

## 92. The Wyre Way

**Distance**      **14 miles/22km**

**Ascent**        **493 metres**

**Start/finish**    **Dolphinholme, LA2 9AQ**

Follow the footpath east, turning R onto Wagon Road and join the waymarked Wyre Way. Follow the road, turning L onto the drive of Dolphinholme House but staying on the footpath heading east and following the course of the River Wyre. Continue, on this path keeping L and crossing the river at Long Bridge, then follow the northern shore to a footbridge just west of Abbeystead Reservoir (2.6 miles/4.2km). Cross the bridge and skirt the south side of the reservoir to a road. Turn L, onto the road and crossing a bridge then turning R on the Wyre Way, following the course of the Marshaw Wyre to a road at Well Brook. Follow this to Tower Lodge and turn L on the Wyre Way north to Tarnbrook. Turn L and follow the path south-west across the road at Emmetts and along the northern edge of the Abbeystead Reservoir to the outbound path. Turn R to return to the start.

Miles	Km	Directions
0.0	0.0	Follow the footpath east, turning right onto Wagon Road and join the waymarked Wyre Way. Follow the road to the left turn onto the drive of Dolphinholme House.
0.6	0.9	Turn left still on the Wyre Way and stay on the footpath heading east and following the course of the River Wyre. Continue, on this path keeping left and crossing the river at Long Bridge.
3.1	1.9	follow the northern shore to a footbridge just west of Abbeystead Reservoir.
2.6	4.2	Cross and skirt the south side of the reservoir to a road.
3.4	5.4	Turn left, onto the road and crossing a bridge then turning right on the Wyre Way, following the course of the Marshaw Wyre to a road at Well Brook.
4.8	7.8	Follow this to Tower Lodge and a footpath on the left.
6.3	10.1	Turn left on the Wyre Way north to Tarnbrook.
8	12.9	Follow the road briefly through Tarnbrook then turn left and follow the path south-west across the road at Emmetts.
9	14.5	Cross and continue on the Wyre Way west across fields to Strait Lane.
9.6	15.4	Join the road heading downhill and across the bridge into Abbeystead. Follow the road to a right bend where the Wyre Way continues left.
10.1	16.3	Follow the path along the northern bank of the Abbeystead Reservoir and trend left to the outbound path and river Wyre.
10.5	16.9	Follow the outbound route down the river Wyre and the Wyre Way back to the start.