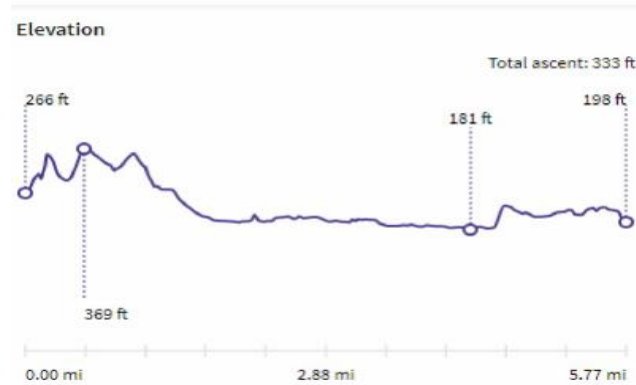


Section 5 – Sheepbridge to Poolsbrook CP - 5.76 miles

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- 1) Leaving the checkpoint and head back towards the metal fencing. Pass around this and turn to walk up a path behind.
- 2) This path is actually a steep driveway. Continue up until the drive turns away to the left. You carry straight on keeping to the public footpath. You will come to a green metal palisade fence. Turn right. This take you to a bridge where you cross the railway line. Once over the bridge turn to your left and walk up the stepped path with green palisade fence to your left.
- 3) Follow this path for a very short distance then turn through a gap in the fence on your right. Take the obvious path across the field.
- 4) When you reach the bottom of the field you will see a round footpath marker on an old wooden post. At this point cross a small ditch/stream and take the obvious path that rises gently to cross the next field. At a junction of footpaths carry straight on.
- 5) At the far side of the field pass through a passageway fenced on either side in between housing. Keep straight on and ignore the path to the right. Continue until you reach the road with a school opposite you. Cross the road and turn right.
- 6) Shortly you reach the Cock & Magpie Pub on your left. Turn left around the front of the pub and the Revolution House. Look for a footpath sign on you left. Turn here and follow what at first is a driveway and then becomes a narrow path bounded by walls & fences on either side.
- 7) When you reach Whittington Church take the signposted path to the right of the church yard gate. Continue on this path with graveyards to either side. When you reach the end of the church yard take the path that goes straight on. Ignore the path that turns away to the left.
- 8) Follow the most distant path as it goes into an area of small trees. The path then descends down some large steps to cross a stream. Shortly after you will reach a busy road and be facing Whittington Green School. Cross the road with care and turn left.
- 9) Proceed on the pavement until your next right turn and then proceed down Burnbridge Road. This is a straight road with houses either side. Follow this until the road starts to bend to the right. At this point cross the road and pass through the metal motorbike barrier onto a footpath.
- 10) Take the path straight ahead. After 50 metres you will pass a large tree, larger than those around it. Pass this tree and then pass through a copse of trees then through a gap in a hedge and into a meadow field. Continue straight ahead towards a gap in a hedge and then into the next meadow.

- 11) When in this meadow look for the board walk straight ahead. Take this boardwalk until you reach a narrow tarmacked road. Turn left and continue for 100m until you see a double wooden gate on the right. Cross the stile next to the gates then walk diagonally to your left. Pass through the gate and walk across the (horse)field.
- 12) At the far end of the field pass through a gate followed by a metal kissing gate. Your view of this as you approach may be obscured by trees. You are now on a path with old metal railings fence on the left and the river Rot her down to the right. After a short distance the railings on the left give way to a high stone wall. Pass under a railway bridge and continue on the obvious path across an area of scrub land. You will come to a T junction of paths. Take the path to the right which takes you on a bridge over the river.
- 13) Pass over a redundant railway bridge and then you are approaching a bridge over the canal ahead of you. Immediately before the canal bridge take the path that forks down to your right the turn sharp left to walk under the canal bridge. You are now on the canal tow path with the canal on your right.
- 14) You will continue on this towpath for some distance. After this distance you will reach the Hollingwood lock where there is a café and **TOILET FACILITIES.**
- 15) Cross over the road so that you can continue along the canal tow path. Eventually you reach a stone bridge. Continue along the towpath for a further 220m until you reach the "Red Brick/Metal" bridge.
- 16) Cross over the canal via this bridge the continue along the tarmac path that runs between the bushes and rises away from the canal. Emerge from this path onto a side street by Staveley Service centre.
- 17) At the road junction turn right to walk down High Street. After 100m just beyond the Beechers Brook pub turn left onto Porter Street. Walk down this street until you reach the road junction (165m). **BEWARE – MAIN ROAD – TAKE CARE.**
- 18) Cross this road via the pelican crossing the bear 45° left along the pavement onto Huntsman Road. Walk down this road passing the Community Fire Station until you reach the track by the side of the road. Turn right here. This is the Trans Pennine Trail and you are heading for Poolsbrook Park passing the fire station now on your right.
- 19) After 1km and when you reach the turning for Poolsbrook Park take the turning on your left. As you enter Poolsbrook Park area, first there is a caravan park on your right. Pass the entrance to this, crossing over the access road and pass the three green posts. Here there are three paths. Choose the middle one that goes ahead but turning right. Shortly you will come to a car park on your right.

This is the place of **CHECKPOINT 5.**
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