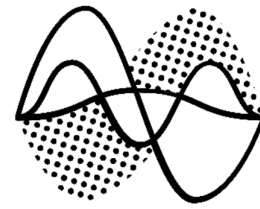


SCREE ROUTE INSTRUCTIONS:

ROUTE: BEL AIR

KENDAL / SCOUT SCAR

9.3 MILES, 709 FEET OF ASCENT



Scree

Reimagining the
Lake District Fells

Start at the Scout Scar car park at the summit of the Underbarrow Road due West of Kendal. Cross the road from the car park and follow the path which heads uphill opposite. This path meanders uphill, continuing due west, until the edge of the west-facing 'scar' is reached and there is a park bench from which to enjoy the view. Turn almost directly due south, either following a path along the edge of the scar, or keeping to the high point of the ridge. Soon you will come to the 'Mushroom', a four way viewpoint which resembles the fungus which provides its name! Keep walking south from here for 1km until you see the trig point up on your left hand side. Head briefly due East to reach the summit.

The route can easily be shortened here (as is possible thanks to the network of paths up and down Scout Scar). If completing the entire route, continue due south from the summit until you reach a stone wall, which you follow due SSW for another kilometre, where it crosses over the wall and makes a loop SE, S and SW down to the summit of Brigster Road. Turn right along the road for a short distance, before turning left at a blind bend along a track towards Helsington Church.

As you approach the church there are superb open views due south over the Lyth Valley. The church and grounds are interesting to explore. But to continue on this route turn left just before the church, along a bridleway which heads due ENE along the line of another wall for a kilometre to Briggs House Farm. Walk past the first few buildings of this hamlet before turning back right around the back of the buildings, and over a stile to a path which leads across (what at the time was) arable farmland in a straight line just north of east to the A591.

The A6 is a dual carriageway at this point, and the cars travel fast, so please take care while crossing! A track leads away from the road almost straight ahead, becoming a path beyond Prizet farm and leading down to the path along the River Kent.

Turn due north along the west riverbank for almost 2km where the route enters Scroggs Wood, following a path straight across the last field to avoid the final bends around the Mill buildings. At this point the path becomes more urban, following the bends of the river around some sewage works, and becoming paved.

Leave the riverside at the second road bridge over the River Kent, and make your way through town to the bottom of Brigster Road, which you follow uphill for over a kilometre, across a bridge above

the A591. Shortly after this, take a track on the RHS which skirts around the northern end of an old race track, passes to the south of Bradley House Farm and uphill heading just south of west for a kilometre to a stone wall. Pass through this wall and head due north along it on a path which brings you out at the starting point, across the road from the car park.

NOTE THAT THIS ROUTE IS COMPLETED AT YOUR OWN RISK. WHILE EVERY CARE HAS BEEN TO ENSURE THE ACCURACY OF THE DESCRIPTION, SCREE CANNOT ACCEPT RESPONSIBILITY FOR ERRORS, OMISSIONS, OR CHANGES IN THE DETAILS GIVEN. IT IS YOUR OWN RESPONSIBILITY TO VERIFY THE ROUTE AGAINST THE MAP BEFORE SETTING OUT, AND TO TAKE RESPONSIBILITY FOR YOUR OWN NAVIGATION AND NAVIGATIONAL DECISIONS AT ALL TIMES.