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Where	a circular walk from Arnside, taking in Arnside Knott and Tower and Eaves Wood		
Distance	13km/ 8.1 miles (note a shorter option may be available in dry weather ☺)		
(total) Ascent	356m / 1168ft		
High Point	154m / 505ft		
Terrain	After and initial bit of ascent to Arnside Knott, and its' balancing descent, most of the rest of the route is level, on good woodland tracks with a bit of road walking. The underlying geology is limestone, but unlike the Dales, it is quite heavily wooded		
Toilets	Public pay toilets in front of the Fighting Cocks pub		
Refreshments	Arnside has three pubs and numerous cafes. Some very interesting pies were observed...		
Map Required	OS OL7 The English Lakes South Eastern Area - click here to buy it from Amazon		
Points of Interest	<p>Arnside Knott is an impressive viewpoint for the south Lakeland peaks.</p> <p>Arnside Tower is a 15th century pele tower allegedly built for defence against the Scots and Silverdale Pepperpot (just off the route around point 11) is a Victorian folly.</p> <p>We did see some fallow deer in the woods on the approach (so drive carefully on those narrow roads), and a Kestrel take some prey around Heathwaite.</p> <p>The reed beds at Silverdale host plentiful wildfowl!</p>		
Car Parking	Free parking alongside the seafront at Arnside, Station car park at 458 789, or alternatively start the route in the middle and use Waterslack car park at 470 759		
	Grid Ref	Direction	
1	457 789	SW	Walk along the prom and when the road turns inland carry on along the footpath
2	452 785	SW	Just before the Coastguard Station, take the footpath that heads uphill and turn right when you meet Red Hills Road. Carry on past Lawrence Drive and Parkside Drive. The road becomes narrower as it heads uphill until you meet a cattle grid
3	451 775	SE	Immediately after the cattle grid, the road becomes a track – rather than follow it, take the footpath on the left up to the viewpoint, which has two panorama plaques identifying the peaks you can see before you. This is a stunning place to be on a clear winters day, especially after a light frosting on snow on the distant peaks
4	451 773	SW	From the viewpoint, a track to the SW soon becomes an obvious gravel path that takes you back to the major track that runs around the Knott
5	450 773	S	Head South along this path through the woodlands
6	451 770	S	Take the gate in the right on the wall signposted Heathwaite as the woods open out, passing through Hollins Farm and taking the farm drive down to the road
7	452 763	S	Turn right along the road for a few meters, then left down the footpath, across the fields to the caravan park. Once in the caravan park bear left and head for the tarmaced access road
8	455 763	NNE	As you walk along the tarmaced road you come to a point where it is bordered on the left by some large boulders and beyond them there is a track heading NNE – take this track as far as Arnside Tower, which makes a convenient lunch stop. The tower is a defensive structure dating from the 15 th century. Me, I thought you built defensive structures at the top of hills, not the bottom, but what do I know
9	458 768	S	Assuming you lunched at the tower, head back to the corner of the field where you came in, and take the track heading south (to the left of the track you came in on) – this soon takes you back in to the caravan park, where there is not necessarily an obvious route, but twice you cut across tarmaced roads and at both of these points there are waymark posts to confirm the route. Once you are over the second road follow the path with woodland to your left and caravans through the trees to your right. When you come to a fork in the path

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				and you can still see caravans through the trees, take the left fork
10	458 762	SW		Follow the path through woodland, then it becomes a back road with houses on your right
11	461 759	ESE		Take the footpath to the left of the road that takes you through and road the bottom of Eaves Wood
12	470 763	N		Squeeze through the narrow stile and head north up the tarmaced drive, then when it looks like you can go no further, go left down the driveway. If the drive gates are closed, use the gate to the right, remembering to close the gate as requested – the footpath does go down somebody’s drive – at the far end go through the metal gate and cross the railway with care
13	471 764	N		On the far side of the railway, go left (north) along the road for approx 500m and at the end of the road cross back over the railway once again
14	469 769	NNE		Follow the path heading right through the trees, parallel to the railway
15	468 771	W		At this point, you might be able to carry straight on alongside the railway to join this route again at point 18, but when I was there last you would have needed waders to do that, so take the left fork and carry on round the top of Middlebarrow Wood
16	459 768	WNW		What goes around comes around, and you should find yourself approaching the tower again. Before you get there, take the path off to the right to the farm, once past the farmhouse turn right through the farmyard and take the farm track up to the road, turning right along the road
17	460 777	E		Once past the Cemetery turn right down Spinney Lane. At what looks like the end, you should be able to see some home made direction arrows – follow them between the houses then right and left and down again, with woodland on your right
18	464 780	NNW		Turn left along the road and follow it back in to Arnside

Feedback	
Feedback	<p>Done the walk ? any feedback is always appreciated – either email</p> <p>mikeswalks@gmail.com or find and like mikeswalks on </p>