

High Cup Nick (Appleby-in-Westmorland Circular)			Extension via Scordale (Warcop MoD Range)		
1 st walk check	2 nd walk check	3 rd walk check	1 st walk check	2 nd walk check	3 rd walk check
03 rd Sep. 2023					
Current status	Document last updated Thursday, 07 th September 2023				
<p>This document and information herein are copyrighted to Saturday Walkers' Club. If you are interested in printing or displaying any of this material, Saturday Walkers' Club grants permission to use, copy, and distribute this document delivered from this World Wide Web server with the following conditions:</p> <ul style="list-style-type: none"> The document will not be edited or abridged, and the material will be produced exactly as it appears. Modification of the material or use of it for any other purpose is a violation of our copyright and other proprietary rights. Reproduction of this document is for free distribution and will not be sold. This permission is granted for a one-time distribution. All copies, links, or pages of the documents must carry the following copyright notice and this permission notice: Saturday Walkers' Club, Copyright © 2023, used with permission. All rights reserved. www.walkingclub.org.uk <p>This walk has been checked as noted above, however the publisher cannot accept responsibility for any problems encountered by readers.</p>					

High Cup Nick (Appleby-in-Westmorland Circular)

Start & Finish: Appleby-in-Westmorland Station

Appleby-in-Westmorland Station, map reference NY 686 206, is 377 km northwest of Charing Cross, 45 km southeast of Carlisle, 161m above sea level and in **Cumbria**.

Length: 23.9 km (14.8 mi).

Cumulative ascent/descent: 748m. For a shorter or longer walk, see below **Walk Options**.

Toughness: 8 out of 10

Time: 6 ½ hours walking time.

Transport: Appleby-in-Westmorland is a station on the Leeds - Settle – Carlisle Line, with eight trains per day Mon-Sat and seven on Sundays. Journey time is 42 minutes from Carlisle, 56 from Settle and 118 from Leeds.

Saturday Walkers' Club: The walk is not practicable as a daywalk from London.

OS Landranger Map: 91 (Appleby-in-Westmorland) & 98 (Wensleydale & Upper Wharfedale)

OS Explorer Map: OL19 (Howgill Fells & Upper Eden Valley)

Walk Notes:

This is an exhilarating exploration of one of the finest natural features in northern England, the spectacular High Cup Nick, an almost geometrically perfect U-shaped glaciated valley, deeply incised into the North Pennine scarp, from Appleby, a market town on the River Eden in Cumbria, famous for its annual Appleby Horse Fair, with views across the Eden Valley to the Lake District and the Howgill Fells.

The High Cup valley is shielded from view from most points below in the Eden Valley by adjacent hills, so its outline and full splendour only reveal themselves over time on the outbound route, as you cross the mildly undulating landscape at the foot of the Pennine Range, consisting of pastures and woods, before starting the steep ascent to the top of the valley along a good track. You then walk along the ledge on top of the V-shaped rim of the valley, passing waterfalls, rock stacks, boulder fields and shake holes.

From the halfway point at one of the most-photographed spots in Outdoor Britain, a choice of three return routes is possible: medium high or high routes along the flanks or over the top plateau of Murton Fell, or a more demanding and longer route via the High Cup Plain and along Maize Beck into the MoD Warcop Live Firing Range (see the notes on access below) and across an upland watershed encompassing some limestone pavements, high grass moorland and blanket bog, into the dramatic and haunting Scordale with its disused lead and baryte mines and with some high cliffs on the side of the deep-cut scenic valley framing views into the plain and to distant fells.

Walk Options:

Cut the out-and-back to the top of Murton Pike: cut 900m distance and 76m ascent.

Shortcut: return more direct and at lower elevation. Cut 2.5 km/1.5 mi and 83m ascent: **7/10** rating.

Extension: return from High Cup Nick along a longer route, first across the High Cup Plain plateau with the Pennine Way, then – at times pathless – along Maize Beck into the MoD Warcop Range and up along Swarth Beck (this stretch is very energy sapping and frequently pathless) across the watershed into the dramatic Scordale (mostly with paths or tracks) and to Murton. Adds 5.8 km/3.6 mi but no ascent: **10/10** rating.

Note: Warcop Range is a live firing range with restricted access. Firing generally stops at 13.00 hours on Sundays and the public rights-of-way are accessible for about 12 full weekends a year.

For general safety information on the MOD Estate, check here: <https://www.gov.uk/guidance/safe-access>

For up-to-date access details check here: <https://www.gov.uk/guidance/north-england-public-access-to-military-areas#warcop> and here: <https://www.gov.uk/government/publications/warcop-access-times>

Short and Main Walk, after their split at High Cup Nick, run parallel for the first kilometre, but at different heights. You could start along the Short Walk route along the rim of the Nick and then climb up to the Main Walk route along the bridleway along the wall (the turn is obvious from text and route map).

A variation of the end from the fringes of Appleby to the railway station leads along tarmac lanes and residential roads instead of along fields and country tracks, this adds just 100m and 10m ascent.

Add a loop to and through Appleby's town centre at the end of the walk past many tea places and most sights (adds 2.2 km and 85m ascent).

Outbound and return route are never too far away from each other. This enables car drivers to shorten the route by parking higher up the route, along the road linking Murton (on the main and long walk) and High Cup House (on the short walk) with Dufton/Bow Hall via Keisley (both on the outbound route). Parking in Keisley or at High Cup House is not advised (narrow lane). Instead, **good spots would be:**

- the unofficial car park on a grassy strip by the roadside at the top of the tarmac lane just beyond Bow Hall, where the walk route joins the Pennine Way out of a pasture, at Grid Reference NY 704 250. This is 6.3 km into the route. Pick up the directions at the double asterisk ******).

- the official car park in Murton (on the OS map), 5.7 km from the end of the main and long walk options.

Walk across from Murton to Keisley and pick up the directions at the single asterisk *****).

In any case: **do not** block any field gates or farm drives and **do** respect 'Private – No Parking' signs.

Lunch: Picnic

Tea (details last updated 01/08/2022)

The Midland Hotel Freehouse 25 Clifford Street, *Appleby-in-Westmorland, Cumbria CA16 6TS (017683 51524, <https://www.themidlandhotelappleby.co.uk/>)*. The Midland is located right by the train station and is open 14.00-23.00 Tue-Fri and 11.30-23.00 Sat-Sun.

Numerous options in Appleby on a loop to and through the town centre (this adds 2.2 km and 85m ascent). See the walk directions for details.

Northern Glossary

beck: *stream, brook*; brig(g): *bridge*; -by: *habitation*; cam: *bank, slope, ridge*; carr: *marshy woodland or shrubland*; clough: *narrow valley, cleft in a hillside, ravine, glen, gorge, cliff, rocky precipice*; crag: *steep rugged mass of rock projecting upward or outward*; currick: *cairn, pile of stones, often locations used to keep watch for Scottish raiders*; dale: *valley*; -ey: *island, dry area in a marshy place*; fell: *hill, mountain slope (especially rough moorland)*; firth/frith: *long, narrow inlet of the sea or estuary*; force/foss: *waterfall, rapids*; frith: *area of peace, protection, safety, security*; garth: *small grass enclosure adjacent to a house*; gate: *way, street*; gill/ghyll: *small narrow valley or ravine*; hagg: *part of an area of woodland, especially on a sloping bank*; holm(e): *island, inland promontory, raised ground in marsh, river-meadow*; how(e): *barrow, small hill*; hush: *(Roman era) mine on steep hillside, using dammed up water to wash away topsoil and boulders, revealing the underlying lead or ore veins*; ing(s): *meadow(s), especially water meadow near a river*; keld/kell: *spring or well*; kirk: *church*; laithe/leeath: *barn, agricultural building*; lang: *long*; ling: *heather*; lonning/lonnin': *lane or track, something less than a road, more rural than a street, usually short*; mell: *sand dunes*; mire: *bog*; moss: *bog, marsh*; ness: *headland, promontory*; nick: *shallow notch, cut or indentation on an edge or a surface*; pike: *spike, sharp point, peak*; rake: *slant, incline*; rigg: *ridge*; scar/scaur: *cliff, rocky outcrop with a steep face*; seat/set(t)/side: *summer pasture or dwelling place*; seaves: *rushes*; shaw: *hurdle, gate*; sike/syke/sitch: *small stream or gully, gutter*; stang: *pole, shaft, stake, wooden bar*; stoop/stowp/stoup: *post, gatepost, distance marker (milestone), standing stone*; -sty: *ascent, ascending lane or path, narrow pathway or course*; tarn: *lake or pond (especially in an upland location)*; thorp(e)/t(h)rop: *village or small settlement*; thwait(e): *village or small settlement*; toft(s): *small farmstead with enclosed land, later applied to a village or small settlement*; wath: *ford*; whinny: *gorse, furze, thorny vegetation*; -wich/wick: *village or settlement*.

Notes

Appleby-in-Westmorland

Appleby-in-Westmorland is a market town in Cumbria on the River Eden. It was the county town of Westmorland, and then known as Appleby, but changed its name to retain the name Westmorland in the 1970s after the county was abolished. Appleby is overlooked by the privately owned Appleby Castle, a largely Norman structure that served as home to Lady Anne Clifford in the 17th century. Its uncommonly wide main street, Boroughgate, has been described as one of the finest in England.

Appleby was a parliamentary borough from medieval times, electing two MPs. By the 18th century though it was a pocket borough, whose members were effectively in the gift of the Lowther family. They included William Pitt the Younger, who was a local MP when he became Prime Minister in 1783, although he stood down in the next general election, preferring to take a Cambridge University seat. A later Appleby member was Viscount Howick, later as Earl Grey the Prime Minister under whom the Great Reform Act of 1832 was passed.

Appleby and nearby villages host old-established events such as the Warcop rushbearing, dating back at least to 1716 and the Appleby Horse Fair, originating in 1685 and held over the first weekend of June. The fair is still held outside the town, where the Roman Road crosses Long Marton Road, not far from Gallows Hill. This was then unenclosed land, for sheep and cattle drovers and horse dealers to sell their stock. By the 1900s it had evolved into a major Gypsies and Travellers occasion, nowadays attracting up to 10,000 people.

Settle – Carlisle Railway

The Settle – Carlisle line is a 117 km-long (73 mi) railway line in northern England. The route crosses the remote, scenic regions of the Yorkshire Dales and the North Pennines, running between Settle Junction on the Leeds–Morecambe line and Carlisle, near the English-Scottish borders. It was constructed in the 1870s and has several notable tunnels and viaducts. The line was built by the then Midland Railway to be able to run trains to Scotland, as the then London & North Western blocked access to a short bit of track linking Midland's network to the existing line to the North. The works needed over 6,000 navvies, who worked in remote locations, enduring harsh weather conditions. Large camps were established to house the navvies, most of them Irish, with many becoming complete townships with post offices and schools. The main ones were called Inkerman, Sebastopol and Jericho. The remains of one camp – Batty Green – where 2,300 navvies lived and worked, can be seen near Ribbleshead.

In the 1980s, British Rail planned to close the line. This prompted a campaign to save it, led by the Friends of the Settle–Carlisle Line (FoSCL). The campaign uncovered evidence that BR had mounted a dirty tricks campaign, by exaggerating the cost of repairs and diverting traffic away from the line in order to justify its closure plans, a process referred to as 'closure by stealth'. In 1989, the UK government announced the line would be saved from closure. Since then, passenger numbers have grown steadily from less than 93,000 in the 1983 to 1.2 million in 2012. Eight formerly closed stations have been reopened and several quarries have been reconnected to the line and it remains one of the most popular railway routes in the UK for charter trains and specials. The railway's summit at 356m is at Aisgill, just north of Garsdale Station, and is the highest point reached by main-line trains in England. <https://settle-carlisle.co.uk/> <https://www.foscl.org.uk/>

Four of the railway properties are available as holiday lets:

<https://settlecarlisletrust.org.uk/stay-at-a-station/> <http://www.dentstation.co.uk/>

Yorkshire Dales National Park

The Yorkshire Dales National Park is a 2,178 km² (841 sq mi) national park covering most of the Yorkshire Dales (some to the south and east of the national park are located in the Nidderdale Area of Outstanding Natural Beauty). Most of the park is in North Yorkshire, with a sizeable area in Cumbria and a small part in Lancashire. The park was designated in 1954 being then entirely within Yorkshire, and extended in 2016 westwards into Lancashire and Cumbria - encompassing much of the area between the old boundaries of the park and the M6. Over 95% of the land in the park is in private ownership and there are over 1,000 farms in the park, as well as some 23,500 residents (as of 2017). A 2018 report estimated that the Park attracted over four million visitors per year. In 2020, the park was named as an International Dark Sky Reserve.

<https://www.yorkshiredales.org.uk/>

A Pennine Journey

The Pennine Journey is a 391 km (243 mi) waymarked circular Long-Distance Path from Settle up through North Yorkshire, Durham, Northumberland and over to Cumbria and back to Settle. It was developed by David Pitt of the Wainwright Society and is a recreation of a solitary walk Alfred Wainwright made in 1938 through the Pennines, but adapted for today's roads and rights-of-way, i.e.: taking a route that Wainwright might have chosen today. The route traverses the Yorkshire Dales and Durham moorlands to follow Hadrian's Wall for a while and heading back south along the western Pennines, up the Eden Valley and along the Howooden gateill Fells. <https://penninejourney.org/>

The Pennine Way

The Pennine Way is a waymarked 429 km (267 mi) National Trail running along the Pennine hills, sometimes described as the 'backbone of England'. It starts in Edale in the Peak District National Park and runs north through the Yorkshire Dales and the Northumberland National Park and ends at Kirk Yetholm, just inside the Scottish border, and features 287 gates, 249 timber stiles, 183 stone stiles and 204 bridges.

High Cup Nick/High Cup Gill/Whin Sill

High Cup Nick is considered one of the finest natural features in northern England.

It is an almost geometrically perfect U-shaped glaciated valley, deeply incised into the Northern Pennine scarp. The valley is shielded from view though from most points below in the Eden Valley, as it is 'guarded' to the southeast by Murton Pike and to the north by Dufton Fell.

The Ordnance Survey name the valley as High Cup Gill but it is often referred to by the name High Cup Nick, a name which more properly refers just to the point at its north eastern limit where the headwaters of Highcup Gill Beck pass from the relatively flat terrain of High Cup Plain over the lip of High Cup Scar into the valley. High Cup Scar runs around the rim of the valley and is formed by a near-horizontal outcrop of the Whin Sill. This is a dolerite intrusion of late Carboniferous age (about 300 Million years ago) which underlies much of the North Pennines and northeast England and is one of its key natural features. A major outcrop is at the High Force waterfall in Teesdale, and Bamburgh Castle, Dunstanburgh Castle, Lindisfarne Castle and stretches of Hadrian's Wall all strategically take advantage of high, rocky cliff lines formed by the sill. It was formed when fresh magma intruded in spaces opened up by tectonic movements of existing crust layers and then – on cooling – crystallised and solidified.

At High Cup Nick, tumbled blocks of this rock are scattered down the scree slopes beneath the scar.

A notable pinnacle of this rock on the northern side of the valley is known as Nichol's Chair after a local cobbler who, for a bet, practised his craft perched on its summit.

The Pennine Way skirts the valley on its northern side by a traditional route known as 'Narrow Gate'.

Shake Holes and Swallow Holes

Shake holes (or sinkholes or dolines) are a depression or hole in the ground caused by some form of collapse of the surface layer. Some are caused by karst processes, for example, the chemical dissolution of carbonate rocks or suffusion processes. They tend to occur in karst landscapes, which can have up to thousands of sinkholes within a small area, giving the landscape a pock-marked appearance. These sinkholes can drain all the water, so that there are only subterranean rivers in these areas.

River Eden/Eden Valley

The River Eden is entirely in Cumbria and is one of the few large rivers in England that flows northwards. The source of the river is on the high limestone fells above Mallerstang Common, between High Seat, Yorkshire Dales and Hugh Seat, Cumbria. Here it forms the boundary between Cumbria and North Yorkshire. Two other rivers arise in the same peat bogs, within a kilometre of each other: the Swale and the Ure.

The Eden makes its way across eastern Cumbria, with the hills of the North Pennines to the East, and the fells of the Lake District to the west, to Carlisle. Here it merges with other rivers to form the great Solway Firth estuary, before reaching the open sea, 145 km (90 mi) from its source.

The river's name derives from the Celtic word *ituna*, meaning *water*, or *rushing*.

The Eden Valley is green and fertile but in medieval times the valley was vulnerable to Scottish raids, and the number of castles and Pele towers (small stone structures with walls from a metre thick, unique to the North of England) in the area are testament to a turbulent and often violent past.

MoD Warcop Range

The Warcop Training Area is a MoD military training area near the village of Warcop in Cumbria. The area consists of approximately 9,715 hectares, of which more than half is MoD freehold land, with the balance being held on lease or by licence. The estate was established in 1942 originally as a tank gunnery range and tanks still use it to this day. Most of the armoured formations which took part in the D-Day landings trained here.

Within the training area are Little Fell (745m) and Mickel Fell (790m), Burton Fell, Warcop Fell, Cronkley Fell and part of Murton Fell. Most of the training area is in Cumbria but a portion is County Durham. The area forms part of the North Pennines AONB and about two-thirds of the area falls inside the Appleby Fells SSSI.

Warcop Range is a live firing range with restricted access. Firing generally stops at 13.00 hours on Sundays and the public rights-of-way are also accessible for about 12 full weekends a year.

WALK DIRECTIONS

Alighting from the train at **Appleby-in-Westmorland Station**, a stop on the **Settle – Carlisle Railway** just outside the **Yorkshire Dales National Park**, *leave the station from platform 1* (i.e.: go over the bridge if arriving on platform 2 from the direction of Settle) through a white wooden gate to the left of a waiting room and follow a tarmac path down to **Station Road**. **A Pennine Journey (APJ)**, a Long-Distance Path, joins from the left and you will follow it for the next hour or so. *Turn right* uphill, soon passing Appleby Primary School and in 250m from the station *turn right* with the road and a sign for 'Hungriggs ½ via Under-pass' and continue parallel to the noisy **A66**. In 300m at a T-junction, *turn left* to go through the underpass under the A road. In 110m *bear right* along an unsigned tarmac lane (Hungriggs Lane), now with first views of today's aim on the right: the westerly ridge of the Pennines, including (in clear weather): **High Cup Nick**. In 50m *turn right* along a signposted public footpath ('**Stank Lane (Tk)**' as per the OS map).

You pass a redundant stile and have trees on the left and a hedge on the right. Occasional views on the half right (on 60°) show a spikey top lower than, and this side of, the main ridge: this is **Murton Pike**, dominating the views for much of the outbound route and crossed on the return on the Main Walk option. In 350m go through a wooden kissing gate and through a slightly overgrown field corner to in 20m *bear left* along a grassy field boundary strip. In 110m **[!]** *turn left* down to a stile in a fence line and continue through a slightly overgrown area between fences about 20m apart. **Hungriggs'** farm buildings are visible some way ahead. In 100m the fences discontinue on both sides and you continue in the same direction, although the walking is a touch easier a little to the right along the bottom boundary of a sloping pasture. In 100m, just before reaching the farm, *turn right* uphill to the right of a line of trees. In the top-left field corner, just before going over a stile to the left of a metal field gate, you get views on the left up to **Cross Fell and the Dun Fells** further north along the Pennines (SWC Walk Cross Fell and Great Dun Fell).

Continue in the same direction through the next, larger field, now with views of **High Cup Nick** and **Murton Pike** ahead. In 170m in the far-left field corner, go over a stile and *veer right* (60°) through the next field. In 250m go over a stile to the right of a metal field gate and continue towards a stile in a drystone wall 100m away at the bottom of the valley (**Crundale Bottom**). From that stile, *veer left* with a marker to in 80m cross a grassy farm track and then go over the low flank of a hillock and *veer further left* on the other side towards a now visible railed plank bridge over a stream 70m away. *Turn right* over the bridge and cross a rough meadow pathless to the fenced **Blackhill Plantation** where you *turn left* along a public footpath along its boundary (**to keep the exposure to the tussocks short**, aim for a four-bar wooden fence bit in the otherwise wire fence). In 150m go through a wooden field gate at the far end of the wood and cross the next meadow in the same direction along a clear car wide track, which in 60m crosses the **Murton Beck**.

Bear to the right with the track towards a stile to the right of a wooden field gate 110m away leading into **Flakebridge Wood**. There is a marker post on the left inside the wood where another public footpath joins along the wood's fringe. Ignore a right turning track towards a shed, as well as a faint path up into the trees. In 30m, ignore another track to the shed and in 40m a third one from a farmhouse, opposite a marker post pointing up to the left along a faint steep path through the trees. **[!]** *Turn up the path* into the wood (20°). In 90m at the top of the immediate rise, you pass a marker post and in 60m *bear right uphill* along an earthen path at a T-junction. The path widens to a track. In 60m you reach another top of a rise and in 120m – in a clearing in the wood – you pass another marker post away on the left. In 30m pass a fenced pheasant rearing area.

In 30m you start to descend with the track. In 40m cross a car wide forest track (a marked footpath joins from the right, and the left turn has a 'Private – Keep Out' sign). In 30m you cross a stream and in 40m continue in the same direction with a marker post along a car wide grass track, where the gravel forest track turns right. There is a pond away to the left and in 100m you cross another stream on a footbridge to in 30m leave the wood over a ladder stile in a drystone wall into a large sloping pasture. Continue in the previous direction (i.e.: *bear right* coming down off the stile) along a faint grass path towards the top-left field corner (20°), in line with the right-hand side of a wood on the rise ahead. In 160m you can see a drystone wall ahead, aim for where the wall meets a mature tree. Parts of **High Cup Nick** and **Murton Pike** are visible ahead. Back over the shoulder on the right (on 165°), you can see **Wild Boar Fell** (SWC Walk Wild Boar Fell).

In 70m go over a stone slab stile in the wall and *bear right* in the next field, initially along the left-hand boundary. Aim to the right of an electricity pole (45°) and in 120m go over the brow with a stile and marker post now visible 50m ahead. Continue in the same direction through the next field towards a corner of a wood 90m away and follow the wood. In 75m *curve left* with the grass path down to a stream in a meandering fashion and in 40m go through a wooden gate in a drystone wall and cross **Keisley Beck** a little to the left over a slippery two-railed raised wooden bridge (this beck drains the high areas this walk leads through, including High Cup Gill and Trundale Gill). You now cross a narrow soggy patch in the meadow at the bottom of a part-wooded, part-grassy hillock, using some duck boards, and *turn right* along a clear path contouring the bottom of that hillock.

The path stays just above the soggy bottom of the valley and in 120m curves to the left to converge with a drystone wall on the right. In 125m you *fork right* along a grass path along the wall, where a car wide track bears up to the left. In 90m *turn right* at a signposted three-way footpath junction through a gap in a drystone wall towards '**Keisley**', ignoring the continuation of the APJ towards 'Dufton', and aim to the left of some (initially out of view) farm buildings at the top of the rising pasture. In 220m go through a metal field gate and up a fenced broad track between trees. In 200m go through a wooden field gate onto a road and *turn right* along it. In 20m *turn up to the left* along a gravel drive.

*) You follow a signposted footpath to '**High Cup Nick via Bow Hall**' and in 110m where the drive turns right to **Keisley House**, you *turn left* through a wooden field gate with a footpath marker and cross a small pasture towards **Town Head** farmhouse. In 75m go through a wooden kissing gate and *turn right* with a low 'Public Footpath' sign up to a wooden gate in a drystone wall 25m away (note: this is different from the right of way as shown on the OS map) and go through the gate into **Access Land**. *Turn left* along a wide grass track along the drystone wall and to the right of the farm buildings. In 160m go through a wooden field gate and follow the track along the wall. In 60m ignore a track turning to the right up the slope and in 90m cross a stream on a plank bridge. In 25m ignore a wooden field gate on the right and **leave the Access Land** through a metal field gate with a footpath marker post and follow the wall on the left through a dip.

In 40m you cross another stream on a plank bridge. In 140m cross another streamlet with **Harthwaite** (hill) rising on the right. In 200m you cross the **Harthwaite Gill** over a plank bridge to the right of a ford and in 30m continue **[!]** *through the left of two* wooden field gates with a footpath marker on the gate into another pasture and continue in the same direction with the drystone wall now on your right. In 90m by a soggy area, stay with the wall, as there is a late-seen boardwalk helping you over the worst bits for 40m. In another 250m you cross another short boardwalk and in 60m in the far corner of the field, go through a wooden gate onto the top of a tarmac lane at a signposted junction with the **Pennine Way** (PW), with **Bow Hall** away down the left. There are a handful of unofficial car parking spaces on a wide grassy. You are at 255m above sea level. *Turn right*.

****)** Follow the gravel lane uphill, signed 'High Cup Nick 2 ¾ mls'. In 640m another (private) car wide gravel track joins from the right out of the gap between **Harthwaite and Gregory hills**. **Dod Hill's** flank rises on the left and you have **Peeping Hill's** rockface up ahead. In 250m ignore a metal field gate on the left leading to a disused quarry and continue uphill in a straight line. In 170m go through a wooden kissing gate to the right of a metal field gate **into Access Land**, at 360m above sea level. In 300m the track turns to the right and in another 120m you go through a wooden gate to the right of a metal field gate. The rockface is now towering on the left above. Half right ahead is an unnamed top (at height 445m). In 170m the gradient eases and you can see **Murton Pike** ahead. In 150m, when level with the unnamed top on the right, *bear left* with the track.

In 130m ignore a metal field gate into a walled sheep pen and the subsequent descending path and *turn left* through a metal gate to pick up a higher grass path that stays above the drop beyond the sheep pen, flanking it on the left. Both those paths re-join at a large cairn 150m away, at 490m above sea level. On the right you have increasingly fine views past **Middle Tongue** (the short walk descends along it) to Murton Pike and to further tops along the Pennine ridge. You now keep ascending, either along a car wide gravel track or along a grass track about 20m to the left of it. In 150m you pass the first of several cairns in quick succession and at a fork, *fork either way* as in 70m the paths re-join. The track then goes through a large area of limestone boulders. The track is always clear and also lined by occasional cairns and for a short while it levels out (at 550m above sea level). You can now see some part of the southerly edge of **High Cup Nick**, the view dominated by the **tall columns of grey-blue dolerite** along its rim.

In little more than 400m, now close to the drop on the right, the path levels out and you can see the head of the valley for the first time. In 170m you *bear up to the left* with a marker stone (the path ahead presumably being too dangerous after some rockfall) and in 100m *turn right* by another marker stone on the left, along a car wide boulder track. In 150m you cross a stream on a flagstone bridge and in 40m cross **Strands Beck**. In 125m *turn right* through a gap between low rises to get the full panorama of the top of the valley, the plain beyond and the flanking mountains. *Turn left* with the path and ignore any left forks away from the edge. In 100m you pass another marker stone and in 280m you pass **Nichol's Chair** on the edge (a rock pinnacle named after a local cobbler who, for a bet, practised his craft perched on its summit).

You pass some more marker stones and curve to the right with the edge path and in 600m reach the **High Cupgill Head** at **High Cup Nick**, where the **High Cupgill Beck** runs off the **High Cup Plain** and over the **High Cup Scar** into **High Cup Gill**. You are at 570m above sea level. **High Cup Plain** is a limestone plateau full of **Shake Holes and Swallow Holes**, where streams disappear underground and resurface in other places. And despite the apparent size of the area up here, the catchment area for the **High Cupgill Beck** is actually very small, as the watershed to the **Maize Beck** is just ahead in the direction of **Dufton Fell**. The **shortest descent route** would now be the public footpath shown on the OS map, some 100m back along the edge, zigzagging down into the chasm, and down the scree slopes of the gill. This is not recommended. So, cross the beck.

On the other side of the beck, you have three choices as return routes:

For the Short Walk, descending via Middle Tongue and Harbour Flatt farm, *turn right* along a clear grass path along the scarp of High Cup Nick and pick up the directions below at the end of this text under **Short Walk via Middle Tongue and Harbour Flatt**.

For the Main Walk up to the flanks of Murton Fell and over Murton Pike, descending via Murton village, **as well as for the Extended Walk** via Maize Beck and the dramatic Scordale down to Murton, continue uphill with the Pennine Way towards a marker stone 40m ahead. From the stone, continue in the same direction for 30m to a T-junction of clear grassy paths and a faint fourth path ahead, and with another marker stone with a yellow marker pointing backwards. *Turn left* along the clear grass path (40°) towards another marker stone 140m away, at about 580m above sea level.

At that marker stone you have a choice:

For the Extended Walk via Maize Beck and through the MoD Warcop Range into the dramatic Scordale and down to Murton, *veer left* with the wide grass path (the PW) and pick up the directions at the end of this text under **Warcop Range and Scordale Route**.

For the Main Walk up to the flanks of Murton Fell and (optionally) up to Murton Pike, then descending via Murton village, *turn right* along a faint but clear path and follow it across grass and then up the limestone boulder-filled slope onto the plateau of **Murton Fell** at 650m above sea level, guided by occasional marker posts, while keeping the drop to the right. As you climb, more and more you lose sight of the V-shaped **High Cup**. Once on the plateau, you can see a couple of **Curricks** away to the left (man-made cairns or storm shelters of ancient origin and unclear purpose), and then follow the path (and more marker posts) along the drop, en route crossing some streams out of the peat hags on the left and passing some piles of stones. In 550m, still at above 650m above sea level, you pass a drystone wall corner away to the right by a pile of stones (on the OS map).

You now broadly follow the drystone wall, at a distance, as the path becomes hard to distinguish at times, while it winds through this area of limestone outcrops, some more piles of stones, peat hags, heather and tussocks (with the odd marker posts though), initially on the level, then gently descending. In about 400m, by a metal field gate on the right in the drystone wall, you pass a marker post. In 110m you start to descend with the path, towards the drystone wall. In 70m (about 20m before the wall), *turn hard left* back on yourself with the path, now steeply down to a crossing of a stream in a deep cut. In 90m you cross the **Trundale Gill** (stream) and *turn hard right* with the path to climb back out of the gorge onto the upland level. Follow the path in a broadly southerly direction, crossing a few streams and streamlets, as well as plenty of cairns.

Eventually you pass an area with some storm shelters built from the abundant limestone boulder outcrops (on the OS map). Follow the clear grassy track further across the upland with views (weather permitting) ahead to **Murton Pike** and its trigpoint, with the **Lake District** fells to the right of it way beyond the **Eden Valley**, and the easterly hills of the Eden Valley to the left. You can spot some signs away to the left across the upland: they are marking the boundary of the **MoD Warcop Range**. Also visible to the left are another couple of **Curricks**. In 300m from the last storm shelter (at about 590m above sea level) you meet a car wide gravel track coming from a point away to the left ('Flagstaff' on the OS map) at the top of the infant **Gasdale** (and therefore the furthest flow of the **Murton Beck**). Follow the track downhill through an area of shake holes, passing a couple of marker posts en route, which indicate a criss-crossing public footpath and a crossing permissive path.

In 750m, at 520m above sea level and in a sharp left downwards turn of the track, for an out-and-back to the top of **Murton Pike** and its trigpoint, **[!]** continue ahead along a clear grass path that heads straight on. You reach the trigpoint in 540m (at 594m above sea level), with its splendid views into and across the **Eden Valley** to the **Lake District** and the **Howgill Fells**, as well as – and closer by – to **Murton** village and to **Appleby**. Re-

trace your steps and in 400m *bear right* and down along a grass path to the descending gravel track 80m away in a bend. Re-join the gravel track and continue downhill along it. In about 200m you pass a marker post and in 100m another one, where a public footpath crosses and a permissive path turns left (no evidence on the ground of either), and in 30m you *turn right* with the track (at about 460m above sea level). You have **last views of Murton Pike and its trigpoint** and can see the (disused) **White Mines** area (lead and baryte) on the left high up on **Mell Fell** across **Gasdale**, as well as (a little later) **Murton Crag** ahead up on the right and **Murton** village ahead in the valley.

Descend a little more steeply for a while and eventually you pass another marker post, level with a three-way drystone wall corner in Gasdale below. You follow the gravel track further downhill, with **Gasdale** and the infant **Murton Beck** on the left, and **Murton Crag** still above to the right, through several turns and past several marker posts, to the bottom of the walled hillside by a large car park. There are several grass path shortcuts to your left, taking a more direct route, which will be steeper though than the gravel track. There are also a couple of fine scenic shallow valleys visible en route to your right (**High Trough** and **Low Trough**). And near the car park, a public footpath joins from the right across the grass by a marker post. In another 100m you go through a wooden kissing gate into the car park. Cross it to another gate 20m away. The Extended Walk joins from the left behind. **Leave** car park and **Access Land** and follow the lane towards **Murton**.

***) In 140m you pass **Mell Fell House** on the left and in 20m can see a ford across the **Murton Beck** away on the left, with **Murton Hall** visible beyond (14th C, one of the oldest buildings in Northern England). In 150m *turn left* at a four-way lane junction in the centre of the village ('Appleby 3'), past a disused bus shelter. Cross the Murton Beck on a humped bridge and *turn right* immediately along a gravel drive. In 20m continue along the beck in the same direction with a signposted footpath ('Town Foot'), ignoring the gravel drive to the left. In 100m pass a disused quarry on the left and ignore a bridge on the right, and in 35m ignore a footbridge on the right (another footpath joins across it). You follow a narrow path along the beck and in about 250m reach a two-railed footbridge across the beck. **[!]** Do not cross the bridge but *turn left* through a wooden gate into **Access Land** and *turn left* and up steeply to higher ground in this rough field and there *turn right* through the field.

You are walking parallel to the beck and can spot the abutments of a former footbridge across it (washed away in a flood). Leave the field over a stone slab stile 20m left of a metal field gate. You have **left the Access Land** and now follow a public footpath along the right-hand boundary of the large pasture, with the beck initially close to the right below. Pass through an area of gorse and tussock and then exit the rising walled field in its top-right corner, over a stone slab stile to the right of a metal field gate. Continue broadly in the same direction through the next field, staying well to the right of an electricity pole 100m away at the high point of the field. Gently descend along a grass track, aiming to the left of a wooded area. In 140m you pass gorse bushes on the left and in 40m another electricity pole and follow the grass track downhill. Farm buildings are now visible through some trees on the right ('**Shepherd's Cottage**') and you follow a narrow path straight ahead towards a marker post, where the track veers right towards the buildings. Join the drive from the cottage and follow it with the **Murton Beck** soon to your right and **Flakebridge Wood** beyond. You go over a cattle grid and meet a track at a T-junction. The Short Walk joins from the right along it. *Turn left*.

****) The track continues uphill and in 60m it levels out and continues between hedges. In 250m you pass a usually open metal field gate and pass a drive on the right to **Low Barn** by a footpath signpost pointing backwards. [Another signpost ahead beyond a narrow gap in the new wall points into an arable field, the footpath initially running parallel to the road along an arable field boundary and then over a stile into a grassy area by a wood.

This is the legal but overgrown onwards route.] For **the permissive onwards route** follow the lane and in 230m you have a metal field gate with a marker post on the right.

Here you have a choice:

For the direct (non-tarmac) route to the railway station, *turn right* through the metal field gate and continue along the mud-prone grassy bottom, with a fenced wood on the left and some raised ground on the right. In 320m the wood discontinues and in 50m you go through a fence gap (a missing field gate) and continue along the hedge on the left. In 300m leave the field through a metal field gate and, by a four-way signpost, continue in the same direction ('Appleby') to a gap between gorse bushes. In 50m cross a ditch on an earth bridge and go up a wide grassy bank and walk along its top towards a wood (this bank looks like a glacial moraine). Cross Fell and Great Dun Fell are visible on the right, and High Cup Nick and Murton Like in the back. In 60m enter **Stank Wood** over steps in a drystone wall and *turn right* along a clear path, partly stepped in the upper reaches.

Go steeply uphill to a fence corner on the wood's fringe and *bear left* along the fence to the top of the wood. In 40m you leave the wood through a wooden kissing gate and *turn right* along an upper right-hand arable field boundary. In 60m go through a wooden kissing gate into another arable field. *Bear left* across the field (285°), aiming just to the left of a wide tree stump on the far boundary and once there, *turn left* along the field boundary. In 80m pass a stile on the right below; this was the outbound route. You now re-trace your way to **Appleby Station**: in 80m in the field corner go through a wooden kissing gate and follow a fenced path uphill to a tarmac lane. *Turn left* and in 50m (with last views of High Cup Nick) continue along a road that dives under the **A66**. On the far side, *turn right* along **Station Road** parallel to the A road and pick up the directions at the quintuple asterisk *********).

For the slightly longer tarmac route to the station and for a longer loop through Appleby's town centre, continue uphill along **Well House Road** and in 280m *turn right* with it, where a signposted footpath joins from the left along a track. In 330m in a drop, an unmarked footpath joins from the right and in another 450m you pass the name-giving **Well House**, with the well just to the right of the road. In 90m at a T-junction, *turn right* along a road ('Appleby 1') to go under the raised **A66**. In 60m a road turns to the right, signed for 'Brampton 2, Long Marton 3'.

Here you have a choice:

For a loop through the town (adds 2.2 km and 85m ascent), continue ahead and follow the route as shown on the route map. Tea options passed are: [The Royal Oak](#), [The Hare & Hounds](#), [Tufton Arms Hotel](#), [The Crown & Cushion](#), [Ashiana](#) (Indian Restaurant), [Eden River Café](#), [Angelo's Ristorante](#), [The Midland Hotel](#) (by the station).

For the direct (tarmac) route to the railway station, *turn right* along **Roman Road**. In 420m you pass the **Appleby Manor Hotel & Garden Spa** and in another 330m *fork left* along **Station Road**, signed for the railway station, leaving the right forking Roman Road, which dives under the A road (this was the outbound route in the morning).

*********) In 300m *turn left* and downhill with the road and in 250m you reach the station. For the recommended tea stop, [The Midland Hotel](#), follow the road under the tracks and *turn left* uphill for 60m. From there you continue for 50m to the car park and *turn left* to the platforms. Settle bound trains depart from platform 1 nearer the descent route, Carlisle bound ones from platform 2 on the side of the Midland Hotel.

Short Walk via Middle Tongue and Harbour Flatt (Cut 2.5 km/1.5 mi and 83m ascent)

You now follow the clear path for 1.1 km to a drystone wall, through what is essentially a very wide shelf under the steep flank of **Murton Fell**, mostly close but not perilously close to the drop, past the odd gash or chasm in the band of rock around the rim of the valley and with ample opportunities to try to identify some of the features on the other side of the valley that you passed on the outbound route (Nichol's Chair, Hannah's Well and Strands Beck etc). En route, you pass a random marker post, go over a little rise and cross a stream. The path then curves to the right to a ladder stile to the right of a metal gate in a drystone wall. At the wall, an unmarked public bridleway joins from the left above.

Go over the stile and *veer left uphill* along a clear grass path. In 80m the terrain levels out at around 600m above sea level. This is **the highest point** of this version of the walk. **Murton Pike** is visible ahead, and the **Lake District Fells** far away to the right. In 125m you can also see **Wild Boar Fell** dead ahead (SWC Walk Wild Boar Fell) and the **Howgill Fells** to the right of it. The path bears to the right, gently downhill (210°) and in 100m you pass between some shake holes and follow the path aiming for the left-hand edge of the flank of **Murton Pike**. In 110m *veer to the right* (200°), now aiming just to the right of the centre of Murton Pike. In 250m you *bear to the right* where another track joins from the left behind. In 170m the path curves to the left and in 50m back to the right and in 130m you pass some shake holes on a flat stretch.

In another 250m the path veers to the right to start the **descent off Middle Tongue**. On the left below you have **Trundale Gill**, draining the area between Middle Tongue and Murton Pike, and on the right the rockface edge of **Middletongue Crag**. In 140m go through some wall remnants and in 125m you have a fence 10m away on the left but the path more or less immediately veers away from the fence and gently uphill to the right. In 300m you *bear to the left* with the path to start the final descent off Middle Tongue, at about 400m above sea level. In 140m you join a car wide track from the right behind and follow it all the way down to **Harbour Flatt Farm**. In 270m the track discontinues for a short while on a flat stretch and you *bear to the right* to pick up its continuation. In 110m another tier of the descent commences and in 140m the grass track is now a well-defined gravel track.

You curve to the left with the track near the bottom of the drop, with **High Cupgill Beck** away on the right in a gorge, and eventually cross **Trundale Gill Beck**. These two streams form the **Keisley Beck**, which you crossed on the outbound route. In 20m **leave the Access Land** through a metal field gate in a drystone wall and ascend along the track to the farm. In about 200m you have fine views back to Middletongue Crag and the Trundale Gill, and in another 200m reach the first farm buildings. From here as well as from many other places along the next kilometre or so, you have **good to very good views back towards parts or all of the High Cup Nick's rim and/or the valley itself**. In 60m *turn left* through a metal gate to the right of a metal field gate into the farmyard and in 20m at a junction of tracks by a 'Public Footpath to Open Access Land' on the left, you *turn right* along the farm's drive. In 230m you reach a road by **Hy Cup House** on the right.

Cross the road and continue through a field gate in the direction of a signpost along a public footpath ('Brackentwhaite') along the left of two car wide gravel tracks. In 290m *turn left* with the track and in 120m *turn right* with it (soon after ignore a right fork into a field). You go through a metal field gate and continue in the same direction with a barbed wire fence on the left. In another 140m continue in the same direction along a grass track where the gravel track turns right through a metal field gate. In 150m go through a wooden field gate into a pasture (**the best of the views back to High Cup Nick** are from

here) and follow the fence on the left into a drop. In 100m by a now fenced-over missing field gate *turn right* along the bottom of this very shallow valley, curving to the left towards a wooden field gate and *turn up to the left* along the fence to the top-right field corner. Leave the field in 50m through a wooden gate and a sheep pen onto a farm track.

Turn right towards **Brackenthwaite** Farm and in 30m *turn hard left* downhill. In 70m you go through a metal field gate into a rising pasture and *turn left* with the track along its bottom. In 90m a footpath joins from the left and in 100m you go over an infilled cattle grid with a wooden field gate to the right. Continue downhill towards a wood (the north easterly end of **Flakebridge Wood**, walked through on the outbound route). In 30m *fork right* along a concrete downhill track, ignoring the left gravel fork on the level and then uphill, now with a stream on the left below. The surface changes to gravel in 30m and in 150m you enter the wood on the track, either through a metal field gate and over an infilled cattle grid or through a wooden field gate to the left of it at a right angle. The track levels out in 75m and in 180m you pass a fenced pheasant rearing area away on the left.

The track descends and in 200m another forest track joins from the right by a signpost pointing backwards ('Public Footpaths Harbourflatt, Murton'). Continue downhill and in 90m the track continues as a tarmac lane on the flat between rows of trees. In 40m signposted footpaths join from the right from the other end of Flakebridge Wood ('Keisley and Esplandhill') and you cross the **Murton Beck** on the lane. In 30m a signposted footpath joins from the left from Murton along a gravel farm track and over a cattle grid. The Main Walk and the Extended Walk join from that direction.

Pick up the directions in the Main Walk above at the quadruple asterisk ****).

Warcop Range and Scordale Route (adds 5.8 km/3.6 mi but no ascent)

Note: Warcop Range is a live firing range with restricted access. Firing generally stops at 13.00 hours on Sundays and the public rights-of-way are accessible for about 12 full weekends a year. For general safety information on the MOD Estate, check here: <https://www.gov.uk/guidance/safe-access>. For up-to-date access details check here: <https://www.gov.uk/guidance/north-england-public-access-to-military-areas#warcop> and here: <https://www.gov.uk/government/publications/warcop-access-times>

In 130m curve to the right with the path (60°) by another marker stone away to the right, ignoring a faint left fork. You now follow the Pennine Way along the clear path for 2.0 km to a footbridge over the **Maize Beck**, with **Meldon Hill** initially ahead, then to the left as the path curves to the right around the northerly flanks of **Murton Fell** on the right. There are occasional marker stones as well as plentiful limestone outcrops and some shake holes, **Maize Beck** makes its appearance from the left behind, draining the flanks of **Dufton Fell** and the path eventually runs close to the beck. There is still some way to go, before you reach the raised two-railed footbridge over Maize Beck and a paved path leading to it (at 550m above sea level). The Pennine Way crosses the beck here.

Ignore the bridge and continue to the right of the beck further downstream along an initially unmarked public bridleway. The grass path becomes less obvious and at times there is no path at all. Some areas will be soggy, especially near the beck, and stretches lead through tussock, heather or peaty ground. There are some marker posts en route, not always where the walking is easiest though. This is a very scenic and quiet valley, with

exposed rock faces and rock slabs in the beck as well as plenty of streams (sikes in local lingo) coming down the far side (sometimes in waterfalls) adding to its allure.

In 1.0 km from the footbridge, not long after the Pennine Way on the far side has veered away from the beck up the hillside, you pass a line of '**Danger – Military Firing Range – Keep Out**' signs and enter the **MoD Warcop Range** (at about 530m above sea). The hill visible ahead is **Mickle Fell**, deep inside the Range. Continue along Maize Beck in much the same way as before, along the ill-defined public bridleway with occasional marker posts or stakes, avoiding soggy bits and negotiating some peaty ground, sometimes with a path, often without, for another 1.1 km to where a tributary stream joins from the right (**Swarth Beck**) and where **Maize Beck turns to the left** (at about 517m above sea level). You now have to cross the very wide Swarth Beck and *turn right* up along it, as that is where the public bridleway continues and there is no further right-of-way this side of the beck. This may require jumping or wading, depending on water levels and walking poles are useful.

The walking up along Swarth Beck is considerably **more energy sapping** than along the Maize Beck, as fewer stretches of defined path exist (and some of those just lead to one of many **grouse butts** visible at higher level), the peaty valley sides are steeper and more **difficult to negotiate** and there are also more soggy areas and quite a number of tributary streams and deep groughs to cross. The easiest walking is often found at higher levels, somewhat away from the beck, and one of the meanders can be cut off by following a tributary to a higher level and cutting back to Swarth Beck. All in, the **pace of advance will slow down considerably**. The **remoteness and stark beauty of the terrain are difficult to beat though**. In 2.1 km, at about 590m above sea level, Swarth Beck's furthest reaches turn left higher up the upland bog. This is **Swarth Beck Head** (on the OS map).

You follow a partly marked path in the previous direction on a rough bearing of 200° across the wide saddle between higher ground to left and right, gently rising to about 600m above sea level, where the top of **Scordale** will become apparent ahead as well as some far away hill chain (the Howgill Fells, weather permitting). For the initial descent into the dale, you have to negotiate a couple of peat hags and stay on high ground in the previous direction before – just by a very large peat hag – finally *bearing left and down* over the limestone lip into the dale (ignore a faint track ahead around the rim of the dale). The descent is initially without a clear path down some tussocky grass, but a path soon manifests itself along the initially dry valley.

Some streamlets run down the dale sides, but the first reliable and significant water flow joins from the right only just before the dale widens out and where its appearance changes from rock faces to green grass. You pass a bridleway marker post and then three streams join down from the right-hand side in quick succession. You then cross over to the right-hand side of **Scordale Beck** (at about 450m above sea level, at a left turn of the beck and where **Little Augill** joins from the left). Do not go uphill towards a metal pole visible on the top of the rise. In 125m, where there is a waterfall a bit ahead on the left-hand side, follow the path downhill back to the side of the beck. In about 40m you can see a marker post ahead and aim for that, through some scattered limestone boulders.

Looking back, you can see why higher up the path did not follow the beck to the left: it plunges down a deep drop from the lip of a rock bed. Visible ahead is a clearly man-made ledge in the right-hand dale side. This is the first clear sign of the disused lead mining works ahead. Cross a stream coming down from the right and aim for a clear grass path visible ahead. In 160m descend to another marker post 20m ahead, ignoring a level embankment (a tramway leading to a disused mine entrance and crushing mill). In 50m you join a clear car wide grass track on a man-made ledge and in 30m a stream comes down from the right to briefly join the track. In 30m *turn left* with the track and in 20m

cross the Scordale Beck. From here you can see that on the left the beck emerges from a man-made culvert out of what is a very large spoil heap.

In 20m pass a marker post and in another 60m the first of several very good info panels about the former industrial activities in the dale. The track now continues as a car wide gravel track. In about 250m the beck splits into three arms and for about 100m they submerge the track. Spoil heaps on the hillsides denote disused mine entrances and some structures in the valley bottom look like they may have been part of dams. In 60m the **Stow Gill** comes raging down on the left to join the beck and you cross it on an earth bridge. The track then runs high above the beck and in about 700m you can see a large footbridge across the beck ahead. Just before the bridge, another bridleway joins from the left behind out of **Swindale** by a marker post. In 25m pass another info panel on the right and in 30m *turn right* across the raised two-railed bridge over **Scordale Beck**, just before its confluence with **Swindale Beck** to form **Hilton Beck**.

Turn right on the far side up an earth bank, going back on yourself briefly. In 30m *turn left* over a stile in a fence line with a yellow marker, just before a warning sign: 'Archaeological Area - No digging - No Vehicles - No Soldiers' and continue straight uphill. In about 40m, by a streamlet, cross a faint path and in another 20m *turn left* along a clearer path at a T-junction, with a steep drop on the left. In 230m you continue in the same direction along a broader grass path joining from the right behind and continue on the level initially, contouring around the lower flanks of **Mell Fell**. In 350m go through a wooden field gate or over a stile 20m to the right of it and continue in the same direction along a car wide grass track through another walled part of the hillslope, again on the level initially and broadly parallel to a wall away to the right and above. You can spot a large concrete linear structure ahead, this is the **target area of a disused rifle range** (the shooting positions are below on the left, all those structures are on the OS map).

Veer up to the right as you approach the target structure and aim for a stone slab stile and a two-way footpath signpost in the far drystone wall. You leave this walled field after 660m over the stile and with this are **leaving the MoD Warcop Range**, although the line of warning signs (facing the other way) is still some distance further along. You now *veer left*, aiming to the left of the nearest Military Range boundary sign and in about 100m you can see a marker post ahead. Pass to the right of a U-shaped shallow valley in this part of the hillslope and *veer gently left* downhill (this is **not Access Land**, so try to stay on the right of way). In about 300m you can spot a footpath signpost above to the right where two footpaths meet. You will converge with that footpath lower down.

You can now see a large car park ahead, at the top of a tree-lined lane running up from **Murton village**. The hill towering on the right above is **Murton Pike**, and the track running down its side is the Main Walk's route. Eventually you pass a two-way footpath signpost where the footpaths converge and you continue along a car wide gravel track. In 130m ford the **Murton Beck** and in 20m go over a ladder stile to the right of a metal field gate, briefly into the Access Land of Murton Pike. In 100m pass a **flag post with a red flag** and a red lamp and in 25m go through a wooden kissing gate into the car park. Cross it to another gate 20m away, where the Main Walk joins from the right above. Leave the car park and the Access Land and follow the lane downhill towards **Murton**.

Pick up the directions in the main text above at the triple asterisk ***).