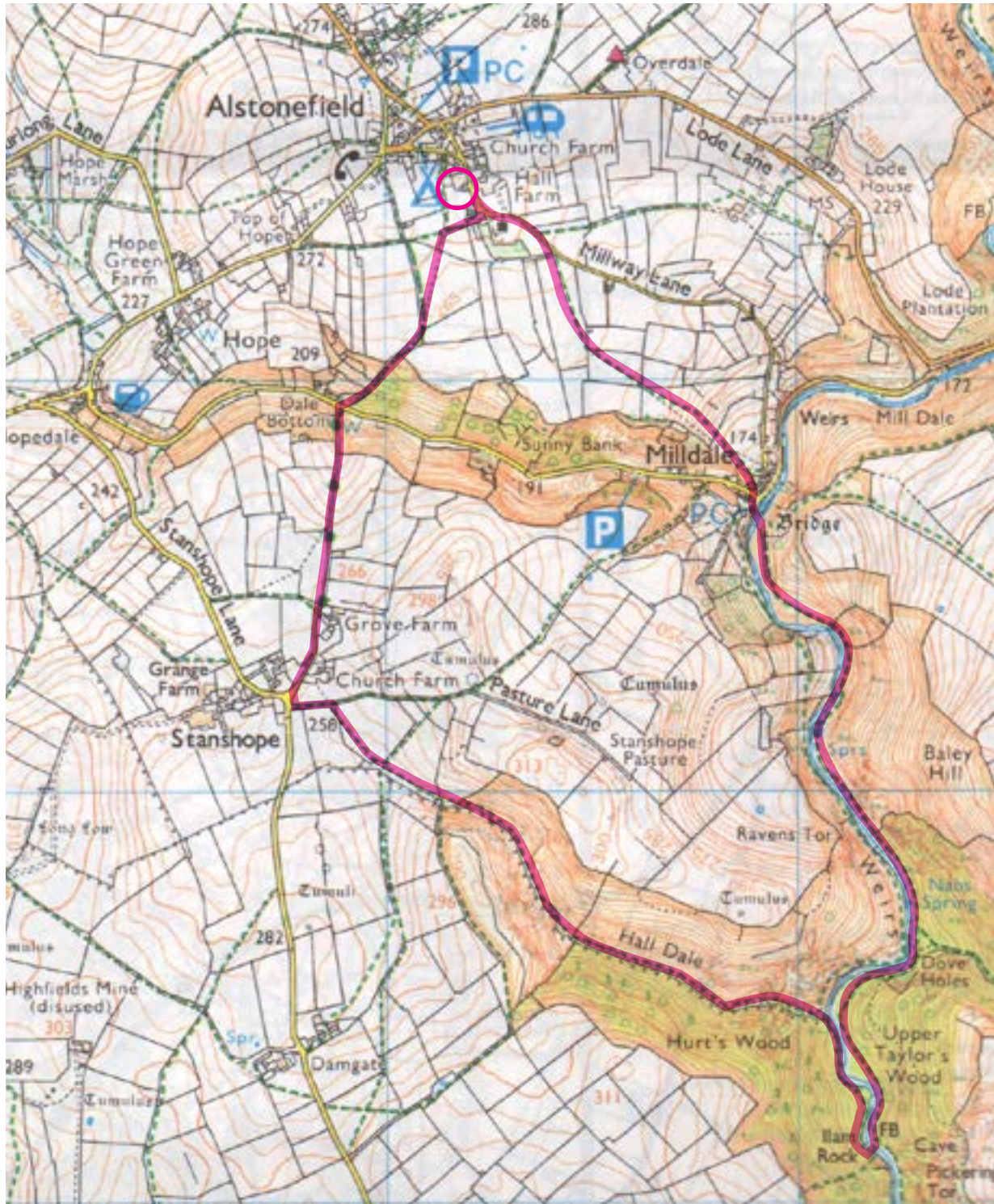




ALSTONEFIELD MANOR

WALK 1. Mill Dale - Hall Dale - Stanshope
5 miles, 2 1/4 hours





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DIRECTIONS

Turn right outside the house and walk down Millway Lane past the Church. Just below the graveyard you'll see a finger post on the right. Take the footpath diagonally across the fields. You'll go through a few stone stiles and then drop down to Milldale, take care going down the slope. *If it has been very wet stay on Millway Lane.*

In Milldale you'll find a small shop serving teas and snacks (*closed mid-week in the winter*). Cross over the bridge and follow the river down stream. You'll go past some caves (Dove Holes) and then further down the famous Ilam Rock.

Cross over the bridge at Ilam Rock, the path then turns back up-stream through Hurt's Wood. Follow this for about 100 yards and cross over the stone stile onto a grassy clearing. Turn left and follow the footpath up Hall Dale. *Take care on the steep stone bits as these can be very slippery if it's been wet.* Keep following the footpath up to Stanshope.

As you approach Stanshope the footpath joins a farm track, turn left onto the track and proceed up to the road, then turn right at the little green. Take the track past Church Farm and Grove Farm and follow it down to Dale Bottom.

At Dale Bottom cross over the road and take the footpath up the steep bank. You can take the alternative route that zig-zags up the bank. This is a short but steep climb. When you go through the bridleway gate at the top of the wood you will enter a small enclosure. Follow the footpath into the field and take the diagonal path that leads to a stone stile and back into our fields. You'll see the house ahead of you.