

W A L K 8 • D I S T A N C E - 3 1/2 k m (2 m i l e s)

C R O S S L A N E S • S E A S C A L E H A L L F A R M • F L E M I N G H A L L

R O U T E

Cross Lanes is at the junction of the B5344 Seascale - Gosforth road and the road to BNFL Calder Works.

From Cross Lanes walk towards the BNFL site. Cross the road and fork right at the T sign 'No access to BNFL' and walk along the signposted public byway towards Calder. At Seascale Hall Farm turn right. Walk along the lane towards Gosforth.

At the bungalow turn right. Walk through Flemming Hall Farm and, with the big barn on the left, leave by the gate ahead. A short way along the lane enter a field on the right by way of a ladder stile.

Go diagonally across the field to a stile a short distance to the left of a gate. Keeping the same diagonal line, cross to the next stile and then to the stile at the corner of the wood (to the right of the rhododendron bushes). This last field is often boggy, particularly near the stile. Take care!

In the wood walk between the streams, cross the one on the left by the wooden bridge and again walk between streams. Cross another wooden bridge and leave the wood by the stile ahead. The footpath goes to the right of the pylon to a lay-by (off the B5344).*

Turn right and walk along the road (B5344) back to Cross Lanes.

*Extra loop. Turn left at the lay-by, walk along the road (B5344) towards Gosforth, past Bleawath Farm to a sign on the right 'Public Bridleway Panope'. Beware of traffic on this narrow winding stretch of road. Turn right at the signpost. Walk along the lane past the greenhouses and through a gate beside a cattle grid. When the road bends left towards Silver Howe Farm turn right across the field to a stile (waymarked) to the left of the wooded area.

Go over the stile walk along the right of the field and leave by way of the ladder stile. Turn right and return to Cross Lanes.

F E A T U R E S

The start is high enough to see the sea on the left and the hills on the right. Ahead the BNFL site dominates the view, until turning the corner by the farm. There are plenty of animals and birds to be seen e.g. cows, sheep, horses, dogs, ducks and maybe a heron in the field or deer in the wood.