

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, past barrier onto track and right to reach 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, then downhill to gate continuing in same direction on lane

Turn right on road (GR497796) into Beetham passing 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 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 up ramp into woodland (SP Slack Head via Marble Quarries)
Ignore paths to left and right follow rising path and WM's as it curves to the left
Go through wall gap and shortly at track junction turn left on clear trail with WM's going downhill
Eventually follow low WM pointing left and in couple hundred yards enter caravan site
Follow road to the left then right and turn left to join nature walk, go right and stay on walk behind caravans
Out onto a gravel road, passing an open area on left then onto tarmac road (GR503778) (CAUTION)
Turn right and continue ahead on road for approx 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 off to left follow path straight ahead through kissing gate then straight on with wire fence on left

Cross 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 - turn right and follow fence as it goes into wood and turns left
Stay on track as it goes uphill to join cross track and turn left
Continue on larger path which eventually narrows (ignore track on right) then eventually join track coming in from left
Go right with wall on left through 3 gates and ignoring gate and path downhill continue ahead to Fingerpost near road (GR502744)
Turn right signed Leighton Hall, and uphill on faint track to pass pole and cross field at top to small, wooded area and stile
Downhill in same direction towards small white gate and Leighton Hall
At road go right over cattle grid and onto lane (tennis court on right) and continue to pass 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 on road, in 100yds cross road to fingerpost on left then follow permissive path (SP Trowbarrow)
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 hill to pass through metal gate & wooden gate and on to road

Turn LEFT and follow road as it crosses the railway. At the end of the road turn right (CAUTION)

Go 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, keeping wall on left to reach lane
Turn right on the lane, then left through kissing gate to follow 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 (CAUTION) and turn left
Road turns sharp left, continue ahead on footpath (SP Silverdale Road and Far Arnside), and 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
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, through gate and drop down to coastal path

Continue along this single track 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 into 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

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 and turn right to gate, go through and follow main path to pass a small wood and stone bench

Bear left and drop down to go reach small gate in wall – **DO NOT GO THROUGH**

Turn right to follow track downhill through woods to reach wall near road

Go through small kissing gate on left then **AHEAD** through slip stile (**NOT ON TO ROAD**) staying in woods

Follow path keeping wall to right to reach main track then turn right, cross road (**CAUTION**) and go left

Continue to houses, turn down Spinney Lane then take 1 st 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 go through metal gate in wire fence on right.

Turn ½ right and follow winding path 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)

Continuing ahead on muddy path 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 towards Fairy Steps and enter woods

Follow WM's 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) and turn right

Follow path to eventually join wide track, turn left at small cairn taking right fork down to road (GR 483799).

Turn right on road, in 100yds go left at gap (SP Sandside & Milnthorpe) into woodland following WM's to Fingerpost (Hollins Well)

Turn left on obvious rising path, go through gate at top

Ahead downhill keeping stone wall on your right (**DO NOT GO THROUGH OBVIOUS GATEWAY**), to kissing gate in bottom corner

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 (**EXTREME CARE**) to WM and danger sign then 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 (**EXTREME 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