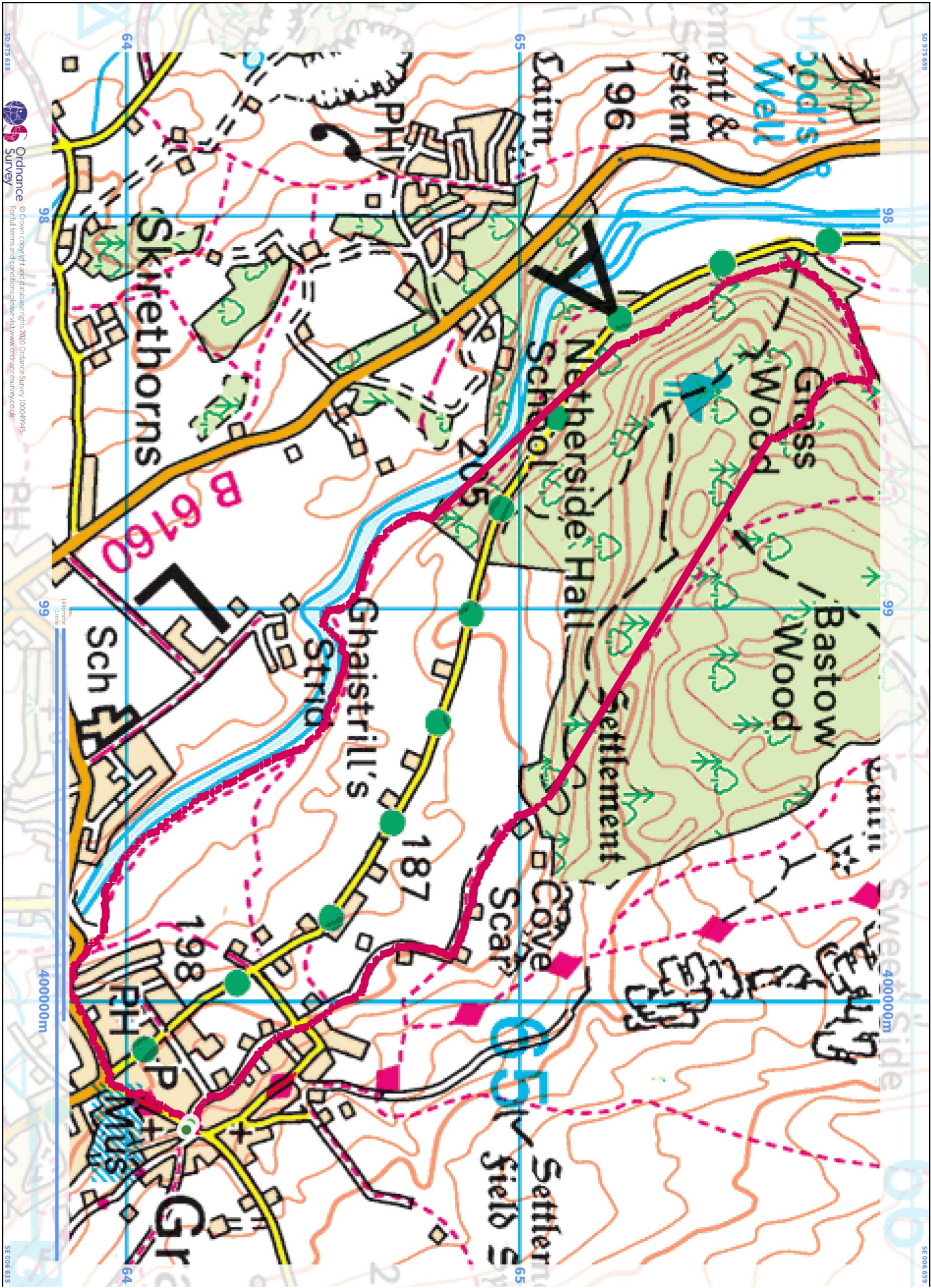


SD 975 639

SE 006 639



SD 975 639

SE 006 639



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Route Information

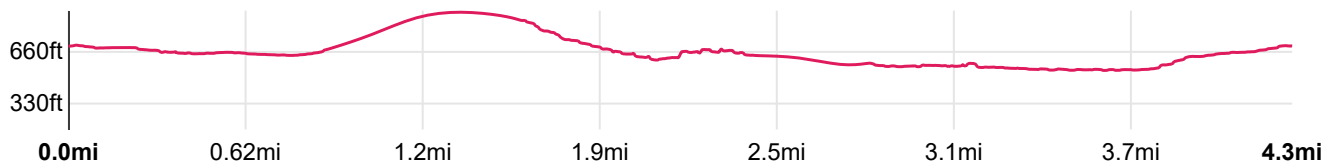
Route Name Grass Wood Circular

Leave Grassington square and walk up Main Street, after approximately 400 metres turn left on to Garrs End Lane. At the next junction in 100 metres go straight ahead and continue until the lane heads slightly downhill to a triangle in the lane. The lane here goes both left (downhill) and right (uphill), but select the track opposite heading down past the entrance to the allotments (below to your left). Follow this lane (Mucky Lane) passing through the occasional gate until you reach a T junction with a signpost indicating Footpath, continue left and keep to the lane which eventually reaches a fork from which we choose the right fork and proceed through two fields to a stile in the wall. This is known as Park stile and it is here we enter Grass Wood. Follow the path directly in front passing the information board and continue the climb for approximately 1km after which the path levels before descending to a sharp left bend and following a wall to our right (note the views up the dale to Kilnsey crag). The track continues downhill to a gate exiting the wood, we however just before reaching the gate take a path to our left which keeps us in the wood. This path climbs gently and keeps parallel with both the road and river down to our right. The path eventually forks and we take the right hand path to a gate clearly in view. This brings us on to the Conistone road a quiet backroad but be aware of traffic and cyclists. Turn left out of the woods and follow the road for approximately 300 metres looking for a gap in the wall on the right opposite a parking area. This leads us into Lower Grass wood, following the path to the left continue until you reach a fork in the path and choose the right fork quickly leading to a set of stone steps bringing us ever closer to the riverbank. From here we follow the river, the path occasionally deviating over rock cliff formations but always returning to the river, passing rock pools and small beaches making our way back to Grassington. As the arched bridge nears we walk diagonally across the final meadow and up onto the bridge following the path uphill eventually turning left in to Main Street and back to the square.

Route Summary

Total Distance	4.2mi (6.8km)	Walk	0min
Elevation	538ft at lowest point	Run	0min
	918ft at highest point	Cycle	0min
Total Ascent	780ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SE 003 641	0.00mi	54° 4' 24" N	1° 59' 48" W	693ft
		Dist to next: 4.24mi, Bearing to next: 122°, Ascent to next: 780ft			
2	SE 003 641	4.24mi	54° 4' 23" N	1° 59' 47" W	694ft

