to stile and ahead following enclosed path downhill.

At bottom go over stile and ahead over 2 stiles to reach road at business park (GR 483 811). Turn right to main road and cross with care to WM and danger sign, follow path ahead to reach stile. Over and continue on path until last concrete post on left, then turn left and drop down to sands.

Follow fence on right and then river on left to reach Milnthorpe Bridge, cross busy road with care and ahead on drive. After approx. 300yds turn left, through metal kissing gate to follow WM's with river on left. Go left over bridge, then immediately right and down lane before turning left again at barrier to cross field to Cricket Pavilion

COME IN GET YOUR MEDAL AND ENJOY A HOT MEAL AND DRINK