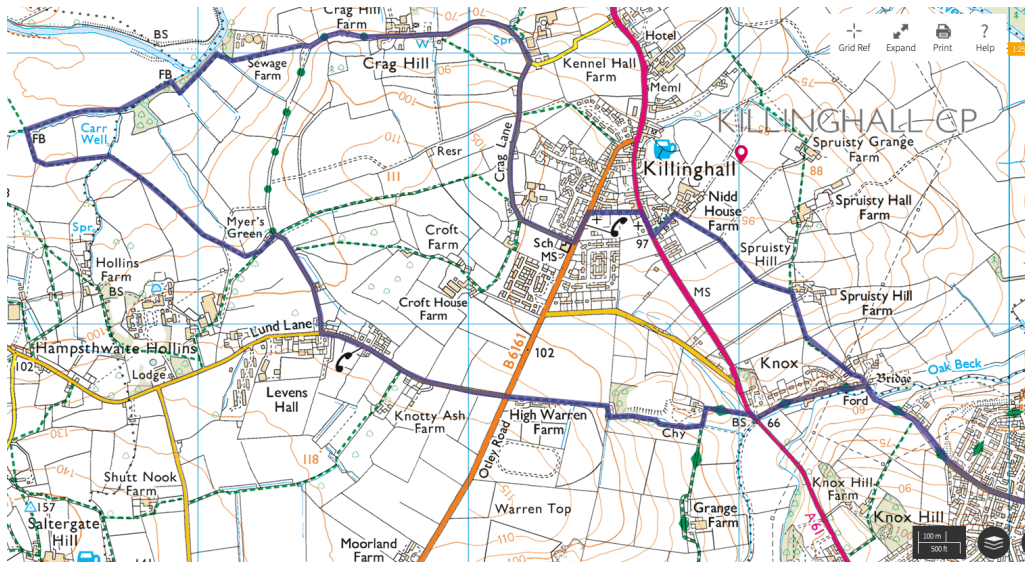


Knox Pub Run – Thursday 25th July 2019

Distance: 9.8km

A mixture of trail, road and footpath.

Follow the Highway and Country Codes. Cross roads with care and close all gates behind you.



- From The Knox public house, turn right down the hill (Knox Lane) to cross the Spruisty Pack Horse Bridge.
- Turn left along Knox Mill Lane – to end
- Cross A61 CARE to take Harrogate Ringway (signposted)
- At 2 houses, bear left to 5 bar gate
- Take small gate on right, follow narrow path, some sections overgrown
CARE
- Up steps, over stile at top into field
- Keep to left hedge
- Possible noisy dog on left
- To field corner, over style

- Cross B6161 CARE into Lund Lane
- Use pavement on left
- Past bus stop, turn right into Myers Green Lane
- At Myers Green (house) take footpath on left (fancy light) in front of house
- Over fence following footpath – bear right in field slightly to gate, view of Hampsthwaite!
- Take track down hill keeping left
- At very bottom of hill/field go through hidden gap, over wall
- Follow footpath sign with wall on your right up field then still with wall on your right run to bottom of field with houses on your left, to gate, over bridge, turn right along footpath
- At sewer improvement sign, turn right over footbridge into trees
- Keep left to wire fence
- Keep left, follow wire fence over stile then to gap.
- Keep left along wire fence, at corner of fence go diagonally right and up to field corner (tree and gate)
- Onto tarmac road, turn left
- Continue through Crag Hill where road then bends right and up as Crag Lane.
- Continue to B6161, cross (CARE) and turn left to take footpath by church.
- To A61, cross (CARE), past Crofters Green and Addison Villas taking next left
- Down track, through gate and immediate right over stile
- With hedge on your right over stile, follow hedge, through gate
- Follow “Spruisty House” sign at wall
- Take stile on right, through gate and immediate left, immediate right through gate.
- Straight down field bearing left, find gap in the wall
- Return up Knox Lane to pub