

EXPLORE!

EGGERSLACK WOOD & HAMPSFELL

LYMESTONE BOUTIQUE



4 miles | 2.5 hours | Roads / rough tracks

A walk loved by Wainwright for its freedom and space, leading you through woodland to an open fell and panoramic views of the Lakes and beyond.

1. Take a right out of Limestone and at the end of Kents Bank Road turn left into Main Street.
2. Walk all the way down Main Street towards the Rail Station, passing the Ornamental Gardens on your right. At the mini-roundabout, before the garage, turn left into Windermere Road.
3. 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.
4. 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.
5. Climbing over the stile in this wall, turn left and then immediately right.
6. 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 and climb over the stile.

7. 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 the 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.
8. 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.
9. 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.
10. 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 Arnsdale and Silverdale in front of you.
11. At Hampsfell Road, take a right turn and then take another right turn into Pig Lane, where you will pass the library on your right hand side.
12. Cross over the road and follow Kents Bank Road until you return to Limestone.

Tips: Boots or strong shoes are recommended and please be aware that there are some steep but short stretches along the route.
