

## **A circular loop from Broughton into the Duddon Valley, making use of the L&DL**

This 12 miles (19km) circuit isn't particularly far, but is undulating enough to stretch your legs. It's certainly long enough to make a good half-day, or even day's, outing if you linger to enjoy the delights of the Duddon Valley, maybe taking in one or both of the suggested detours outlined in the route description below: to the viewpoint on top of Stickle Pike and / or to enjoy the warm welcome afforded by the New Field Inn at Seathwaite.

From Broughton Square take the road heading north-west beside the Square Café, signed 'Coniston'. This road climbs gently for 2 km to Lower Hawthwaite where you turn L, signed 'Broughton Mills'. Descend to Broughton Mills and continue on this road as it twists and turns through the village before climbing, quite steeply in places, for 3km to Kiln Bank Cross, here leaving the enclosed fields for more open fell scenery. At the top of the climb the road passes between Stickle Pike on the left and Caw on the right, with a grand view across Dunnerdale to Harter Fell ahead. (The summit of Stickle Pike is about 20 minutes walk from here). The descent into Dunnerdale is steep and you'll need to control your speed all the way. You may want to pause on the way down and take in the views of Dunnerdale, with its native deciduous woodland rising steeply from the valley floor. Turn L after around 2.5km by a bridge over the River Duddon, signed 'Broughton via Duddon Valley'. (A detour for refreshments worth considering here would be R, signed 'Seathwaite', to reach the New Field Inn in 1.5km). Back on the main loop, continue south along the valley bottom, through the scattered village of Ulpha, crossing the River Duddon then climbing gently up the side of the valley with dramatic crags on your left. About nearly 4km from Ulpha, the road descends steeply back to the valley floor and on to a T-jct with the A595. Turn L, signed 'Broughton'. After a short steep climb to the High Cross Inn bear L off the main road (effectively SO at a x-roads), signed 'Broughton' to descend into this little town again via a road with speed bumps.