

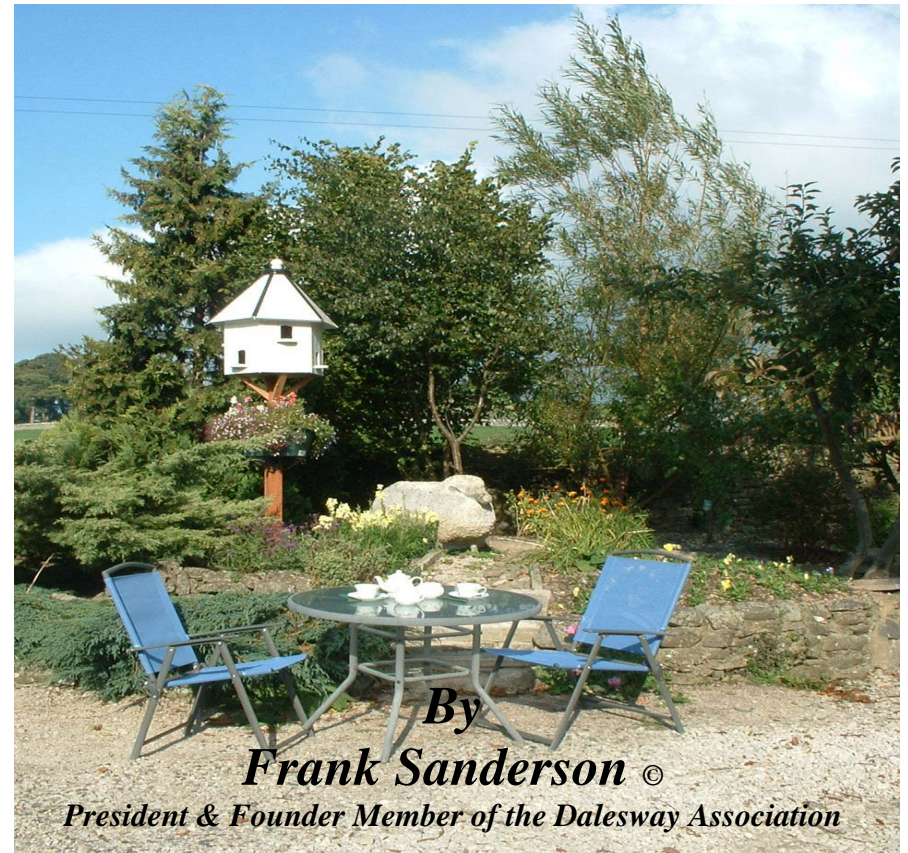
Please note that this map is not to scale ©

## “Country Walks”

### Lancaster Canal & Hincaster

7 miles : Allow 4 hours  
Stout footwear is recommended

Start & finish at the  
**“Old School Gallery & Tea Room”**  
 Preston Patrick,  
 Crooklands, Nr. Kendal.



Start the walk from the main A65 road in front of the  
**Old School Gallery & Tea Room.**

**1.** With the Old School Gallery on your left and the Memorial Hall over on your right, walk along the left-hand roadside footpath for 200yds, then **turn right** onto a lane, signposted [*Millness ¼*]. – Within 40yds, cross over a bridge, then **immediately turn right** and descend the steps, to link up with the canal tow-path.

**2.** **Turn left** and walk alongside the canal for just over 2 miles, to reach Bridge No.172. – The canal terminates at this point. – Cross over the stile under the bridge and continue along the line of the now-disused canal for a further 600yds, to arrive at a lane.

**3.** **Turn left** and pass through a tunnel under the A590 road, then **immediately turn sharp right**, signposted [*Kendal 5½*] to go through a swing-gate. – Follow the footpath for 100yds, to reach a Y-junction. – **Bear left** and ascend the old horse-path to pass underneath a railway line. (Of Interest : The right-hand path is a 50yd detour to the Hincaster Tunnel and an information board, with connecting steps up to the left-hand path). – Proceed for a further 50yds, then pass between 2 field-gates and continue up the well-defined path (parallel to the old tunnel beneath your feet), to eventually arrive at a lane.

**4.** Go straight across, onto a minor lane, signposted [*Levens Hall, & Cumbria Coastal Way via High Barns*]. – Ascend for 350yds, then, by the entrance to *Hincaster Hall*, continue straight ahead on a double-rutted track, signposted [*Public Footpath*]. – After 100yds, the track forks. – **Bear right** and pass through a large gate to enter a field. – 300yds further on, approach the farm of *High Barns*. -----  
- Just at the beginning of the farm buildings, pass by a large gate on your right. – 50yds further on, you are confronted by a large gate leading down to the main farmyard. – DO NOT go through this gate, but keep to the left of it and proceed downhill, on the edge of a field, parallel to the wire fence on your right for 200yds, to locate a stile in a wall, underneath a 3-way signpost. (See map).

**5.** Climb over the stile and join onto a double-rutted track. – **Turn left**, signposted [*Grievegate Lane*] and after 150yds, the track alters into an indistinct grassy path. – Continue straight ahead, to link up with a wire fence on your left, enclosing a small wooded area. – Pass through a squeeze-stile in the next corner of this field and join onto a well-defined track, bordered by hedgerow on both sides. – **Turn left** and gradually ascend for 600yds, to reach a hard-surfaced track. – Pass by a cottage on your left, then follow this track for a further 40yds, to reach a lane.

**6.** **Turn left** and follow the lane for almost ½ mile, to link up with another lane. – **Turn right**, [*Woodhouse : Milnthorpe*] to arrive at a set of crossroads after 200 yds. – Go straight across onto another lane, signposted [*White Lane*] + [*Crooklands : Kby Lonsdale*] to reach another T-junction after 350yds.

**7.** **Turn left** and after 250yds, pass underneath a railway line. – 250yds further on, reach a point where the lane forks. – **Bear left** and proceed for just under ½ mile, to arrive at a cross-junction. – Go straight across, then follow this narrow lane for ½ mile, to pass by a farm on your right.

**8.** 300yds further on, **turn left** onto another lane (no signpost). – Within 200yds, pass through a tunnel underneath the A590 road, then follow the lane as it twists and turns through the hamlet of Millness, to eventually arrive at the main A65 Crooklands road. – **Turn left** across the road (with care) and follow the roadside footpath, to return to the **Old School Gallery & Tea Room.** ©