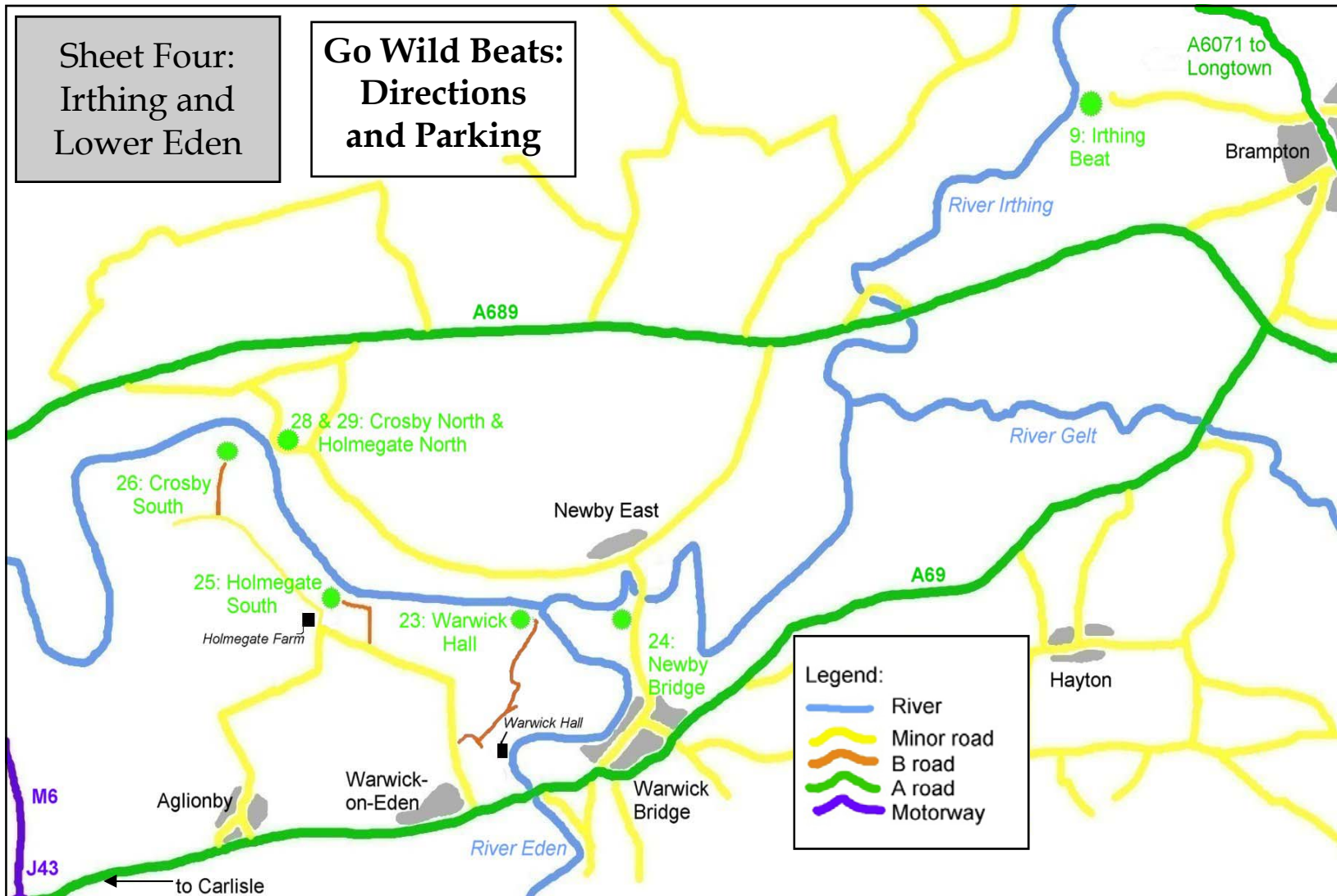


Sheet Four:
Irthing and
Lower Eden

Go Wild Beats:
Directions
and Parking



Beat 9: Take the A6071 from Brampton. Just after the William Howard School there's a cross-roads: turn left down towards the church, and follow this road for around a mile to the cemetery.

Beats 24, 28 & 29: Take the A69 East from Carlisle (or J43 on M6) for around 3 miles. Cross Warwick Bridge and take the next turning on the left for Newby.

Beat 24: Continue on here until you cross Newby Bridge (the traffic lights) and park on the left by the Go Wild sign.

Beats 28 & 29: Continue up to the T Junction in Newby East and turn left. Follow the road past the golf club until it swings left down towards the river. There's a layby on the left where you can park - being careful not to block access to the gate. If the layby is full, continue on to the village, where you can park and follow the public footpath down to the river.

Beats 23, 25 & 26: ** 16th October to 14th January ONLY**

Take the A69 East from Carlisle (or J43 on M6) and take the left turn to Warwick Holme at Warwick-on-Eden.

- * **Beat 23 (book in advance!):** Follow this road for a short distance and take the turning on the right into Warwick Hall. Follow the track down and take the left turn in front of the stables. Where the track forks bear left, and in the next field follow the track around to the left (may be signposted). This brings you down to the river and you can park by the gate and cattle grid.
- * **Beat 25:** Follow this road for around a mile, then turn right on to a small track running through the middle of a field (if you reach Holmegate Farm you've gone too far!).. The track has a "No public access" sign at its entrance. Follow this track down to the river and park near the fishing hut.
- * **Beat 26:** Follow this road to the T junction by Holmegate Farm and turn right. The road bears left and after half a mile or so, just before Warwick Holme Cottages, there's a track off to the right. Take this turn and follow the track down, over the cattle grid to the river, where you can park.

