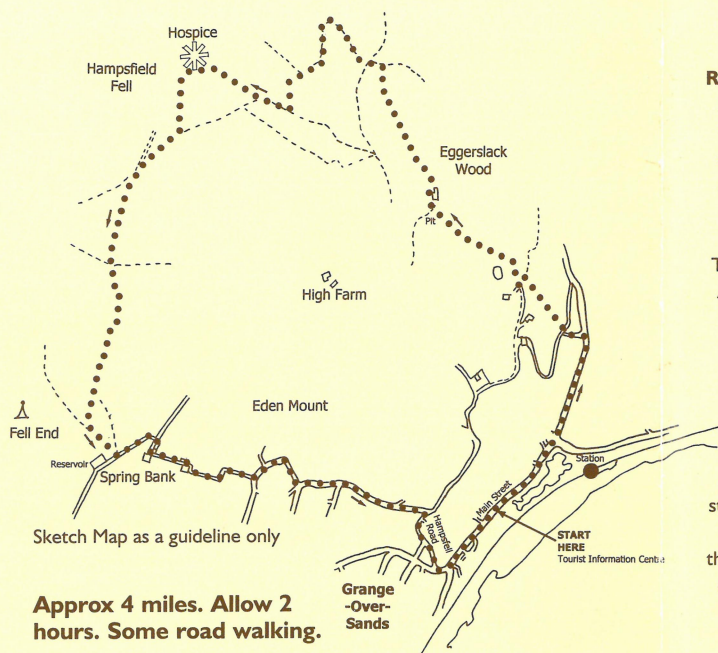


Grange-over-Sands through Eggerslack Wood to Hampsfell

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



Approx 4 miles. Allow 2 hours. Some road walking.

Boots or strong shoes are recommended. There are some steep but short stretches.

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.

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.

Turn **LEFT** here and then at next 'T' junction turn **RIGHT** into Eden Mount. At the next 'T' junction turn **LEFT** onto Charney Well Lane.

When the road sweeps to the right, bear **LEFT** continuing down Charney Well Road, with Yewbarrow Woods to your left and beautiful views across Morecambe Bay to Arnside and Silverdale in front of you.

At the next 'T' Junction, turn **RIGHT** and down the hill into the centre of the town and St. Paul's Church. To return to the Tourist Information Centre, turn **LEFT** at the Clock Tower, walking down Main Street to Victoria Hall.