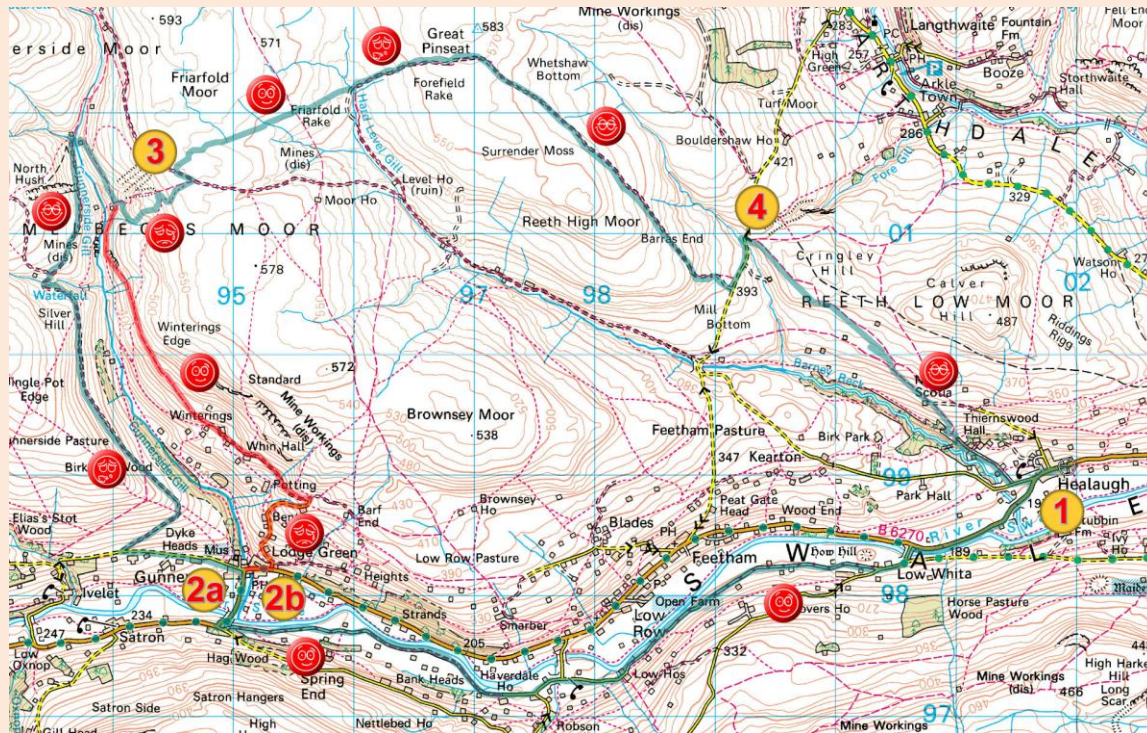


# Healough round MTB route via Gunnerside and Great Pinseat.



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**Parking:** As you enter Healough from Reeth you will see a small village green on your left with a small donation box for parking; this is as good a place as any to start.

**1, Healough to Gunnerside:** Start at the Green and cycle on the B6270 towards Low Row for 1 mile, turn left at the "Askrigg 7" sign and cross the Scuba Wath Bridge. Once across the bridge take your next right towards Gunnerside. Around over 250 metres up the road you will see the Low Row Bunk House bear right here onto the bridleway and cycle around 2.5 km to a tarmac road, follow the tarmac road and after 800 metres take a right turn at The Gables Country House and follow the bridleway to the B6270. Turn right at the B6270 and cross the bridge to Gunnerside.

When you arrive at the parking area at Gunnerside you can either take the left turn to follow the instructions 2a or a right turn for instructions 2b.

**2a, Gunnerside to Friarfold Moor:** At Gunnerside turn left up and cycle up the hill to Dykes Head where you will see a Grouse Path on your right. Follow this path around the hill and along Gunnerside Gill. You will eventually come to a gate, go through the gate and follow the road over a beck, as you come to another bend in the road you will see a Bridleway sign on your right take this path, there is a small incline before you descend to Blakethwaite Peat Store. Cross the becks and behind the Peat Store you will see a path, unfortunately you will need to push the bike up this path to join the bridleway. Once you reach the bridleway you need to turn right back along the gill until you reach a crossroads and wooden sign post just before Swina Bank Scar mine workings.

**2b, Gunnerside to Friarfold Moor:** At Gunnerside turn right on the Reeth road passing the Kings Head and up an incline in the road. You will soon see a steep track on your left with an electric gate, take the track and go through the gate and climb the steep twisting tarmac road for approx 1km. At the top of the road there is a gated stone wall, go through the gate and turn left. Follow the undulating trail along Gunnerside Gill to the Swina Bank Scar mine workings; just past the mine works you will reach a crossroads and wooden sign post.

**2a and 2b Continued:** Looking uphill you will see a curving path, take this path for around 1km, there are some steep grassy parts where the track fades you may need to get off and push while follow the stone cairns. You will come onto a grouse path that will take you up to a T-junction in the mine spoils. Turn left and travel down the track for about 200 meters and you will see a track on your right, take this track.

**3, Friar Fold Moor to Barras Gate:** You are now on unmapped tracks. After 200 metres the track will split, take the track on the right, further down the track is a bend to the left and a small mound with a narrow track straight ahead. Take the narrow track over the mound and continue in a straight line over the rakes, you will cross over the bridleway at Doctors Gill and continue down to Flinchers Gill, there is a nice steep drop to the gill. Cross the gill and you are now back on mapped territory, turn left, go through the gate and follow the track on uphill to Great Pinseat. From Great Pinseat follow the grouse path for 3km to the road. Turn left onto the road and follow it down the dip and across the ford then a short uphill to up again to Barras End Gate

**4, Barras End to Healough:**

Go through Gate at Barras End and about 60 metres before the your will see a path on your right that heads up an incline. Take this path and climb for a few hundred meters and you will soon be travelling downhill. You will come to a wall on your left, at the end of the wall you need to bare right on the grassy path that will take you to a grouse road. Go straight over the grouse road and continue down the grassy path towards a farm house named Nova Scotia. At the entrance of Nova Scotia go straight over the grouse path and continue down the grassy embankment until you come to a gate, then another gate then onto what looks like a private driveway that passes Theirnswood Hall, don't worry it is a right of way. At the bottom of the drive turn left onto the road, then left again onto the B6207 and back to Healough Village Green.