

ARNSIDE KNOTT WALK:

Start SD 472 751

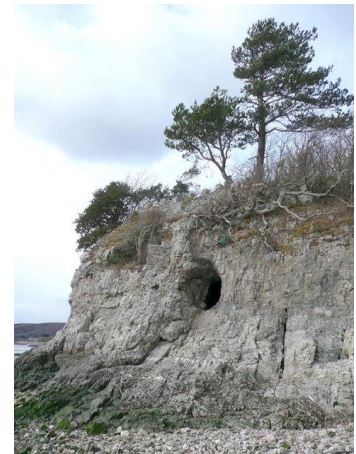
Out of the camp entrance turn left (NW) along the road past Bank Well to the 2nd fp on the left at the bottom of the hill.

1: SD 471 755

Follow fp West, at wall continue WNW to road (Bottoms Lane). Turn right along lane to fp on left around the corner. Head SW on fp to rear of church and out to road. Turn left up road, go through village (*shops for sweets and drinks!!*) to road corner. Turn right downhill towards the shore and at the corner take fp on right "The Cove & Arnside".

2: SD 461 749

Cross the meadow heading NW to corner by wood. Through gate and down walled track to The Cove – note the cave in the cliff opposite. Through the gate go up the lane heading NE to the road junction.



3: SD 457 756

Turn left along the road – careful of traffic – to the fp on the right just after the corner. You have just crossed the Lancashire/Cumbria border. Tricky here – go to the rear of the caravan site buildings and almost immediately take fp on left for "Cove Road". Head NW (not NNW!) down dip and up to road. Cross the road – care needed – turn right a short distance to fp on left "Arnside Knott" Follow road to Hollins Farm.

4: SD 451 766

Through farm take fp on right heading NNE uphill and into wood. At junction of paths turn left and after 150m take fp on right up to viewpoint. Check out the extensive view over Morecambe Bay whilst taking a well-earned breather (weather permitting).

5: SD 452 774

Go East, through gate, to fp up onto the summit of Arnside Knott – take in the trig point on your right on the way past if you collect these. Return to the path and follow the track down alongside the wall, first East, then SE down to the road. Turn right along road – watch out for traffic, single file,

6: SD 457 771



Turn left down farm road to Arnside Tower Farm. Follow fp to right side of Tower (the tower was built in the late 14th or early 15th century), Over stile take fp for Middlebarrow heading South. Fp goes through caravan site - **keep to marked path** and respect the campers and stay off the kiddies play area! Through woods fp emerges at cottages at Elmslack. Take fp on left "Eaves Wood, Pepper Pot".

7: SD 463 758



If you have time take a detour to the Pepper Pot (great views) – follow signs on your left. Climb uphill to the viewpoint – the structure (I wonder why it's called the Pepper Pot? – built to commemorate the Diamond Jubilee of Queen Victoria. Return the way you came or follow the signs for "Eaves Wood".

Otherwise, follow the well-worn track to "Eaves Wood" heading East. After 500m take fp on right for the National Trust Car Park. Pass alongside the Girl Guiding campsite "Silver Sapling", through car park to road.

8: SD 472 759

Cross the road to "The Row" opposite. (A quiet road but watch out for any traffic). Follow "The Row" back to the Activity Centre entrance.

I hope that you enjoyed your walk today. 6.5 miles, 1000 ft ascent.