

# Owens Walks

Route Description: Barnacre Reservoirs and Grizedale Valley

1. Roadside parking is available near the bridge (SD644506).

Walk along the road then cross Langden Brook using the bridge with the ROW and follow the bridleway past the farm buildings. Cross the brook using the 3rd bridge and then over the stile on the L onto the fell. Head about S along the bridleway to a point WNW of Mellor Knoll, before passing through the gate in the wall, look for the stile and the permissive path on the R.

2. Leave the bridleway by the stile (SD643498) and head SW along the line of the wall. The path descends a little to a wall and a stile (SD640493) and onto Access Land at 250m ASL. Follow the path to a trig point at the summit (SD635487).

3. From the summit of Totridge, head N, there is no path but the ground is gently descending and gives excellent views of the Trough and the surrounding country. The ground steepens a little, keep heading N, then NE. Below Brown Nab is a shooters track that follows the course of Hareden Brook, take this to the buildings at Fog Hill (SD636503) and return along the road (permissive path) to Hareden Farm & the start point.