

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 A670) at the end of Dalton Lane turn **L** signposted Carnforth then first **R** signposted Yealand.



- 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.

- 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).

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

