

## Ascend Events – Milnthorpe Meander

### Start: Milnthorpe Cricket Pavilion (GR 496814/Postcode LA7 7AD)

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.  
Through kissing gate, then go right with river on right and keep ahead to go through metal kissing gate.  
Turn right on road, then cross main road with care to go through kissing gate continuing ahead river still on right.  
At 2<sup>nd</sup> stile go left, follow metal fence on left and continue as it swings left  
Pass life belt and ahead 50yds to concrete ramp going up under trees to disused railway embankment.  
Continue ahead over stile, up steps to main road and cross main road again with care.

Ahead on minor road to industrial estate, after 40yds take gap in hedge and hidden footpath sign (Haverbrack Lane).  
In 20yds over step stile in wall and ahead, wall on left. Over next stile, cross gravel lane and over stile to enclosed track, wall still on left.  
Follow track as it meanders uphill to stile. Cross stile, over track and 2nd stile continuing uphill, wall on left.  
When slope levels out, ignore 2 gates on left and find small wooden kissing gate with 'Game Wildlife Area sign (GR485808).  
Follow yellow waymarkers through wood to T Junction. Turn right (signed Public Road) still following waymarkers to road.  
Through slip stile and right on road for 150yds to stile on left (SP Slackhead Hazelslack) GR 483799

Over stile and steadily uphill on good track. At finger post, just after a small cairn take a right track to Fairy Steps.  
Keep ahead following yellow waymarkers to 3-way finger post. Turn left and climb Fairy Steps.  
Turn right at top, following waymarked path around permissive route to return to bottom of step.  
Retrace outward route to finger post and ahead (Signed Hazelslack). Continue down track following yellow waymarkers to gate.  
Go through and continue in same direction with wall on left, over 2 stiles and through farm yard to road.

Straight over and ahead down minor road. After short distance, come to metal gate on left with public footpath sign.  
Take stile and ahead on farm track. When track divides into 3, take centre track.  
As this turns right, go left on faint grassy path with wall and electricity pole on right then go over stile in wall ahead.  
Immediately right, to go thorough further squeeze stile and immediately left on track at side of wall on left.  
Follow path as it drops down on embankment and across a field to a stile in corner.  
Over stile, cross road and over another stile following signpost (Arnside 2/3 mile).  
Just before metal gate, leave track go right though kissing gate then bear left.  
Follow waymarkers to re-join original track crossing field to fence and signpost. DO NOT TAKE FOOTPATH TO RIGHT.  
Go ahead to 2<sup>nd</sup> footpath over wooden footbridge and ahead along a narrow, enclosed track up to railway.  
Cross with care and ahead on minor road to larger road.

Turn left for 200yds to #58 Hillside and turn right up signed footpath.  
Before gates on drive go left through hedge, then immediately right at fingerpost and go steadily uphill (Signed Silverdale Rd)  
At top, reach tarmac drive, go left on gravel track between houses and on leaving gravel go left on road.  
Leave Spinney Lane, go left on Silverdale Road walking steadily uphill,  
Pass cemetery on left and go through large wooden gate on right (GR 460777).

Having entered woodland, turn left on minor track to walk parallel to road.  
Go through stile in wall followed by a small wicker gate and then turn right to follow path uphill with wall on right.  
Continue up to reach wall corner, ahead through small gate and follow path as it bears left uphill.  
Continue on path going uphill and following line of trees on left to a small wicker gate in wall.  
Go through to main path and turn right. Continue on this, past bench and the giraffe tree (2 trees knotted) continuing ahead. Take right fork at Y junction, after 75yds go through gate in wall and ahead to view point (GR 452774).

Leave viewpoint on gravel track (compass bearing 238° or left rear of viewpoint if looking forward).  
After 35yds stay on higher track to left (NOT SCREE TRACK GOING DOWNHILL).  
Through small wicker gate after 30yds and ahead on track passing 2 small benches on left.  
Join slightly wider track and continue in same direction and at junction take path to left (Signed Arnside Tower) before wall (GR452771).  
Continue ahead on good wide track passing through wooden gate and continue ahead.  
At 2 wooden gates go through and onto road, continuing ahead following footpath sign to Silverdale.  
Before reaching farm buildings take footpath on right (Signed Cove Rd & Elm Slack).  
At end of path go through metal gate & straight over main track on path to Arnside Tower (SP Black Dyke & Waterslack Rd).

Turn right and follow enclosed path (SP Cove Road) after ¼ ahead through kissing gate and  
Continue ahead following waymarkers through caravan park.  
Pass main site building and café on right, cross field with trees on right to reach pedestrian crossing (SP Silverdale) and go through green gate.

Continue ahead in same direction with caution on road, at sharp left bend continue straight ahead down Cove Lane (SP Arnside)  
At end of road, go through small wooden gate and head left through gap in wall to follow enclosed path up away from cove  
Through small wooden gate (NT sigh Bankhouse Farm) and continue ahead following waymarkers over 2 fields.  
Pass through another small gate in corner of field, down steps and turn left  
Left at T junction, continue for 250yds to reach **Checkpoint at Silverdale Village Hall**

Leave checkpoint, turn right down road retracing steps to junction and follow road to left towards Carnforth  
Cross road and follow footpath to right (SP Woodwell), follow signed path ahead through buildings, continue straight ahead over track  
Through second squeeze stile and continue ahead, turn left at gravel track then immediately right following waymarker  
Continue ahead keeping wall on left, through slip stile onto tarmac road turn left and follow as it swings to left  
At large black bin turn right to pass rectangular pond on right, then turn right towards Hollins Lane.  
Continue ahead with wall on right and crags on left  
Follow path to left up rocky steps to reach Hollins Lane, turn right then left (SP Lancashire Coastal Way)

Ahead through 2 gates on to enclosed path, at end go left through small gate and follow waymarkers through small coppice  
Ahead through second waymarked gate and straight ahead through field.  
Climb over wall stile and continue in same direction following waymarker  
Follow path as it goes left, passing several waymarker to reach wicker gate  
Go through gate and follow good path downhill  
At cross roads, go straight ahead over stile (SP Quaker Stang)  
Continue along raised grassy bank for 1/2 mile, then right through gate to cross stone bridge  
Then immediate left to go under railway continue along gravel track to reach road and turn right

As road goes sharp right, cross road to pick up pavement then left along footpath (SP Coach Road)  
Turn right up gravel path (SP Footpath) and after 50ft turn left following waymarkers  
Reach gravel track and follow through field, through further metal swing gate and continue ahead still on gravel track  
Leave gravel track to follow fence line to left, through metal gate with waymarker on post keeping wire fence on left  
Through metal gate, ½ right (90deg compass bearing) up faint grassy path to pass large oak tree on right with footpath sign  
Continue through small coppice as path becomes more distinct and continues climbing uphill

Exit woods through small swing gate in wall and pick up wide track to left with wall on left  
Go round double gates to road, go straight over, through slip stile and continue ahead (SP Public Footpath)  
Go through metal gate, continuing in same direction to pass lime kiln on left following path as it winds through trees  
When fence, then wall come in from right continue ahead to reach small gate with 'Welcome Hining Scout Wood' on right.  
Turn left along open grassy track, to reach another wall coming in from right. Continue ahead keeping wall on right  
Through wooden kissing gate on clear path and out onto road, turn right  
As road turns sharp right go left through narrow slip stile and wooden gate. Continue ahead (DO NOT TAKE PATH SP DEEPDALE WOODS)  
Through low slip stile, follow path first to right then left over brow of hill  
Through wooden kissing gate, passing bench and straight ahead downhill towards Leighton Hall  
At bottom of hill go through small white gate, past car park over cattle grid and down road (tennis court on right)

50ft after sharp left take footpath on right (SP Yealand Storrs)  
Follow footpath ahead for ½ mile through 6 gates over stile and continue ahead with hedge on left  
After ¼ reach track and follow round to left to reach corner of field, go through gate, continue ahead to reach road and turn right.

After ½ mile at right hand bend see sign to Thrang Moss.  
Go through gate and ahead wire fence on right through small wooden gate and ahead through larger gate and ahead with wooden fence on left.  
Through kissing gate, down grassy track with woodland either side and at cross-path continue ahead with deer fence on right.  
Stay on track as it swings 90 right then in 100yds ignoring small gate on right, follow path as it turns left.  
Continue to go through large wooden gate and then in 5yds find faint track on right entering woods.  
Follow to join larger track, turn right and cross small wooden bridge into open field.

Go ahead keeping hillock to left and continue on to gate with caravans on left.  
Keep ahead on track to join another track then turn left and go uphill to road.  
Turn right, ignore next junction on left and keep ahead on same road.  
Approximately 50yds before next junction and by large wooden sign on left (Fell End Caravan Park) take gap in wall  
(NB THIS IS NOT A RIGHT OF WAY – WE HAVE OBTAINED PERMISMISSION TO USE THIS ON DATE OF EVENT ONLY)  
Through gap and onto wide track going uphill. Follow as track goes right with wall, then caravans on left.  
Where track goes left, between caravans continue ahead on narrow track with hedge on left.  
Ignore next turning left keeping on minor track with caravans to left.  
Eventually come onto a wide gravel track in caravan site and follow this ahead, then round to left taking narrow path to right.  
This leads to stone wall with gap stile, go through this & out of site into woods.

Follow yellow waymarkers, turning right onto wider track.  
Continue following waymarkers as they go uphill, at the top go through gap in old wall.  
Then down the other side, still following waymarkers. At 3-way fingerpost go ahead (SP Hale).  
At the next junction ignore footpath to right and continue ahead.  
At next sign post go left on path (Signed Beetham) with wall on right.  
Ahead over awkward stile then down banking, keeping wall to right.  
When you see fingerpost and stile in wall, take faint track over field on left to Beetham.  
At next wall, go through stile and ahead (woods on left and wall on right) to next stile.  
Go through, onto open field taking faint track (compass bearing 340) towards houses and reaching gate in left corner.  
Up narrow track at side of house, and turn left along road (GR 497795).

At T junction turn right and pass Wheatsheaf Hotel on left and war memorial on right then take side road on left (SP Bridleway).  
Walk on road to Heron Mill carpark and go straight ahead, through stile next to wooden gate (Signed Dallam Park Milnthorpe).  
Continue uphill on grassy track following waymarks.  
Ahead, through kissing gate, then keep following waymarkers past small cairn and onwards to reach stone bridge.  
Go through metal kissing gate, over bridge and go right down the road.  
Turn right again down lane and then a final left at yellow barrier to cross field back to the Cricket Pavilion and finish.

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