

WALK 1 – EASY: 5 miles and 211feet of climbing (approx)

Starting point: Litton

Litton – River Skifare – Halton Gill – return on the road to Litton

Refreshments: Katie's Cuppas in Halton Gill, Queens Arms Litton

Directions: (after heavy rain the ford may not be passable, if this is the case see alternative map for other routes across the river).

Take the track at the edge of Park Bottom's garden and head down the bridleway. Follow the bridleway until meeting the River Skifare and then turn left parallel with the river and then right to head over the river via the ford. Once over the ford follow the bridleway passing East Garth on your left and over the bridge to 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 for around 150 meters, at the footpath sign for Nether Hesleden $\frac{3}{4}$ mile turn right and follow this 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 post turn right onto the track and then almost immediately turn left over the stile following the footpath sign. This area can get very boggy following heavy rain (so you may choice to stay on the track and then turn left after the field), head over the small wooden bridges. Go through the wooden gate and cross the track and go through the 2nd wooden gate and over the wall.



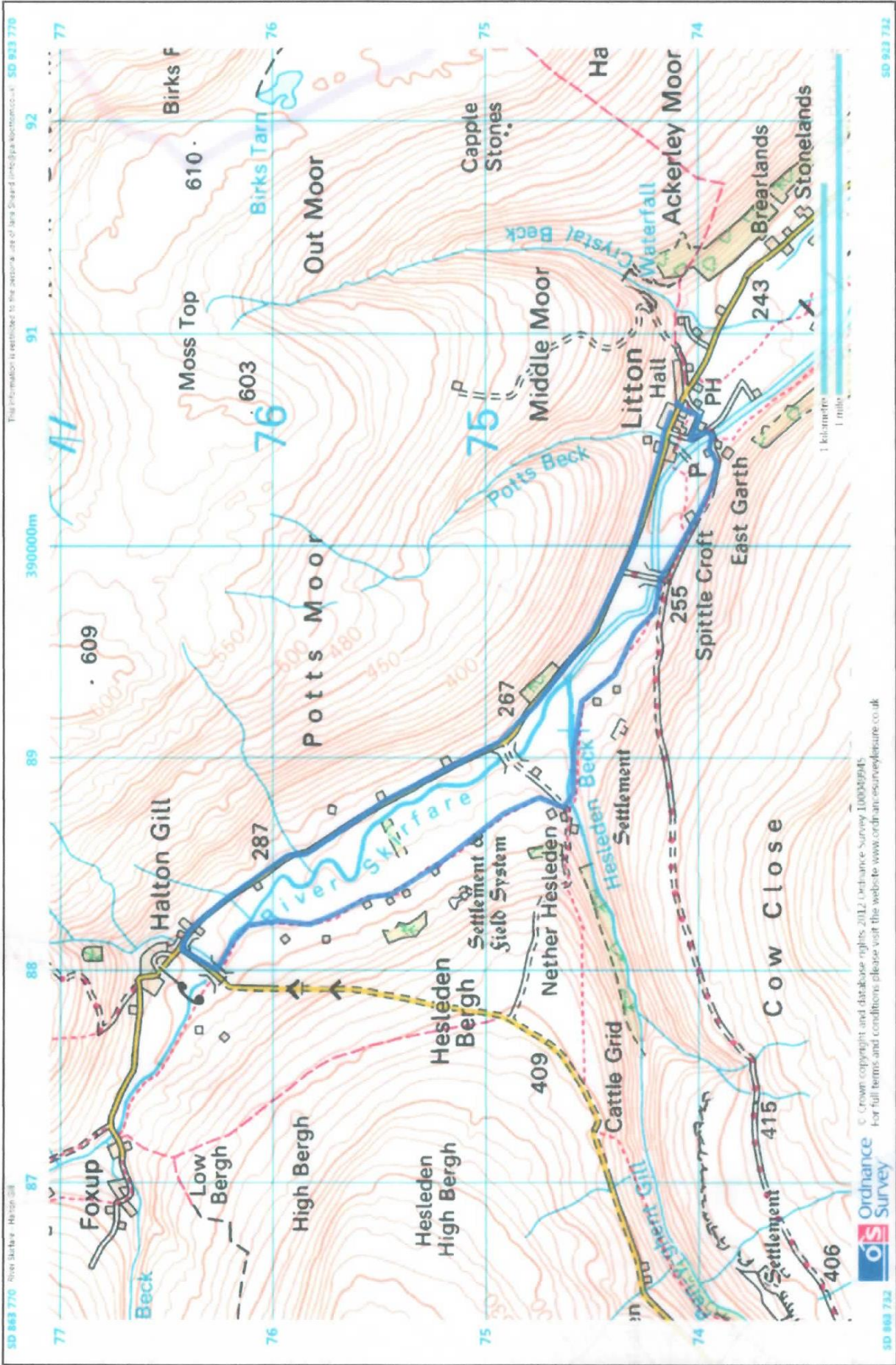
The path now continues over fields going through gates and stiles and passing by derelict barns. Views of Horse Head pass will appear on your right, Cosh Moor in front of you and Plover Hill to your left. Follow the path until you meet the river again and arrive at the bridge in Halton Gill.

Here you climb the stone steps and turn right onto the road, heading over the River Skifare. Follow the road to the t-junction



At the t-junction you can make the short trip into Halton Gill to visit Katie's Cuppas (a barn with tea/coffee & cake with an honesty box) or begin the journey back to Park Bottom.

Either re-trace your steps to come back along the river or follow the road passing the Halton Gill bunk barn on your left and continue along the road. The road is very quiet and it may be possible to return to Park Bottom without meeting a car; but please be careful. The road is slightly undulating, after just over a mile you will pass the entrance to the houses and farm at Nether Hesleden on your right. Continue along the road, after a further $\frac{1}{2}$ mile you will reach the track over to New Bridge, again on your right. You should now be able to see the hamlet of Litton, continue along the road and enter Litton and arrive back to your starting point.



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