

WALK 10 – MODERATE: 7 miles and 550 feet of climbing (approx)

Starting point: Litton

Litton – Nether Hesleden – Foxup

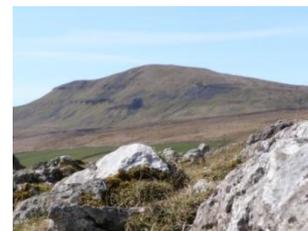
Refreshments: Katie's Cuppas, Halton Gill; Queens Arms, Litton

Directions: 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 and head over the river via the ford (after heavy rain the ford may not be passable, see alternative route map if this is the case). 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, at the footpath sign for Nether Hesleden $\frac{3}{4}$ 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. Now 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 right (away from Pen-y-Ghent) and walk along the road for approximately $\frac{1}{3}$ mile until reaching a cattle grid. Cross the cattle grid and take the bridleway signposted Foxup $1 \frac{1}{4}$ miles on the left hand side.



Follow the bridleway as it heads slightly downhill towards Foxup, the path is grassy with a few limestone pavements. As the path descends slightly you will soon see the hamlet of Halton Gill in front of you. Go through the gate and continue to head diagonally across the field to the next gate. Once through this gate the bridleway goes slightly uphill before turning right and meeting another bridleway coming along Foxup Moor and then drops steeply into Foxup.

You will arrive in Foxup with the river and farm house in front of you. Turn right and walk along the road. Here you can either turn right and walk alongside the River Skifare to Halton Gill or walk along the road passing Ellergill Bunk Barn and dropping into Halton Gill to visit Katie's Cuppas.

Once at Halton Gill, if you walked along the river cross the road and head through the wooden gate opposite and down the stone steps or if you walked from Foxup to Halton Gill along the road turn right before the hump back bridge and walk along the road towards the River Skifare, cross the bridge and then turn left and go through the gate and down the stone steps. The path then continues to follow the course of the river, crossing fields back to Nether Hesleden to meet the path at the houses where you earlier turned left before the houses. Retrace your steps through the fields and over the ford back to your starting point.



