

## **5 - Boot & Shoe, Grassmoor, to the Elm Tree, Heath - 3.5 miles**

1. On leaving the Boot & Shoe, cross over the road to Birkin Lane following the road sign to Temple Normanton and Grassmoor Country Park. Walk down the path on the right hand side of the road for about ¼ mile.
2. On leaving the houses on your right, the footpath ends. Cross over the road and continue along the road on the opposite side of the road heading towards a bridge. At the foot of the bridge bear left onto a footpath which follows alongside the road. Keep the hedge to your right, continue straight ahead.
3. After about 80 yards take a right turn in the path, 90° right going under the bridge. Pass through a gate to the right of a metal farm gate. Continue upwards along this trail.
4. Bear slightly to the left until you meet another track. Here bear left. The path immediately splits - take the left hand track "Five Pits Trail, Williamthorpe" walking with a small lake on your right.
5. After a further ½ mile, the track bears left towards a factory. Continue along the track. Shortly after, the path goes under a road bridge and continues to the left hand side of the factory. To the left of the path there are a couple more industrial units which are currently under construction - they'll be completed by the time of the Walk.
6. After 400 yards there is a fork in the path. Take the right hand fork. Continue again with industrial units on your right. Pass a sign which says "Caution Steep Slope" and the track bears left, to the left of a wooden seat. The track bears right, comes down across a footbridge, and crosses another path which says "Holmewood - Wheelchair Route".
7. Continue straight ahead, climbing back up the other side of a small valley. At the top of the hill the track bears right, crosses another track. Continue straight ahead along the Five Pits Trail, Holmewood.
8. Just before a footpath sign by a bench, take a left hand fork in the path along a grass track which heads towards the left hand side of the houses ahead. The path bears left then right and then continues straight ahead towards a road.
9. Continue along the track, keeping the houses to your right. Cross over the road and continue up the field opposite, keeping the hedge on your right. Cross three stiles and then path goes down the centre of a field into the village of Heath.
10. Join a lane. Continue down into the village. On reaching the road, bear left. Continue down the road passing the Old School House on your left.
11. On reaching the village of Heath, bear left past the Old Reading Room and walk through the pleasant little village.
12. At the bend, follow the road round to the left until you reach the Elm Tree Public House on your right.

**This is your fifth checkpoint.**