

Warton to Arkholme

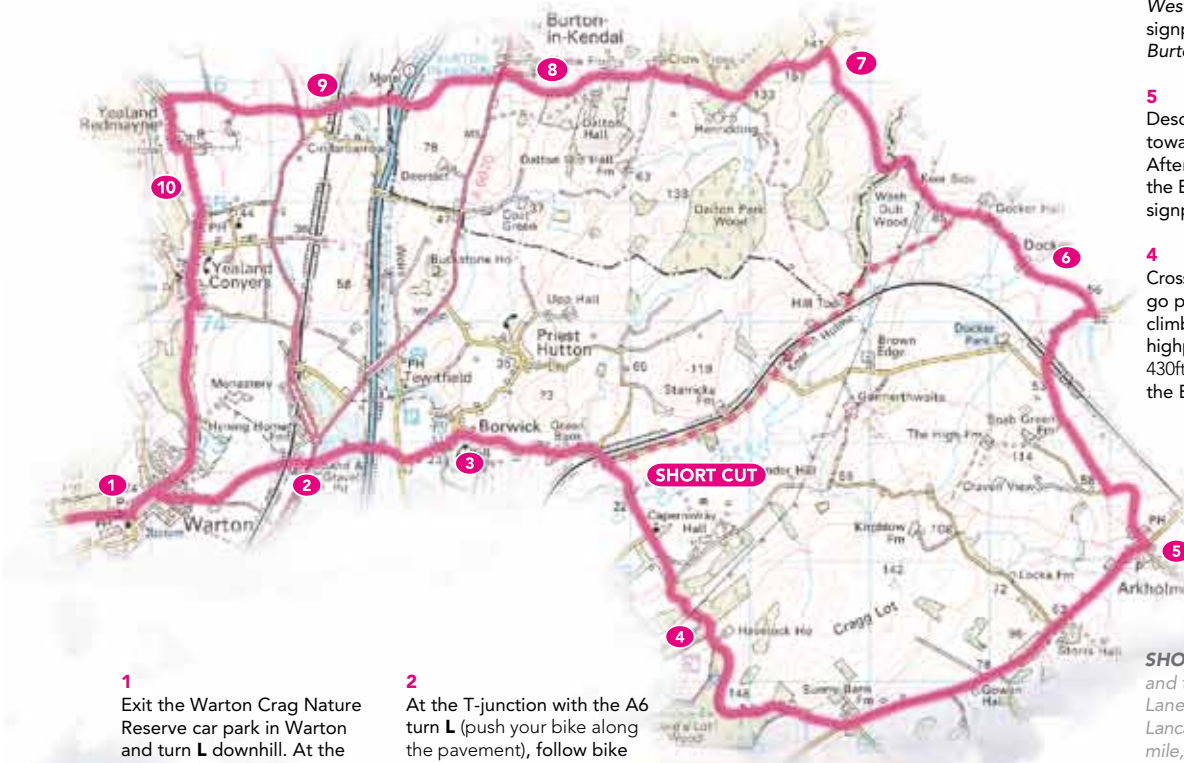
14 miles (22.5km) Moderate/Challenge

Start & parking: Car park for Warton Crag Nature Reserve up Crag Road at the back of George Washington pub in Warton Main Street.

Nearest train station: Carnforth - exit the station and turn sharp left onto Warton Road. Follow for 1½ miles as far as the George Washington pub in Warton to join the route.

Refreshments: George Washington pub, Malt Shovel pub, Warton. Bay Horse pub, Arkholme. New Inn, Yealand Conyers.

Head east from Warton and keep an eye out for the gothic turrets of Borwick Hall as you pass through the village. Climb up past Capernwray Hall and Lord's Lot Wood for some of the best views of the ride east towards Ingleborough. The unavoidable two miles on the B6254 is downhill, dropping 200ft (60m) to the Bay Horse pub in Arkholme. Climb back out of the Lune Valley on a series of delightful wooded lanes to the highpoint of the ride by the limestone outcrops of Hutton Roof, swoop down to cross the motorway, canal and railway and head for home through the Yealands.



10 At the T-junction at the end of Eight Acre Lane turn **L** signposted *Yealand Conyers, Warton*, NCN 6. After 1 mile go past the New Inn and climb steeply. Continue for a further 2 miles into Warton and turn **R** by the George Washington pub to return to the car park at the start.

9 Cross the M6, the canal and railway line. At the X-roads with the A6 go **SA** (*WITH CARE*) signposted *Yealand Redmayne, Silverdale*.

8 Long descent. At the T-junction (with the A6070) at the end of Dalton Lane turn **L** signposted *Carnforth* then first **R** signposted *Yealand*.

7 Descend steeply, climb steeply. At the T-junction at the top turn **L** to continue uphill (no sign) to the highest point of the ride (157m/515ft).

6 Cross the railway line and take the next lane to the **L** signposted *Docker, Burton West*. After 1 mile turn 1st **R** signposted *Hutton Roof, Burton West, Keerside*.

5 Descend with good views towards Ingleborough. After almost 2 miles, turn **L** by the Bay Horse pub in Arkholme signposted *Docker*.

4 Cross the railway, the River Keer, go past Capernwray Hall and climb steadily to the first highpoint of the ride (130m/430ft). At the T-junction with the B6254 turn **L** (no sign).

1 Exit the Warton Crag Nature Reserve car park in Warton and turn **L** downhill. At the T-junction with the main street turn **L** to go through the village. After 300m turn **R** onto Borwick Lane signposted *Borwick* (this is a busier road).

2 At the T-junction with the A6 turn **L** (push your bike along the pavement), follow bike signs for *Borwick* using the waymarked cyclepaths to cross the A6 before the roundabout and turn **R** towards *Borwick*.

3 Go **SA** at the X-roads (your priority) then at the T-junction in *Borwick* turn **R** signposted *Docker Farm Park*.

SHORT CUT: Cross the railway and turn **L** onto *Keer Holme Lane* signposted *'Docker, Lancashire Cycleway'*. After 1 mile, on a sharp right-hand bend, bear **L** signposted *'Keer Holme, Docker'* then after a further 1¼ miles take the next **L** signposted *'Hutton Roof, Burton West'* and rejoin at **Instruction 7**

