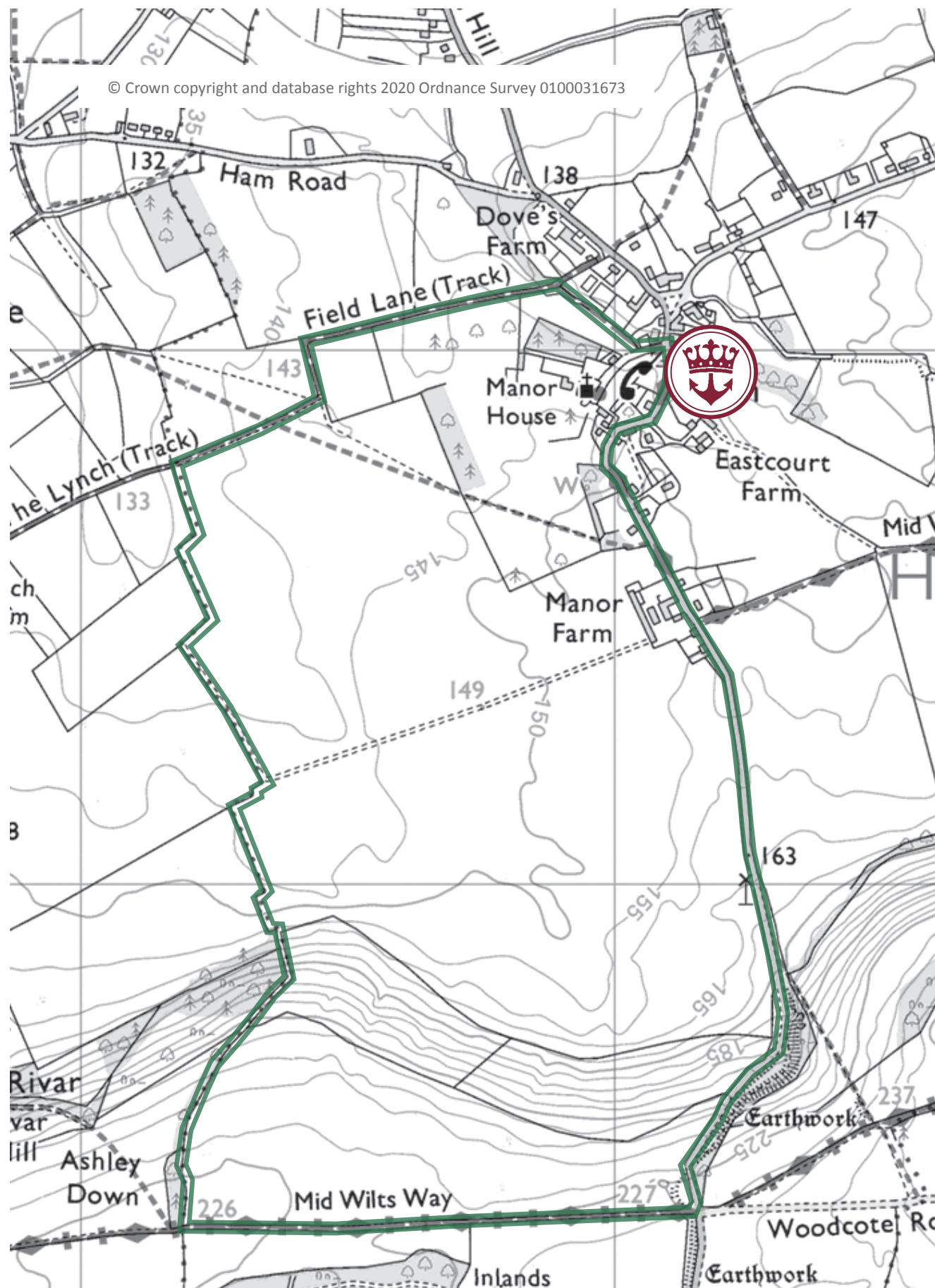


HAM HILL - ASHLEY DOWN

3.4 miles/ 5.5 km: 1½ hours

One ascent and descent of the downs, the rest mostly level.

The going is initially on a tarred country lane, thereafter footpaths, bridleways, and a permissive footpath.



The route follows the lane towards Buttermere, then ascends Ham Hill through the Ham Hill Nature Reserve, along the old drovers road to Ashley Down, before descending to skirt the arable 'Great Field' on a permissive unmarked route to join the Field Lane track back to the Crown & Anchor.