



Walk 1

2 Miles from The Forresters Arms, to High Kilburn and back

A 1 hour walk through the villages of Low and High Kilburn, along country lanes and through fields. Mostly gentle strolling. One steep ascent that can be avoided by an alternative route.

Directions:

- 1) At the Forresters Arms turn right and head up the road through Low Kilburn past the **Mouse Man** museum, showrooms and workshops on either side of the road, towards the White Horse, ignoring the first turning on the left that would take you to Thirsk. Carry on up the road, past the millstone sign for the **National Park**, towards the horse until you reach a fork in the road.
- 2) Take the right hand lane towards Oldstead.
- 3) The turning for High Kilburn is signposted. Take the road that turns off to the right and keep an eye out for a green footpath sign on your right.
- 4) The footpath takes you over a stile then steeply uphill through the trees to a yellow arrow way-marker. ***This section is steep*** and can get quite slippery. If the going seems too rough for you the ***alternative*** would be to carry on following the road up to High Kilburn. Keep the field to your right and make your way through the gaps in the gorse bushes, keeping the tree-filled drop to your left to another way-mark post where you head across the middle of the field to a gap in the hedge and a well defined path or "green lane" between two hedges. Head straight on over a fence with a narrow stile and continue on the green lane downhill into High Kilburn.
- 5) Once on the large village green at High Kilburn head right on the road. As the road veers to the left take the gate straight ahead onto a well marked, tarmac path. Ignore the stile and follow the path downhill inside the fence. Go through two kissing gates to cross a farm track, and then the path takes you into the **Churchyard**, onto Kilburn's square and back to the Forresters Arms.

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