Abbreviations:  **L** = Left,  **R** = Right,  **TL** = Turn Left,   **TR**  = Turn Right, **BL** = Bear Left,

**BR** = Bear Right,  **AH** = Ahead,  **X** = Cross,  **thru** = through,

immed = immediately, cont = continue, FP = footpath,  BW = bridleway,  KG = kissing gate,  WM = waymark post,   FB = footbridge ,  RD = road,  jct =  junction,  trk = track,

encl = enclosed, CP = checkpoint,  m = metres,  KM = kilometres,

CB:320 = compass bearing 320

MVT = Meanwood Valley Trail

**Loop 2**

2.1 Leave church hall, **TL** to RD & **TR**, church on R. After 150m, **X** 2 side RDs, **BL** slightly & cont on North Park Avenue. At T jct, **TR**. After 150m,**X** RD & enter Larkhill Close. At end **BR** to T jct, **X** RD then **AH** on tarmac path. **X** minor RD. **BL** onto grass [CB:248].

2.2 Enter encl FP. Ignore FPs to L&R. After 800m,**BL** to cont on path with stream(initially)& RD both on R. The path includes several sets of up & down steps crossing side paths. After 800m, **X** RD & **TR** (Gledhow Lane). (SE 313 371)

2.3 At T jct,**TL** & use Pelican Crossing to **X** RD (Gledhow Valley RD).**TL** & then **BR** uphill (Gledhow Park Road). At mini-roundabout jct, B**R** over Montreal Ave. Keep **R** on Gledhow Park Drive (3rd exit). At end of RD, **X** side RD & **TR** on Harrogate Road. After 100m **X** RD at traffic lights. **TL** onto Potternewton Lane. After 400m, at pedestrian crossing, **X** RD & **TR** to cont uphill. In 550m, at roundabout **TL** & after50m, **X** RD using pedestrian crossing & **TL**. After 150m, observe Trig Point in centre of dual carriageway- one of the most frequently visited Trig Points in Britain - & then **TR** thru hooped metal barriers onto field. (SE 300 363)

2.4 **X** field (CB:220) & **BR** to corner of field by RD, then **BL** to enter encl FP. In 50m at jct, **BL** & follow path round to R past several jcts. Cont on trk, gently downhill, to go thru metal squeeze stile at end. **TL** into encl path. Along path down several small sets of steps. Go past the entrance to Meanwood Valley Urban Farm on L. Cont down path. Pass path on L with metal post. **X** beck , thru squeeze stile. Thru barrier to RD. (SE293 360)

2.5 **X** RD, cont on path uphill (signed “Woodhouse Ridge”).Cont on path thru squeeze stile & up flight of steps. At top of steps, **TR** onto gravel path. Cont on path (pass The Old Bandstand).

In 60m, **FL** uphill**,** over X trk by metal seat. At fork, keep **R** following main path for 400m to barrier.

Thru barrier, keep **L** with wall on L. Thru bollards onto RD. In 10m, **TR** thru gap in fence.**TR**(CB:340). At RD, **TR** on encl path thru metal bollards. At fence corner, **TL** up steps, cont with fence on L. At end of path, **X** RD & cont on path with wall on L, into a ginnel & reach RD. **X** RD & go along Highbury Lane. At end of RD, **AH** past bollard on to encl tarmac path. At end, **TL.** At gravel area, at fingerpost(MVT), **TR** along encl path which becomes a RD. (SE281 371)

2.6 **TR** opposite Hollin Lane down bollarded tarmac path. At end of hedge on L, **BL**, then **TL** to follow path with stream on R. Path becomes grassy, then tarmac. At end of tarmac, **TR** over bridge & **TL.** After 60m, go thru arch & **TL** over wooden bridge. In 20m at stone gate posts, **TR**( MVT) with stream on R. After 200m, climb slope & **TR** over stone bridge. Cont with channel on L, pass bridge on L, &at jct with two bridges, **BR** over bridge. **BL,** pass manhole covers & **TL** on main path. Thru gap in wall. At end of path, at metal squeeze stile, **TL** onto RD. (SE 280 383)

2.7 After 200m,before dual carriageway, **TR** onto minor RD which becomes a trk. **TL** thru unlit tunnel under main RD &then **TR** up steps. At jct, **BL** with stream on R following MVT. At jct with boulders& post, **BL.** Follow path with fence on L for 800m&**BL** up slight hill. Where stone wall joins on L, **BR.**After400m,at forked jct, **BR** & follow path to the L of the impressive stone aqueduct.

At end of aqueduct, **BL** slightly uphill (CB:345 then CB:330),pass gate post to reach a muddy clearing with the Slabbering Baby fountain. **TR** slightly uphill to reach metal gate, then go thru KG & immed **TL** over wooden bridge to ascend steps & **BR** to:-

**CP4 ALWOODLEY CRICKET CLUB. (SE 285 399) Open xx:xx Close xx:xx**

2.8 Leave the CP, **TR** along trk which becomes a RD. After a metal gate, **TL** along RD into woods passing Rugby Club. At waymark, **BR** onto path. At end of path, go thru small car park & exit under metal barrier. (SE 280 402)

**2.9 X** RD & cont up BW. At staggered paths crossing, cont. Thru small wooden gate into field & **BR** to follow path round edge of field. Leave field & enter encl path. At end of path, **X** RD (CARE!) (SE 280 402)

2.10 Cont on trk to R of white building. Cont on path thru gate. **X** stile & enter field. Follow path (indistinct initially) with fence on L. At end of field, **BL** before fence to **X** stile. Cont on path at edge of field with fence on L. At end of field, **TR** and follow path round field edge. At end of field, **BR** still round edge of field. In 60m, thru gate into encl path. Follow path round to L. Past house on L. Path becomes a RD briefly. **AH** thru squeeze stile. (SE 297 413)

2.11 Cont on path round reservoir. At end of path, thru small gate on R of large gate and **TL** on RD. RD goes over dam. At end of dam, **BR** on RD. In 50m, **TL** on BW. Follow encl path to end. At end of path, **BR**, briefly on RD and then track. Follow track to end. At end, **BL** on RD. Follow RD to Bank House Farm. Thru open gateway and in 10m, **TR** on BW (SE 291 424)

2.12 Where concrete section turns R, **AH** on stony path. This bends sharply R. In 600m, at fingerpost, **TR.** In 150m, **TR** into open field. Follow path round field. Ignore gap in hedge on R & **BL** then go thru gap in hedge. At bottom of field, go thru gap in hedge & **TR** with hedge on R. At end of path facing green sign "Welcome to the Harewood Estate" & a fingerpost, **TL** on a rough trk. Climb a well made estate RD with Emmerdale Farm filmset buildings on L & distant R. At crossroads cont across & in 50m at X trk with Leeds Country Way, **BL** down a sunken uneven rocky steep BW (CARE!). At T jct, **TR** down a broad trk. At fingerpost **BL** & cont to L of building thru large wooden gate. Follow trk, veering **L** & **R** thru gate/cattle grid cont uphill with old brick then stone wall on R. At end of wall, **BL** to join RD. (SE 306 443)

2.13At bottom of hill, at triangular jct, **BL.** Then **AH** at crossroads to concrete RD over a bridge & ascend thru wooden gate. Cont uphill between buildings passing the Estate Office. Cont thru gate (cattle grid) to reach T jct. **BR** & cont uphill for a long way, thru a further gate (cattle grid), a small wooden gate & after 200m enter:-

**CP5 Harewood Village Hall. (SE 320 452) Open xx:xx Close xx:xx**

2.14 Leave village hall & **TL** on RD. At T jct, **TR** onto Main Road. Cont past the main vehicle entrance to Harewood Estate. In 100m at gatehouse, go thru a black wooden gate in the wall onto permissive path. The path meanders thru wood, going downhill, levelling off & then uphill. Near top of the hill, go thru 2 sets of gates & **TL** to get to big iron gates. Go thru the single gate on LH side (just pulls towards you). (SE 325 431)

2.15 **X** RD (very busy) & **AH** onto minor RD. Cont for 1.7KM.

*Loop 1 route joins part way down the RD from L.*

 2.16 At end of RD, at T jct, **TR**, **X** RD& almost immed **TL** onto encl path. At end of path, **X** RD, go slightly **L** into Brandon Crescent. At T jct, **TR** down trk. In 100m, **TL** past bollard onto BW. In 100m, at barn, **BL** down path. Keep hut on your R. In 800m, at end of path, **TR**, between house & white shed along a minor RD. Follow the RD as it bends to L. At T jct, **TL** with a children’s playground on your L. At end of RD, at T jct, **TR**. (SE 339 399)

2.17 In 100m, just after the bus stop, **X** RD & **TL** to go thru a wooden gate onto a path. At end of path, at the Ring RD, **BL** & **X** RD, then down path on other side. In 80m, at T jct, **TL** and follow path down gorge. In the first half of the gorge there are a lot of small bridges (12). After 800m, **AH** past one bridge [where you came down at start of loop] and in 200m at T jct, by railings at the lake, **TR**. Follow path round lake, passing grassy area on R [castle at top of hill], to end by café. (SE 332 378)

2.18 **AH** on RH side of car park, and **BL**. **X** one path, and **BR** on second path. **AH** to flight of steps. **Up** steps and **TL** on path. Follow path. At end of path, **BR**, and then imm **TL** onto main path. At end of drive, thru main gates, and **TR**. **X** over RD on pelican crossing. **AH** on ginnel. At end , **X** RD & **TL**. In 60m **TR** up North Park Avenue. **X** crossroads (The Avenue) . At next crossroads (North Park Grove) , **X** RD & **TL**. In 50m, **TR** thru small wooden gates into St Edmund’s Church grounds. The hall is on the L.

FINISH Well Done!