

Footpath 575004 From road C5056(road between Ford Bridge and A6) at north-west side Sprint Bridge along north bank of River Sprint, passing Sprint Mill, to junction of Garnett Bridge Road and Gurnal Bridge Road.

Length of path 1.05miles(1.7km)

Finger-post at start of tarmac track from road ("Public Footpath")	SD51309/96042
Follow tarmac track with river on right to wooden gate	SD51566/96140
-through gate and walk with barn and house on your right to-	
-short post with waymark points along bank River Sprint	SD51598/96164
-then arrows point to right up gravelly track(wire fence & veg.garden on right)	
-through trees to plank bridge	
-junction on left with footpath 575005(no waymarks for 574004)	SD51574/96235
Now wall on left.	
Passing Thirlmere aqueduct(which crosses river)	SD51633/96279
-to step-stile in stone wall into field.	SD51670/96457
Faded waymark from Sprint Mill.Good other side.	
Through field.	
Wire fence then wall on right to-	
-metal gate	SD51708/96631
Waymarks each way.	
-through next field to(stone wall on right) to another-	
-metal gate	SD51750/96746
No waymarks.	
-bear slight left through field to step-stile in stone wall	SD51805/96894
(easy to spot wooden post/handrail. No waymarks)	
-then across field to <u>metal gate</u>	SD51811/97066
NOT through wooden gates further left and right <u>WAYMARKS Needed here.</u>	
Through field with wall and hedge on right to-	
-step-stile in wall corner	SD51770/97391
Over stile to Garnett Bridge Road/Gurnal Bridge Road junction	
Finger-post ("Public Footpath")	

