

Footpath 574001 From B5284 at Plumgarths to Underbarrow and Bradlyfield Parish Boundary south of Helsfell Farm.

Length of path 0.6miles(1km)

- Start Crook Road adjacent to white house at Low Plumgarths SD49611/94630
Stile in wall + wicket-gate. Finger Board("Public Footpath Helsfell/Kendal")
- Across field to open gateway/metal gate in wall. SD49625/94510
No waymarks.
- Then across to stile in wall (metal bar on top) SD49668/94377
No waymarks.
- Across field to fence corner and over **rickety** stile in fence SD49705/94285
- onto track and turn right along track
- Follow farm track to Helsfell Farm (on map path dog-legs across field)
- Through metal gate into farm yard. No waymarks SD49790/94940
- Walk through yard with house on your right- SD49818/93907
and out via metal gate
- Turn right (south-west) (with house on your right again) and then SD49730/93855
diagonally across field to iron-ladder stile-
-which is 100m west of large metal gate.
(No waymarks)
- This is Parish Boundary with Underbarrow/Bradlyfield: path continues as Footpath
577045 to bridge over A591 and onto Helsfell.