

1. From the checkpoint where the road bends round to the right **follow it round and continue straight ahead** where you will see a fingerpost on the left hand side. At this point **turn left to walk along the edge of a field**, with a hedgerow on your left, open field to your right. The path goes slightly downhill heading straight to an electricity pylon until you are right underneath it. **Follow the path which goes to the left of the pylon and enter the scrub.** The path bears right and heads slightly downhill to meet a bridge over a stream. **Cross over the bridge and turn immediately left** to follow the path which meanders through a small copse. After 50m or so the path bears round to the right and meets a stile with a yellow arrow on a green background and the words Heath Village. **Cross the stile and continue straight ahead up the next field.**
2. Once at the top of the field, you will see a stile in the hedgerow. **Cross over onto a lane and go straight across to meet a stile in the hedgerow opposite. Cross over this stile and bear 45° left across the next field**, heading for a stile in the hedgerow opposite a few metres to the right of a power cable pole. Ahead you can see church steeple in the village of Heath which you are heading for. On reaching the stile, **cross over and bear 45° left across the next field**, heading for a gated stile in a hedgerow about half way down the field. On reaching the gated stile **pass through onto the lane. Turn left** to walk down the lane. Where the lane enters the conservation area **turn right immediately before it** to walk with the hedgerow on your left and open field on your right. The path starts to head downhill. After a short while the field hedgerow bends round to the left. Stay with this continuing along the path, heading downhill, hedgerow still on your left and open field on your right. When you reach the bottom of the field you will see a stile. **Cross over the stile**, which brings you down to a little bridge over a stream. **Cross over and go straight ahead** across the next field. Once across the first field, **continue straight ahead across the next**, considerably less wide, field. You will see a yellow arrow on the pylon post. Once across the field you will see a fingerpost. At this point **turn 90° left** to walk up the track, open field on your left, fence on your right, heading uphill. (For the front runners with eagle eyes, you may even see the really slow walkers crossing Castle Hill Park!) After a short while the path rises to meet a lane. At the lane, **turn right** which takes you onto a bridge which leads over the Heath Bypass (A617). Once over the bridge the track turns 90° right and then after 15m or so, turn 90° left and starts to rise gently to lead you into the village of Heath.
3. A few metres before you reach the end of the lane you will meet a gate. **Go through the gate and follow the lane up to the road.** At the road **bear left**. You are, in essence, continuing straight ahead along the main road through the village. Heath is a particularly beautiful little village above the motorway, decidedly peaceful despite the fact that two main roads run very close to the village. There are a number of different types of properties in this village; including one pair of cottages with the steepest roofs we have ever seen anywhere! See if you can spot the Punch and Judy connection opposite Wayside Cottage! Where the road takes a sharp right turn, **you continue straight ahead** along the little lane, heading for a public footpath fingerpost ahead of you in front of a stone cottage. **Continue straight ahead as if you are walking down the driveway of the cottage**, heading for the gate at the end. Go past the gate down the concrete path leading to the road.

4. At the road, **cross straight over** to the footpath sign opposite and then **continue straight ahead down the embankment** leading to a stile in the hedgerow. Cross over the stile and **continue straight ahead** heading for the lane to the left of the farm buildings. The lane you are walking down is a typical country tractor lane, bordered to the left by a wire fence and to the right by a hedgerow. After about ¼ mile the fence on the left comes to an end at a point where you will see a metal gate on your right. **Continue straight ahead along the farm track.** You now have open field to your left. At a point where the track appears to come to an end and there is a metal gate, **continue straight ahead as if still on the track**, keeping the hedgerow to your immediate right, walking along the edge of the field.
5. After approximately 75m you will see a wooden post on your right with yellow arrow marker on it, here **turn 45° left to walk across the field.** Once across the field you will meet a ditch populated by trees and you will meet a wooden bridge crossing this ditch. **Cross the bridge and take the little path up to meet the fingerpost** at the beginning of the next field. At the fingerpost **take a 45° turn to the right** to cross the corner of the field. Once across the field, about halfway up the field you will see on your right a wooden stile with a yellow arrow on a green background on it. **Cross the stile and then turn left** as indicated by the arrow. As you emerge from the trees you start to cross a field **heading slightly right and gently uphill** to meet a hedge at a point where several paths meet. You are at the “end point” of the hedge. **Continue straight ahead** with the hedgerow on your left. As you go the path begins to “stray” from the hedge slightly directing you to a stile in the hedgerow in front of you. Cross this stile and **continue ahead bearing slightly right** heading for a stile in the middle section of hedgerow ahead of you. In this hedgerow there is a gate with a yellow arrow on it directing you across the next field, **follow this** again bearing slightly right and now directed to the right of a very large tree. Once across this field you will meet a stile to the side of the tree with a yellow and black arrow on it. **Cross the stile to drop down to the metallised lane. Cross straight over to the stile opposite and continue straight ahead** across the field as indicated by the yellow arrow and the metal public footpath fingerpost. As you cross this field you can see, ahead of you, the small hamlet of Astwith which you are heading for. Once across the field you will meet a stile in the corner. There are the yellow and black arrows guiding you **straight on.** You now start walking downhill, hedgerow on your right, and open field on your left. As you reach the bottom of the hill at the bottom of the field, you bend round to your left for approximately 10m to meet a gate. As indicated by the yellow arrow, **pass through this gate, crossing over the stream and then continue onwards up the field** immediately in front of you. I would advise hugging to the right hand side of the field, using the hedgerow as your guide. You are going to walk the whole length of this field uphill to the top right hand corner. **Cross over the stile in the corner and continue straight ahead** as indicated by the faded yellow arrow. Cross the middle of the field which will probably be bordered by electric fencing keeping the horses away from the path. Once across the field you will see a wooden stile just to the right of the large tree. **Cross over the stile and continue straight on** until you meet a wire fence by a lane. Here **turn 90° left to meet the stile. Cross over the stile to meet the lane and continue straight ahead** as indicated by the yellow and black arrows. The lane is bordered either side by hedgerow.

6. We are now entering the hamlet of Astwith – absolutely stunning little hamlet. Properties that cost a little bit more than the average house in Whitwell. The lane starts to go downhill as you pass Manor Farm on your left and then you meet a metallised road. **Continue straight ahead.** Where the road bends round to the right immediately before a dilapidated farm building, **turn 90° left** as indicated by the wooden fingerpost to pass down to a gate. **Pass through the gate and continue down to the gate to the left of the farm buildings. Pass through the second gate and continue straight ahead,** heading downhill to meet a wooden gate. In this small enclosure there are two small ponies – perfect size for Trevor! Very friendly and very frisky. **Pass through the wooden gate** (please make sure you close the gates in this area) and **continue straight heading downhill** towards what appear to be a gap in the hedgerow. This “gap” in the hedgerow is, in fact, a small bridge over a stream. **Cross over this bridge and turn left** to walk up the trackway. You have hedgerow on you left and open fields “rising” on your right. After 100m you will see a fingerpost sporting a yellow arrow directing you to go **45° right** following the contours of the hill and leading you to a metal gate in the fence to the left of which is a wooden gate. The actual path goes straight ahead across the field as directed by the arrow heading to the right of a tree and heading to the top right hand corner of the field where you meet a small copse. I would advise however, that from the gate **turn right** to walk up the edge of the field heading uphill for a gap in a hedge. At this gap you will see steps leading you through this gap. **IGNORE THIS AND TURN 90° LEFT TO WALK ACCROSS THE TOP OF THE FIELD, HEDEROW ON YOUR RIGHT OPEN FIELDS LEFT, TO MEET THE COPSE MENTIONED EARLIER.** At the copse you will see a wide gap leading into another field **turn right, passing through the gap, to walk down the field,** copse on your left, open fields to you right. Ahead you have a splendid view of Hardwick hall. After 200m the copse on you left comes to an end. **Continue walking straight downhill** to the bottom left hand corner of the field. On meeting the stile, on board which is a yellow arrow, **cross over and continue ahead** slightly left heading steeply downhill through bushes to meet a road.
7. **Cross over the road and turn right.** Soon the road passes under the M1 motorway via a tunnel. Just beyond this you will see the entrance to Hardwick Park. **Turn left to enter the park.** You are now entering the car park of this facility. When you reach the first parking meter on your right, **turn 45° right** to follow the path leading to the lake. The path crosses with the lake on you right and just beyond the sluice gate you will meet a junction of paths. **Turn right** to pass through the gate, and **continue ahead** with the lake to your right. 100m on you come to a fork in the paths, punctuated by a wooden bench. **Take the LEFT hand fork.** When you reach the next pond (a small one) **turn right** to walk with the pond to your left to meet a kissing gate. **Pass through and continue straight ahead** along the obvious wide track. To your left is open parkland and you right is woodland. This path tracks the edge of the woodland bearing right all the time as you pass. This path is punctuated along the route by a number of wooden sculptures. When you meet the road you will see a metal gate. **Pass through this and turn right** to walk down the road through the white gates. To your left is the wonderful Hardwick Inn. **Continue down the road** to a point where the road swings right. On your left is the entrance to the overspill car park of the inn. **Turn left to pass through this** and you will arrive at.....

CHECKPOINT 2