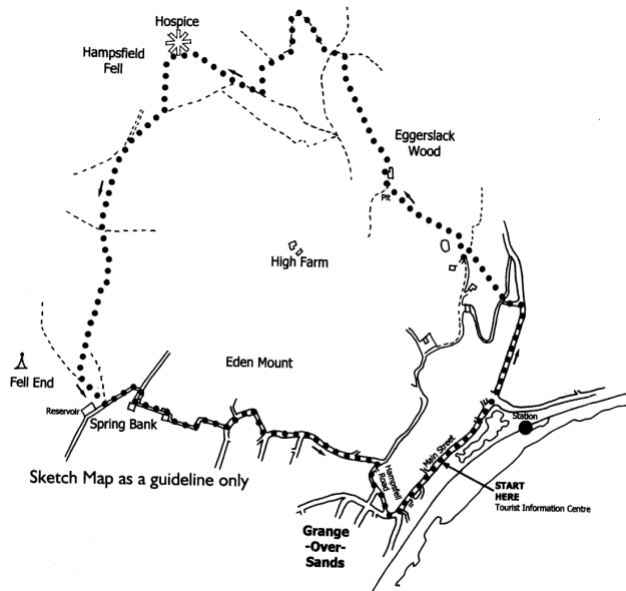


Grange-over-Sands

Walk through Eggerslack Wood to Hampsfell

A walk with a view to behold. Through woodland and onto open fell with full 360° views North & West to Lakeland, South to Blackpool and East to the Pennines..



Leaving Grange-over-Sands Tourist Information Centre, turn LEFT, walking down the hill, towards the Rail Station, passing the Ornamental Gardens on your right. At the mini-roundabout, before the garage, turn LEFT into Windermere Road. Walk along this road until the end of the housing. This is where the wood begins, there is a grey stone wall with a stile, sign posted for Routon Well and Hampsfield. Turn into Eggerslack Wood at this point.

This next section of the walk includes two fairly steep but short stretches, but once on the open fell the climbs are steady. Follow the path uphill following the Public Footpath signs for Hampsfell and the Yellow Arrows until you reach a stone wall and the open fell.

Climbing over the stile in this wall, turn LEFT and then immediately RIGHT. Follow the track leading directly away from the wall for approx. 50 metres, to where four tracks meet. Turning RIGHT, take the rutted track, continuing straight over the small junction, to a 'Y*' junction after approx 75 metres. Bear LEFT at this point, climbing the fell steadily for around 500 metres, until you reach a stone wall ahead of you. Look for the stone stile to your RIGHT. Climb over the stile.

Approx 4 miles

Allow 2 hours

Boots or strong shoes are recommended.

There are some steep but short stretches

Walkers should judge conditions and equipment in relation to their experience and abilities.

Turn RIGHT and walk alongside the wall until it takes a turn to the left. At this point bear away from the wall and continue up hill to the yellow arrow pointing to the Hampsfell Hospice, a walking shelter with a tremendous view point across the Cartmel Valley and Morecambe Bay to the magnificent Lakeland fells beyond. Hampsfell summit is 240 metres in height.

Leaving the Hospice, take the southerly path, with the headland of Humphrey Head in view, straight ahead of you. Follow this path over a stile and downward. At the triangle of paths keep to your LEFT, skirting the rise on your right. Continue walking south over another stile, or through the adjoining gate, still keeping Humphrey Head directly in front of you until you reach a T' junction. Turn LEFT and follow the track to a gate leading onto a narrow lane.

Turn LEFT out of the gate and follow the road to the RIGHT towards Spring Bank Farm. On reaching the farm house take a track to the LEFT. Just before reaching the farm yard there is a stile to your LEFT. Climb the stile and follow the path alongside the field, over another stile until reaching a small road.

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Tourist Information: 015395 34026