**THE HANGOVER HIKE REV DEC 2023**

**EMERGENCY CONTACT NUMBER – GIVEN AT REGISTRATION.**

LONG ROUTE 21 MILES (1800ft ascent)

Please take care when crossing and walking on roads. Use pavements wherever possible. Some of the pathways are slippery and uneven. A torch may come in useful if it gets dark.

1. Leave marina as indicated and turn left on towpath with canal on your right

2. At the road bear right and in approx 35yds bear right back onto the canal towpath to go under Bridge 9 (Bretton)

3. Go under Bridge 36 (Railway) to ascend ramp. Turn right across the bridge and bear left to continue on the canal towpath, with the canal now on your left in the direction of Sowerby Bridge.

4) Turn right off the toll path at bridge No 8 Forge Bridge up 2 steps on a narrow footpath parallel to the canal up to the road

5) Turn left at the road over Canal and the Rail bridge to the T junction

6) Turn right at the T junction taking care and using the safety Island

7) Keep left on the Main Road for about 200 Yds (150 meters)

8) Turn left at a sign for Ravenstall school

9) Keeping the school on your right the road become a Bridle Path

10. Continue to junction of tracks where **Checkpoint/Bucket drop on map (2½ MILES GR SE 233194)**

11. Continue, passing Crow Royd (farm) to go round metal gate and ahead on track.

12. At junction of paths bear right in the direction of the green/yellow way marker.

13. Follow track/path, (ignoring path off to right) as it gradually swings left to reach a gap at a junction of paths.

14. Continue to right on enclosed path with trees/woodland to left and field (later farm track) to right.

15. After merging with farm track the path becomes a tarmac lane (keep ahead).

16. At junction in front of house bear left to stile at side of gate

17. Over stile and continue with houses/fence on your right to go through gap in crossing fence to reach stile in corner. BEWARE ELECTRIFIED FENCE.

18. Over stile into enclosed walled path at end of which continue across golf course in same direction

19. At far side enter wood and immediately turn right down track. **(3½ MILES GR SE 217190)**

20. At stone wall ahead DO NOT go through gateway but bear left between stone gate posts

21. Keep on this path through wood leaving through two more gate posts into enclosed path

22. On reaching tarmac lane immediately turn left at Wheatley Park sign.

23. Continue through industrial/mill complex and past cricket ground on your right.

24. At junction bear right (No through road farm traffic only) and continue over cattle grid.

25. Where lane turns left up to farm continue on footpath ahead into wood with wall on right. IGNORE STILE ON RIGHT.

26. Through gate now with wall on left at junction up to further gate.

27. Through gap to left of gate and follow enclosed path for almost 1100yds to go through farmyard to road.

28. Cross road onto signed farm track and **REFRESHMENTS (5½ MILES GR SE 205173)**

29. Leave refreshment stop proceeding south down farm track.

30. Cross stile in wall to left of cattle grid into field

31. Ahead across field towards, but not as far as, wind turbine.

32. Turn right at post at corner of fence/hedge, keeping fence/hedge on right.

33. Turn right at hedge corner beside unusable kissing gate going downhill with fence on right towards buildings.

34. In corner go through rust coloured kissing gate and turn left on enclosed path.

35. At end go over stile to continue ahead on track.

36. At junction of tracks (15yds before 'Private' metal gate) turn right at way marker downhill on grass path passing old railway wagon over to your left and new fence on your right.

37. Follow this path for about 650yds to bear left on track when faced by house ahead.

38. Continue up this gravel track to go through a kissing gate to left of gate.

39. Continue ahead on track/lane for about 300yds, ignoring path on right, and pass through another stiled gateway to reach a waymarked lane junction.

40. Here turn left downhill towards Whitley Royd Farm and on reaching cream painted house with white UPVC door, go to the right of it to locate & go over stile onto path.

41. Follow this path with fence then wall on the left to corner by wooden pole.

42. Go through gap.

43. Ahead on drive/lane with white painted house on your left and garage on right soon turning right uphill.

44. Continue uphill on track to road (A642) (**7 MILES GR SE 207152**)

45. Turn right towards Lepton. After passing 315 Bar Restaurant cross road with care on brow of hill into car park of Lepton Highlanders S and SC..

46. Cross car park to left of building with Overflow Car Park sign and head for left corner of football pitch.

47. Head for kissing gate in corner of field next to power pole.

48. Go through kissing gate into another field.

49. Straight on (130°) following footpath (may not be obvious in the mud), initially aiming for solitary tree on the far skyline, passing just to right of wind turbine, to reach another kissing gate in fence ahead.

50. Go through kissing gate then down steps. At far side pass over stile and follow more prominent path bearing right upward towards house.

51. Just before house go over/through two stiles to reach road. TAKE CARE.

52. Turn right then, crossing with care, turn left into Cockermouth Lane.

53. Follow lane passing houses and Near Cockermouth Farm – both on your left. (Ignore a footpath on right).

54. At stone sign for Near Cockermouth Farm (behind driveway barrier), take footpath on left over stile into field.

55. Footpath goes diagonally right (50°) across field to stile opposite.

56. Through stile into another field, continue close to electric fence on right.

57. Cross temporary stile then stile in corner to go along enclosed path to emerge onto farm track.

58. Cross straight over track to go through kissing gate opposite into field.

(TAKE CARE TO AVOID SHORT STEEL POST AT YOUR FEET)

59. Follow field path with stone wall then hedge on left to enter an enclosed track and continue towards farmhouse, the end of which is painted dirty cream.

60. Immediately before house turn right down enclosed footpath with gable end of house on your left.

61. The path becomes a track as you proceed and is followed up to a road.

62. Cross with care into Crawshaw Lane opposite. **(9 MILES GR SE 230 144)**

63. Follow lane as it climbs upward and then levels out. Keep on track ignoring driveway on left.

64. Then at houses where track splits into three take the left hand one (50°)

65. Keep following track, eventually past house on left with red garage doors.

66. When track splits take left-hand track DO NOT ENTER FARM.

67. Carry on down track then about 10yds after sharp left bend turn right over stile by gate into field. Once in the field you have a large stack of hay bales over the wall to your right.

68. Follow footpath along right-hand side of field turning right with boundary wall into corner.

69. Cross stile in corner and immediately turn left

70. Follow field boundary as it turns right and when hedge on left ends continue ahead across open stretch of field to reach hedge corner and way marker post.

71. Turn left across centre of field aiming for church on the horizon.

72. Path then joins a hedge and in corner go through gap with way marker.

73. Follow path down to stile and cross footbridge over small stream.

74. DO NOT TAKE THE RIGHT FORK BUT GO FORWARD on path to enter churchyard.

75. Continue through churchyard to reach road

76. Turn left down road crossing when safe to do so.

77. Turn right into Thorncliffe Lane, which you follow for 1500yds. Along the way it becomes concreted as you pass through an area of buildings/farm/houses and later becoming a combination of mud and grass.

78. At second metal gate across the track, you meet a crossing path (Kirklees Way) **(11 MILES GR SE 260140)**

79. Turn left over the stile (which is about 10yds before the gate). Follow path along field edge with hedge on right.

80. At the end of the field, go over stile into another field. Carry on downhill to cross stile on the right just before the corner.

81. Cross stone slab footbridge over small stream (still Kirklees Way).

82. Follow footpath heading north across field (basically cutting field corner) to join a hedge at a stile/gap in it and way marker post.

83. Through gap/stile in hedge (leaving Kirklees Way) into another field and carry straight on (60°) descending to reach a stream.

84. Turn sharp right with stream on your left and follow meandering path beside it to reach and cross wooden bridge over the stream.

85. Continue on footpath through a bit of woodland to enter a field.

86. Initially keep hedge on left and when trees/hedge turn left go diagonally right across field aiming for trees/derelict barn in the distance.

87. Go left of barn across rough ground to reach hedge where turn left and follow path alongside hedge/trees road (A637).

88. Cross with care and cross stile slightly left opposite – Wakefield Way (Water Tower on left).

89. Follow footpath passing to right of manure pile aiming to reach bottom left hand corner of field. Here you cross a stile which joins an access road to New Hall Prison.

90. Turn right downhill and when road splits, go straight on, level with car park.

91. Passing houses on right, then on left and then a telephone box on right. At junction take the lane/track opposite.

92. This lane/track climbs and then descends before levelling out through farm buildings.

93. Continue on track in the general direction of the radio mast ahead until you reach a junction of tracks.

94. Here turn left (310°) passing radio mast on your right. On reaching trig point bear right into football field and go ahead to football stand and **REFRESHMENT (13½ MILES GR SE 259165)**

95. Retrace steps back to re-join the lane by the trig point. Turn left.

96. Turn left at the next junction and then immediately bear right (path initially enclosed later with hedge only on left) and after approx 600yds reach a further track junction

97. Turn right on enclosed track and in approx another 600yds cross a bridge.

98. Continue on track uphill for about 600yds, ignoring paths off, to eventually reach and join a road.

99. Continue in same direction to cross roads. Go straight across (with care) and continue on lane for about 1ml.

100. After passing a road called ‘Brookfields’ on your left, turn right at next road junction (Green Lane) with footpath sign (Calder Grove) keep the house called ’Wellfield’ on the corner on your right (the sign for Wellfield is easy to miss as it will be behind you) **(15½ MILES GR SE 280162)**

101. Follow the road soon becoming more of a track ignoring all turn-offs.

102. Pass a brick bungalow on your left and continue along enclosed path to go through a small wooden gate.

103. About 15yds after going through this gate turn left over stile in hedge (opposite house/ivy covered wall)

104. Ahead (350°) downhill across field (taking aim on the bungalow with white ‘conservatory’ across the valley).

105. The stile you want is in the fence in the dip in front of small woodland.

106. Once over stile bear right to cross footbridge to climb opposite banking to emerge through gap into open field.

107. Ahead with hedge on right crossing gap/gateway & after about 80yds turn right over stile in hedge.

108. Turn left now with hedge on left.

109. Go over white arrowed stile in corner and along enclosed path with dwellings on right.

110. At junction turn right down track to road.

111. Turn left on road, crossing it when safe to do so.

112. After about 70yds turn right down Balk Lane.

113. Follow lane down for almost half a mile to reach and cross bridge over canal. **REFRESHMENTS** **(17 MILES GR SE 290174)**

114. Turn left on tow path with canal on your left.

115. You now have four miles of canal side walking back to the “Leggers”.

116. Go under numerous bridges, pass the ’Bingley Arms’ and two ’normal’ locks. The third lock is at the canal junction (This is where you re-join your outward route)

117. Go over the track to continue ahead going down the ramp under the low railway bridge.

118. On reaching the road turn left and in approx 35yds bear left onto footpath which takes you back onto canal towpath.

119. On reaching the Marina, check into the “LEGGERS INN”

**WELL DONE YOU HAVE COMPLETED THE HANGOVER HIKE**