



ROUTE CARD 2- circular walk from Eshton to Sharp Haw

Estimated 3 hrs, 9 miles, hard climb, magnificent views, suitable for older children.

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APPROX TIME 3 HRS , HARD CLIMB, MAGNIFICENT VIEWS, SUITABLE FOR OLDER CHILDREN

USE OUTDOOR LEISURE MAP 2 - YORKSHIRE DALES SOUTHERN & WESTERN AREAS, SCALE 4CM:1KM

NOTE: ALL BEARINGS ARE GRID NORTH NOT MAGNETIC BEARINGS.

NAME	DISTANCE	COMMENTS	APPROX TIME
ESHTON GRANGE 933 564	1 KM	DOWNHILL PAST BROCKABANK- BEARING 345	13 MIN
PATH JOINS RD 933 573	0.3 KM	FOLLOW RD UPHILL TOWARD FRIARS HEAD BEARING 335	4 MIN
PATH ROAD JNCT 932 576	0.8KM	PASS FRIARS HEAD AND EXIT RD TO FOOTPATH ON RIGHT BEARING 73	11 MIN
JNCT PATHS 940 576	1 KM	PATH SPLITS – BEAR 129 TOWARD FLASBY	13 MIN
PATH JOINS RD 945 568	0.4 KM	PATH JOINS ROAD TAKE ROAD OPPOSITE DOWNHILL ACROSS BRIDGE & THROUGH FARM BEARING 89	5 MIN
JNCT FOOTPATHS 947 565	1.4 KM	AT JUNCTION OF PATHS GO THROUGH GATE AND FOLLOW TRACK UPHILL THEN FOLLOW FOOTPATH BETWEEN SHARP HAW AND ROUGH HAW BEARING CLIMB 210M	
DRY STONE WALL 959 552	0.4 KM	CLIMB DRYSTONE WALL & FOLLOW TRACK TO SHARP HAW PINNACLE BEARING CLIMB 50M	

JNCT FOOTPATH & TRACK 971 542	1.6 KM	FOOTPATH JOINS TRACK BEARING	20 MIN
PLANTATION 966 542	0.6 KM	DOUBLE BACK ALONG TRACK TOWARD FOREST PLANTATION BEARING	8 MIN
TRACK FORKS 962 542	0.7 KM	FOLLOW TRACK THROUGH PLANTATION TILL TRACK FORKS – TAKE TRACK ON RIGHT	9 MIN
EXIT PLANTATION 953 559	2.2 KM	FOLLOW PLANTATION TRACK UNTIL YOU REACH FOOTPATH TO FLASBY AND EXIT PLANTATION	29 MIN
JNCT FOOTPATH 948 563	0.8 KM	FOLLOW FOOTPATH DOWNHILL PAST FARM UNTIL YOU REACH FOOTPATH ON YOUR RIGHT JUST BEFORE YOU ENTER TREES	11 MIN
HOLME LAITHE FARM 948 566	0.3 KM	FOLLOW FOOTPATH UNTIL YOU REACH FARM. TURN LEFT THROUGH YARD AND CROSS BRIDGE UNTIL YOU REACH ROAD JUNCTION	4 MIN
ROAD JUNCTION 946 566	0.1KM	AT JUNCTION TAKE TRACK ON YOUR LEFT TOWARD FLASBY HALL	1 MIN
JNCT FOOTPATH 946 565	0.8 KM	LEAVE TRACK & FOLLOW FOOTPATH ON YOUR RIGHT BEARING 215	10 MIN
JNCT PATH & ROAD 942 560	0.4 KM	FOOTPATH JOINS RD – FOLLOW RD TOWARD GARGRAVE BEARING 185	5 MIN
JNCT ROADS 939 566	1 KM	TAKE ROAD UPHILL PAST ESHTON HALL & BACK TO ESHTON GRANGE BEARING 309	13 MIN

Friars Head

Friar's head is a magnificent example of pre-Tudor domestic architecture at its best; its large and mullioned windows; its oak, nail studded door and ancient sun dial. Its massive chimneys, solidly built thick walls and spacious dimensions signify that neither time nor money were spared in its erection.

Originally, it appears to have been designed and used by the Abbots of Furness; having considerable lands the monks would have kept large flocks of sheep, and were also known to have acquired the near by Eshton Tarn by lease in 1260, and were hence allowed to fish and catch eels.

After dissolution of the monasteries the estates were parcelled out by the Crown, and so after 1540 the estates of Friar's Head fell into the avaricious hands of the "Defender of the Faith". A century later, the civil war broke out between Roundheads and Royalists. Tradition has it that Friars head was involved, and that it was covered with wool packs to protect it from Cromwell's artillery fire stationed on a near by hill. The Royalist forces were entrenched on Scarnber Hill over looking Friars Head and Cromwell's near Cowper Cote, after a fierce skirmish took place in the valley the slain were buried in the moat surrounding the house.

In 1880 the then owner a Mr.Dawes, made a new road to his front door, and in doing so, a large quantity of bones were found, although no record exists as to which army they belonged.

St.Helen's Well

This naturally occurring spring is of special historical significance, it is one of many dedicated to St.Helen, the mother of the Roman Emperor Constantine the Great, who was proclaimed at York. The well itself was probably dedicated to Helen shortly after her death during the Roman occupation of Britain. She was Celtic and a Yorkshire woman, well remembered for her kindness and gentility. She made a pilgrimage to the Holy Land, were she was supposed to have discovered the True Cross on which Jesus died. In fact it is as a result of her influence that Constantine converted the Roman Empire officially to Christianity.

The well's history however far predates the Roman invasion of Britain and the holiness of it's waters have long been revered by Pagans and druids long before the age of Christianity, being used in human sacrifices. The waters of the well are held to posses healing qualities, whilst young maidens traditionally drunk from the well often mixed with sugar, whilst

lovers would each throw a pin in the water --if the they settled together it was held to be a good omen for the couples future married life!

There is no doubt that the holiness associated with its waters is one of the earliest expressions of religious belief, water worship being known to pre-date sun worship. It is a well of high antiquity, and undoubtedly one of the most prolific in the Craven Area, its waters never having been known to fail, in fact, in frosty weather, warm vapours appear to arise from it.

Lime Kiln

Lime burning technology appears to have been introduced to Britain by the Romans. Limestone (CaCO_3)was burnt in a single firing lasting between 5 and 20 days to reduce the Lime to an easily powdered form of Calcium Oxide (CaO), which was then left to soak in water (a process known as slaking) to produce Slaked Lime, or , Calcium Hydroxide (Ca(OH)_2).

This Slaked Lime is the primary component of mortars, plasters and concrete - and Lime kilns would frequently be built in the vicinity of the buildings under construction.

Impure Lime / Wood Ash mixtures produced in the kiln were also often used on the land to improve the physical structure and chemical balance of the soil.

Eshton Hall

Designed in the neo-Jacobean style by the architect George Webster of Kendal between 1825-27. Copies of the original engravings of the Hall show that there have been various alterations, in particular the addition of the clock tower.

This style became Webster's speciality and was also responsible for alterations to Broughton Hall, which is some 2 miles south of Gargrave on the A59.