

START GARFORTH SPORTS & LEISURE CENTRE (CAR PARK ENTRANCE)

FINISH COP STANLEY (PLAYING FIELDS NR A642)

From start ahd down rd (ignore all gts & entrances to L & R) to reach disused railway at bottom of hill. Dist 530 m.

TR at traffic calming island onto disused railway. 'The Lines Way'. Cont ahd to reach rd bridge (start of LCW). Dist 650 m.

Cont ahd under bridge (now stone trk) to pass under second bridge to reach metal barrier at X trks. Dist 1000 m.

P-thru barrier & TR down hill on wide trk towards wood. X beck & cont ahd (wood on R) to reach trk jcn. Cont ahd to reach farm yard. (Farm House on L). Ahd to pass brick house on L to reach metal gt & st on L. F-post-PF (LCW sign). Dist 1000 m.

X st & ahd on trk. Keep Right. Cont ahd on encl grass trk to reach FB. (LCW sign). X FB to rd. F-post-PF. Dist 530 m.

TR up rd & X to LH side to reach entrance to recreation area on L. (LCW sign on post). TL into area & T immed L onto grass fld. Ahd across fld flw waymark posts (small wood to R) to reach st. (LCW sign). X st to rd. Dist 320 m.

TL down rd (passing brickworks entrance on R) to reach end of left hand path. TL then R onto fp thru fld. Ahd on fp thru 3 small stiles. Passing stables to rd. F-post-PF. Dist 630 m.

X rd to 'Hall Road'. F-post-LCW. Ahd down rd (telephone box on L & ignoring gts & entrances to L & R) to reach rd end.

Dist 450 m.

BR to F-post-PF (large tree to R) (LCW sign on post). Ahd on wide trk (stone wall on L) soon becomes encl, to reach pumping station on R. Cont ahd on encl trk (beck to R) to reach tee jcn. TR on wide trk to reach gt & st. P-thru to rd. Dist 800 m.

X rd to trk opp (LCW sign). Ahd to metal barrier. P-thru & ahd on trk (soon to flw large drain on L) to reach second metal barrier. P-thru & TR on disused rd to reach hidden F-post-PB on L. Dist 600 m.

TL on encl trk (ignore turns to R) to reach telegraph pole at trk jcn. (LCW sign on pole). Dist 680 m.

Cont ahd on wide trk (ignore turn to R) to reach rd. (A642). Dist 530 m.

X rd (with care). TL down rd to reach rd jcn. 'Bridge Farm Hotel' on R. X rd & ahd to metal foot-bridge over river. X river & immed BL across rd to F-post-LCW opp. Dist 320 m.

Ahd on faint fp thru metal stile (LCW sign). Ahd up river bank & under pipe support bridge. Cont along river bank to reach st (LCW sign). X st & ahd on fp thru wood on wide track to reach Metal Gate & st. (Fuel depot ahd). Dist 1200 m.

P-thru fence & ahd across parking area to reach main trk. Ahd on trk (fuel depot on R). Trk, soon becomes tarmac rd. Cont ahd on rd (passing offices on R). X over canal bridge & under railway bridge for 50 m to reach Style on right in hedge (before bend in rd). F-post Walking Route. Dist 680 m.

X st & Ahd (fence on L) to reach marker post. TL on fp (fence on L & ditch on R) to reach st. X st & ahd on edge of wood (X two F-Bridges), after second F-B turn L on fp (fence on R) to reach rd at football academy. (Green metal gates.) Dist 700 m.

TL on rd to rd jcn. TR on rd to reach F-post on L. Dist 420 m.

TL at fp immed before F-post to reach start of hedge on R.

P-thru gap in hedge to reach FB. X FB & ahd (hedge still on L) to reach F-post. P-thru hedge & TR (hedge now on R) & ahd on fp to reach rd. Dist 570 m.

X rd to fp opp. Metal Post. Ahd on fp heading towards wood, to reach hidden FB over ditch on L. (Houses away across fld to R) Dist 620 m.

X FB & TR on fp towards wood. (Hedge on R) At edge of wood (marker post LCW) cont ahd on fp thru wood to reach fld. Cont ahd (hedge on R) to reach fld corner. At large stone on R, Ahd to LCW marker Post. Ahd to LCW sign, L on wide trk (hawthorn hedge on both sides) to reach four large stones. TL and follow wide trk, trees on L to reach gate and road. TR on road, follow to Rd J, TR under M/way bridge.

Ahd on rd (houses on L & passing 'Savile Park Farm on R) to reach entrance on L. Green Metal Barrier. Dist 2960 m.

TL & ahd on wide trk. On reaching tarmac path, Cont ahead past large stone (LCW Arrow) for 50yds bear BR at track Jcn. Ahead on track to concrete block barrier. Ahd across open area to reach trk, cont on trk (ignore turns to L & R & pass 'Backwater Bungalow' on R) to reach start of tarmac rd & houses. Dist 1550 m.

Cont ahd on rd passing 'Rising Sun PH' on R (Ignore all turns to L & R) to reach F-pos on L (post box on wall). Dist 570 m.

TL down hill between houses and metal gt ahd. (Don't go thru) TR, then immed left on faint fp thru fld (left of large pylon). Pass close to pylon & cont ahd on fp to reach start of hedge on L. Cont ahd (fp becomes encl at rear of building) to reach tarmac drive. Dist 630 m.

TL on drive to reach gts of 'Lake Yard House' (don't go thru) TR on faint fp (stone wall on L) & cont ahd (path turns to R & L) to reach river bank. TR on bank (fp becomes overgrown with 'rhubarb like' plants) to reach FB over stream. Dist 450 m.

X fb & TR on encl fp (metal railings on L) to reach gt on L. Cont ahd (wire fence on L) to reach 'Sewage Farm' access rd. TR on tarmac rd to reach rd (A642). X rd (with care) & TL (hedge on R) to reach gap in hedge with bollard. TR into playing fld. Dist 680 m & COP.

COP STANLEY (TOTAL DISTANCE 11.75 ML)