

EMERGENCY PHONE NO.

07753 124718

CUMBRIA LDWA
THREE RINGS OF SHAP

13.06.15

RING 2. LYVENNET, LEITH & LOWTHER (24 miles)

ROUTE DESCRIPTION

Abbreviations

TR	Turn Right
TL	Turn Left
N, S	North, South etc.
XXXm	Approx. distance in metres to next feature
(XXXdeg)	Approx. magnetic bearing in degrees to next feature
XX	Approx. elapsed distance in kilometres

KM

1. Leave Hall & immediately **TR** passing along side of Hall, thru gate into field behind Hall. At far left end of field climb step stile in wall & **TL** into lane. Over further stile to reach road at gate then **TR** & **TR** again in **20m**. In **100m** road becomes track and crosses railway – immediately turn **TL** then **TR** in **10m** to gate accessing enclosed path. Continue up sometimes slippery sunken path between walls to squeeze stile in **300m**. Enter narrow field keeping wall on **L** to next stile in **200m** after field broadens. Bear half **L** **1** for **50m** to next stile sign posted Hardendale. Pass to **R** of pylon then uphill **250m** to boulder. At brow of hill half **R** to cross motorway footbridge in **300m** (**110deg**).

2. **TR** on track then **TL** in **20m** thru kissing gate before metal gate.
Up field with wall on **R** for **200m** to stile in corner, continue uphill **300m**
to next stile after field narrows. Same direction **250m** to stile in corner **2**
to **R** of farm buildings. Same direction **50m**, aim for house, to cross stile
by power pole to **Hardendale (583 147)**.

3. **TR** then **TL** in **10m** thru gate to track passing houses to stile/gate
in **30m** into field. Ahead **50m** to cross indistinct stile to **R** of two gates
then cross further two fields with wall on **L**. After second stile **30m** **3**
to wall end then same direction (**80deg**) across open land to signpost
on minor road. **TR** then **TL** in **20m** over stile into wood following
footpath on same bearing uphill to exit wood in **250m**. Cross stile & wall
then ahead same direction to gate in **200m** (large quarry lake on right).
Ahead uphill on pasture (**80deg**) to reach wall in **400m**. Cross indistinct **4**
stile which is **50m L** of corner.

4. **TL** on enclosed track for **600m** to crossroads. Ahead on minor road
further **600m** to sign post at wood corner. **TR** thru wood to exit at gate in **5**
500m. Same direction **200m** down to next gate then between fences **6**
further **600m** to go thru gate into wood corner at bottom.

5. TL in 5m over stile crossing open field with stream in gully to stile at corner of felled wood onto track. TL for 300m to pass Reagill Grange (note unusual chimneys). Continue up farm access road for 700m to reach T-junction in **Reagill (605 176)**. **7**

6. TR thru gate into field, wall on R for 300m to stile then wall on L for 400m thru 3 fields to gate at FP sign. Down next field in same direction, row of trees on R for 200m, to enter wood at stile & footbridge (30m L of corner). Follow yellow markers on posts for 400m thru felled (CARE) wood in general direction (50deg) to exit onto minor road (615 184). **8**
9

7. TL on road for 300m then TR at T-junction (Lowfield & Barnskew) downhill for 500m.....***(Event Day only)***
.....to cross cattle grid onto farm track. Continue further 500m and descend to skirt Barnskew farmyard and reach River **Lyvennet**. Cross bridge & TL into field with river on L. Continue for 1200m thru fields (thru tight squeeze stile in wall near river) eventually reaching road at ford & stepping stones. **10**
11

Please note that the final 300m of this section is not a public ROW and permission has been granted for the Event Day only.

DRINKS STATION (620 201)

8. **TR** and proceed up minor road for **150m** to High Whitber Farm. Pass farm and continue up road for further **50m** to FP sign on **L** at right bend. **TL (330deg)** across pasture to footbridge in **150m**. Same general direction for **100m** to gate. Ahead on thin path bearing **R**, wood on **R**, to stile in **250m**. Along river bank for **100m** to next stile then cross footbridge on **L**. ***(N.B. This bridge is PRIVATE and should be used on Event Day only)***. **TR** for **200m**, river now on **R**, then **TR** over bridge. **12**

9. **TL** & follow river bank for **500m** to join road below **Kings Meaburn (619 211)**. Cross road & continue for **900m** on riverside footpath (SP **Morland**) (soon note Jackdaws' Scar – do not climb!). **TL** to cross Chapel Bridge and leave **R**. Lyvennet. Uphill on new footpath, buildings on **L**, across corner of field to gate. **TR** on track for **1200m** **L** & **R** to road. **TL** for **150m** down to **Morland**, bear **L** after 30mph sign into Lowergate to cross white bridge over Morland beck in **150m (600 224)**. **13**
14
15

10. **TR** along Water St. for **150m** to T-junction (Crown Inn on **R**). **TL** for **50m** then **TR** opp. Mother Croft up steps into lane, **L** & **R** to enter church yard. Ahead with church on **L** to leave yard by white gate, **TR** down steps to lane then path to rejoin beck. Cross bridge & **TL** into field (SP Glenton). Continue for **700m** with beck on **L** to cross next footbridge. **TR** (beck now on **R**) for **250m** before bearing **L** uphill away from beck (ignore FP on **R**). Hedge on **R** for further **300m** to cross stile and **TL** into lane. Follow lane **R** & **L** to main road in **500m**. **TR** with care on narrow road for **200m** bearing **R** on track at FP sign when road swings sharply **L**. **16**
17

11. Thru gate in **150m**, further gate in **50m** into field. Downhill fence on **R** for **250m** to next gate. Bear half **L** across field (**290deg**), aim for church & drop down to bridge over River **Leith** in **200m** at **Cliburn** **18**
(**589 244**). **DO NOT CROSS BRIDGE** but turn **L** on road then **R** in **200m** over footbridge at signpost. Continue on track, passing black barn in **500m**, turning **L** after **2nd** gate onto footpath along field edge. Continue through **19**
three fields to reach road at gate near farm buildings.

12. Cross road and follow minor road for **800m** to junction then bear **R** **20**
on road for further **1400m** thru Great Strickland to reach pub on **L**. **21**
This is the **Strickland Arms** and checkpoint is behind the pub.

CHECKPOINT (558 229)

OPENS – 10.30

13. Leave checkpoint and turn **L** for **200m**. Turn **R** on minor road (SP **22**
Melkinthorpe) for further **1700m** crossing bridge over River **Leith**. **23**
Turn **L** at gate between pylons on footpath into field (**549 241**).
Thru gate opposite, **TL** to corner then **TR** up field, fence on **L**, to pass
thru gate ahead in **150m**. **TL** (ignore gate) & climb stile in **100m**. **24**
TR with wall on **R** to gate in **100m** onto track over railway. Continue on
track for **400m**. **TL** then **TR** under motorway then uphill further **300m** to
reach **A6** at **Hackthorpe** (**542 232**). **25**

14. **TL** & cross road with care passing Lowther Castle pub in **100m**.
TR at FP sign High Knipe into lane alongside pub CP to field, hedge
on **L** to opening in **250m**. Cross next field (**200deg**) for **300m** to gate in
corner. **TR** between walls for **100m** to next gate (good view of Lowther **26**
Park), half **L** downhill for **300m**, deer fence on **R** to estate road at FP
signs. **TL** on road for **400m**, **TR** at FP sign uphill for **400m** then bear **L**
with fence, field & wood on **R** for **300m** to gate at wood corner (**539 212**).
(East Lakeland coming into view). **TR** uphill between fence & wood then **27**
same direction for **800m** to next wood corner at 3rd gate. Onto track
leaving in **10m** as it bears left, ahead for **100m** between large trees to **28**
road. Ahead **20m** to gate, cross field (**220deg**) for **150m** to gate into
wood. **TL** for **40m** downhill then **TR** uphill for **100m**, to leave wood at gate.

15. Cross next field (**250deg**) thru dip to gate at fence corner in **250m**
(Village on hillside half right is Helton). Downhill fence on **R** for **150m** to **29**
fence corner, **TL** for **100m** along line of large trees (on **R**) to gate. Same
direction for **70m** to double gates, **50m** to next gate, ahead wall on **R** to
join track by barn. Ahead then soon downhill on track for **400m** (phone
mast on right) to High Knipe. Keep wall & fence on **R** thru farmyard **30**
then **TR** downhill on road for **500m** to junction. Checkpoint is behind
concrete platform.

CHECKPOINT (518 194) Self clip. Drinks only.

16. Ahead downhill (**260deg**) for **300m** to suspension bridge over River **Lowther**. Cross bridge, **TL** thru stile to riverbank. River on **L** for **1200m** to join road after gate at end of path. **TL** for **200m** on road then **TL** again over bridge into **Bampton Grange (521 180)** to church. **TR** into churchyard at FP sign opp. Crown & Mitre then gate into field. Ahead **100m** to next gate. River on **R** for **1500m** thru field, lane then 3 fields to gate onto track. Track joins road in **100m** (farm on **L**), **TL** in **200m** at FP sign by gate when road bends right. Up field (**120deg**) for **100m** past power pole, same direction for **150m** to stile in wall (corner **30m** to **R**) then **75m** to gate into road at **Rosgill (537 168)**.
TR on road for **20m** then **TL** at FP sign, passing house (**Midtown**) quietly, to exit garden at gate then ditch & wall on **R** for **70m** to gate.

17. The next **2500m** passes thru several fields (**110-120deg**) & is followed more easily together with the 1:25000 map but is described in detail as follows).

- **TL (110deg)** uphill for **200m** to gate by lone tree **30m** to **R** of tree stump. **35**
- Ahead for **100m** across corner of next field to stile in wall.
- Ahead (**120deg**) for **200m** to stile next to gateway.
- Same direction for **150m** to stile in wall.
- Further **150m** bearing slightly **R** at top of field to stile **5m** to **L** of wall corner.
- Keep close to wall on **L** in narrow field for **200m** to step stile (after group of trees over wall on **L**).
- Downhill for **500m (110deg)** to stile in corner onto road at FP sign **(552 160)**. **36**
- **TR** for **100m** then **TL** over stile into field at FP sign.

- Thru **3** fields (**115deg**) – **200m.** to gate, **200m** to gate in corner, **350m** to gate in corner to road at FP sign.

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18. **TL** for **100m** then **TR** into lane before 30 mph sign as road bends right. Along lane parallel to main street for **500m**, becoming back road to West Close and Wasdale. Same direction past The Lynchetts and Peggy Nut Croft. **TL** before gate, up side of Community Library into car park, cross **A6** at zebra crossing to **Memorial Hall** opposite.

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WELL DONE

19.3.15