



Milnthorpe Sands
47

SD

48

49

81

SD

80

48

49

Storth

Sandside

Works

Limestone
Quarry

Haverbrack Bank

Sunny Hall
Wood

56
Earthwork

The Park
(Deer Park)

23
PO

Sch

The Dog
Hole

Wray
Cottage

Spr

Longtail
Wood

Bee

Dick Fell
Hill

Four Lane
Ends

Spr

Low Wood
Edge

Fords

Fords

P

Beetham
Fell

High Wood
Edge

Cemy

Long
Springs

Route Information

Under 11's

Runners will go right down Yans Lane and then up Through Lane. At the end of Through Lane, the runners turn left onto Cockshot Lane and continue up the hill on the road for approximately 700 yards before taking a left to enter the woods, heading left again towards Storth through Burntbarrow Plantation and re-entering Storth Playing Field.

Potential Hazards:

- Open road sections.
- Hanging branches, exposed roots, fallen trees and rotting wood matter in woods.
- Rocky limestone on path in woods slippery when wet.
- Varied type of surfaces underfoot.

Route Summary

Total Distance	2.15 km (1.33 mi)
Elevation	18 m at lowest point 70 m at highest point
Total Ascent	60 m

Elevation Profile

