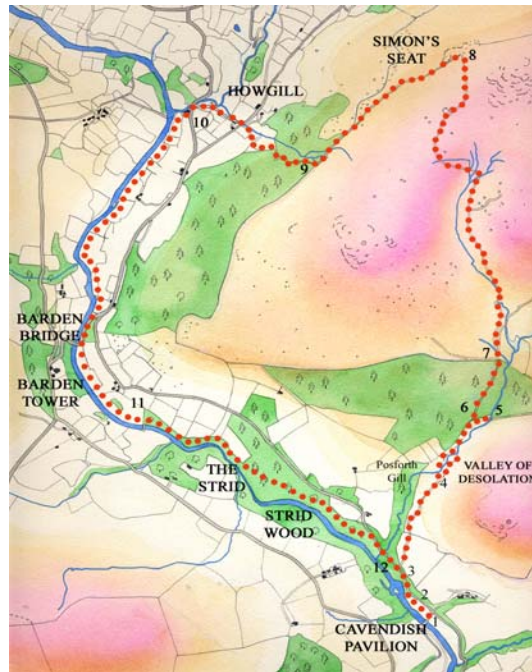




## Cavendish Pavilion to Simon's Seat, Barden and Return

Start: Sandholme Car Park  
Distance: 13.25 km / 8.25 miles  
Time: 4.5 hours  
Terrain: Moderate / hard  
Pushchairs: No  
Dogs: **Not allowed**

Please note the moor will be closed on certain days for shooting between August and December. For dates see notices at Access Points.



1. Cross the wooden bridge at the Cavendish Pavilion and follow the path upstream.
2. Climb the stile to reach the road where you turn left.
3. Follow the road to Waterfall Cottage. Turn right through the gate and follow the track uphill.
4. You soon reach a track down to the left to a waterfall. Cross the bridge and follow the path to the upper waterfall.
5. From the waterfall retrace your steps to rejoin the path from the wooden footbridge.
6. Turn right up the ladder stile in the wall. Follow the path up through the woods.
7. On leaving the trees carry straight on up a well defined path across the moor to the summit of Simon's Seat.
8. From the Trig point at 485m retrace your steps for a short distance to where the path splits. Instead of taking the path off to the left that you came up, carry straight on down towards the plantations.
9. A track descends steeply through the plantations and goes straight across Howgill Lane and on down the main road.
10. Cross the road. Follow the track by the beck to the river and return to Barden Bridge.
11. Keeping to the same side of the river follow the path as it passes through fields and into the wood.
12. After crossing Posforth Gill you reach a path taking you out of the wood. This leads through a field to the Wooden Bridge.