

## R Ridge Hall Walk

Distance: 4¼ miles. 1¾ hours.

Terrain: Paths and roads.  
650 ft ascent.

Parking: Town centre and Thornbrook Road.



*Ridge hall via sittinglow.  
Lovely views. Cowlow,  
ventilation shaft.*

From Post Office leave **Market Place** right of Old Cell Ale Bar down Penny Lane then left along cobbled Terrace Road. At end turn right then left along Market Street, passing Town Hall on right, soon after which turn right at bollarded entrance into Park Road. Go ahead to end of Road onto narrow lane leading to stream. Go through metal gate on right, then bear left following marker posts up field passing the site of now demolished **Target Wall**. Head for top right hand corner of field, keeping left of hedgerow. Turn right following path alongside railway embankment, left under bridge and up old Green Way. At Higher Eaves pass to right of the house to lane. Go left for 30metres then through very narrow slot stile in wall on right\*. Go left keeping approx 15m out from wall. Walk ahead to stile at junction of wall and fence. Cross stile and

go diagonally right up field to right hand corner with gate and step stile to left. Cross stile and turn left at track to join Ashbourne Lane at Paradise Farm. Turn right on lane and follow round to join another lane, just above hamlet of **Martinside**. Turn left and walk up road to Sittinglow Farm on your left. Opposite farm entrance turn right though metal gate onto signposted path. Follow path to **ventilation shaft** for railway tunnel.

Follow path to right around the base of **Cowlow Hill**, ahead crossing two wall stiles and one wooden stile then left down to wall stile and turn right onto Cowlow Lane. In about 200 metres turn right down signposted tarmac lane, leading down to **Ridge Hall**. Bear left at Hall and continue the walk down lane to **Railway Station**. Cross the railway by crossing and go down station approach road to Long Lane. Take Alston Road ahead and go through housing estates where Rowton Grange Road brings you out opposite where you started.

\*If this field has cows, alternatively continue on road and turn right at Ashbourne Lane.