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| WALK 10 - Nicky Nook Circular  Terrain Zero  ROUTE INFORMATION   |  |  | | --- | --- | | START | | |  | Map Data © OpenStreetMap Contributors |   LENGTH 4.727 km  START LAT: 53.924796, LNG: -2.747986  Key;  A – Start/beginning  B – End/finish  1 – Km markings  1 – Direction of travel  A  B  NOTES  Distance - 4.8 km  Climb - 125 m  Time (at 3km / hour) - 1 hr 58 mins  Map - Outdoor Leisure 41 at 1/25000  Please take care when crossing roads and when near the river as the banks and boarded walkways can be muddy and slippy at times.  On a circular route only, B will be shown on the map as the start and finish point are the same location.  Given directions are only a general direction of travel for the overall leg and may vary on the ground.    PLEASE REMEMBER THE COUNTRY CODE  Directions  Starting point on Higher lane 11.68 Km (20min)  Park on the grass verge just south of the road bend at Grid Ref 509478.  Take the path, at the road bend, downhill towards the Grizedale Brook.  Turn left and follow the path along the brook until you arrive at a sharp left hand bend at Grid Ref 526484, part way alongside the reservoir.  Take the path over the wall and travel steeply uphill until you crest out at a path junction.  Take the left path to the Trig Point (215m) at Grid Ref 519485. On a good day, you will have superb views towards Preston, Blackpool, Barrow and The Lakes.  From here continue west and then North West to start a descent to reach the road at Grid Ref 511489.  Turn left and follow the road south, back to the start of the walk.  Direction  Start  North East  West  North West  South West  South  End  Km  0  0.18  1.91  2.59  3.56  3.58  4.72  ETA (in min)  00:00  03:10  48:03  1:13:51  1:34:58  1:35:22  1:58:36 |

