

WALK 8 – MODERATE: 7 ½ miles and 718 feet of climbing (approx)

Starting point: Park Bottom

Litton – Nether Hesleden – Pen-y-Ghent Gill – Dawson Close - Litton

Refreshments: Queens Arms, Litton

Directions: On leaving Park Bottom turn right and take the first turning on your right at the edge of Park Bottom's garden and head down the bridleway. Follow the bridleway until meeting the River Skirfare and then turn left and head over the river via the ford (after heavy rain the ford may not be passable, if this the case, please see map for alternative route). Once over the ford follow the bridleway passing East Garth on your left and over the bridge at the side of the stream. Continue along the track passing Spittle Croft on your right and towards New Bridge.

At New Bridge go through the gate and start to climb the track by the wall, at the footpath sign for Nether Hesleden ¾ mile turn right and follow the path to Nether Hesleden. The path takes you through a number of fields and gates, then through 2 gates crossing a bridge between them. You now have the houses of Nether Hesleden on your left.



Just after the telegraph pole turn left onto the drive in front of the houses. Go between the 2 houses and go through the wooden gate. The path now starts to climb steeply. Follow the quad bike track through the next wooden gate. Once through the gate follow the track until it starts to turn to the right; here you need to go forwards keeping close to the wire fence on your left. You will start to see views of Pen-y-Ghent and Pen-y-Ghent Gill.



Continue to walk with the wire fence on your left as it starts to climb towards the road. Once on the road turn left and proceed over the cattle grid. Take the footpath immediately on your left signposted Silverdale Road 1¼ miles. The path drops steeply through the gate and then contours along Pen-y-Ghent Gill, with frequent path signs. On approaching the farm on your right stay below the farms' boundary wall. Continue along the path until meeting the road again.



At the road turn left and head up the hill for approximately ¼ mile. Fountains Fell is to your left slightly and Pen-y-Ghent on your right. Take the wide track on your left signposted New Bridge 3 miles. From here onwards you are following a wide bridleway and going through a few gates. Initially the path is relatively flat for around 2 miles. Good views of Littondale and the River Skirfare should appear in front of you.

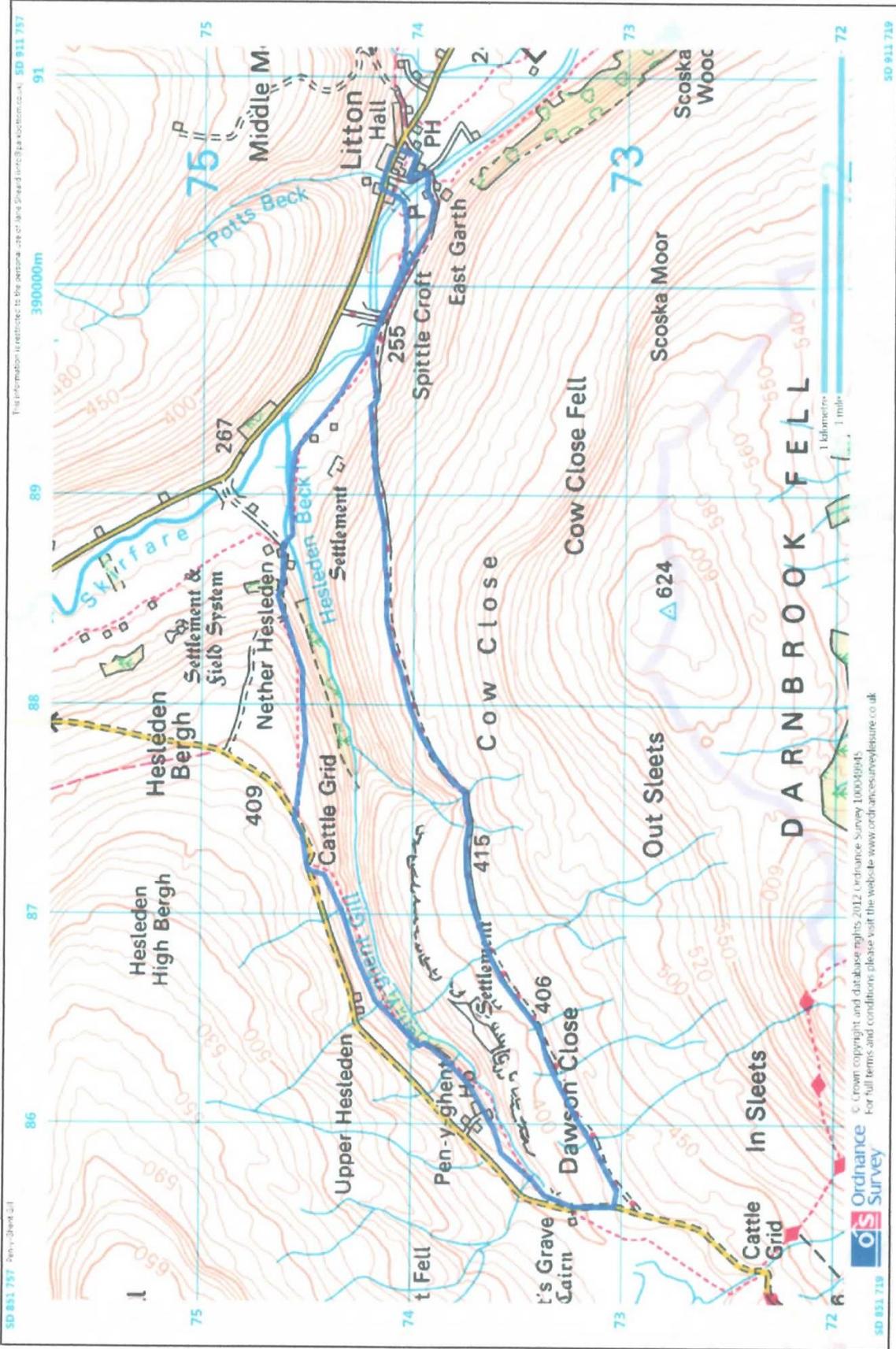


The path then drops steeply in places and can be slightly rocky for around a mile until you reach the footpath sign you initially turned right at to go to Nether Hesleden. Go through the gate at New Bridge and go straight on, back on the bridleway you walked on earlier.

Just before Spittle Croft take the path through the small wooden gate on your left signposted Litton. Drop down the stone steps and go through another small wooden gate by Spittle Croft. Go diagonally across the 2 fields and through the small wooden gate and over the wooden footbridge across the river. Walk up the drive to the road and turn right at the road and drop down through Litton back to Park Bottom.



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