

Cook Hill

Distance: 5 miles

Map: OS Explorer 205

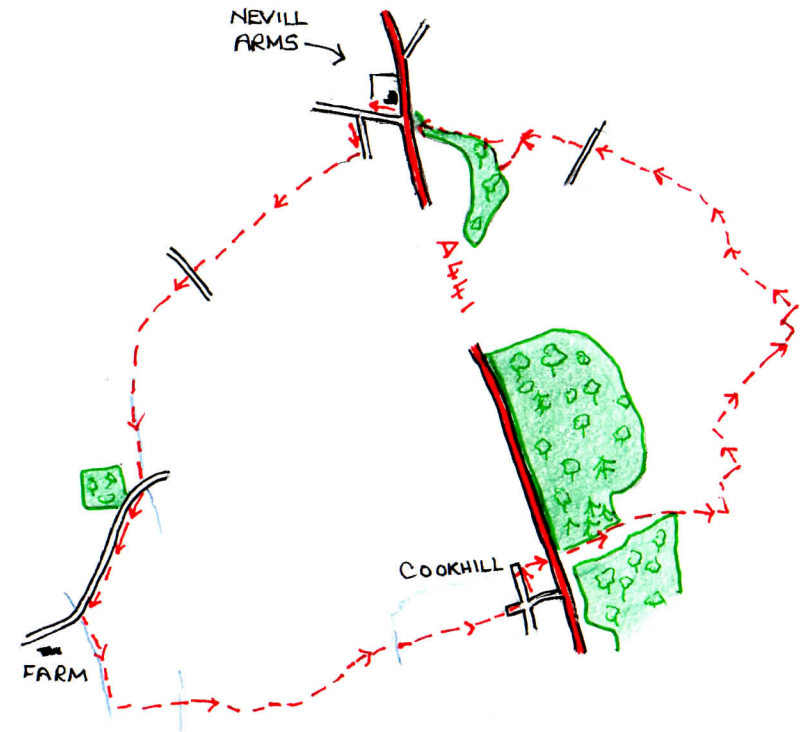
Start: Nevill Arms, Astwood Bank, B96 6NB

Leave pub car park from rear, turn right into Saltway. Take first left (Brandheath Lane). At private gateway across lane turn right into footpath between a fence and a hedge. Go through gate into field. Keeping hedge on left walk across fields over stiles and through kissing gates (KG) until you come to a lane. Cross lane and continue ahead with hedge on left. Pass underground gas station, entering next field and follow right hand side of field for about 150m. Change to other side of hedge by going through a metal gate.

Carry on ahead until reaching a lane. Turn right on to lane and continue to a bend with farm ahead and signed pathway on left by willow tree. Keeping stream on your right continue ahead through a gate into a second field. At end of field, ignore footbridge on right, turn left to go towards a stile. Turn right into the corner and then left. Go up and over a slope and go right into the next field, passing a pylon to reach a farm track. Turn left onto track then bear right through a storage yard to a KG in the right hand corner.

Follow hedge on right continuing ahead to a second field. Go over the footbridge and continue with hedge on the right. Turn left up the hill keeping hedge on the right heading for KG leading to a lane (good view behind you). Walk through Cook Hill village, turning left at the cross roads and walk to the end of the road. Take the right hand, signed, walkway by house no. 34. Walk along the footpath between gardens to the road. Cross to public bridleway. Walk downhill until you can see the end of the wood on the left. When the bridleway opens up ahead, bear right (labelled Monarch's Way) and walk downhill.

Enter an open field keeping hedge on the right. At the corner of the field bear left with hedge on right. Follow the track down the hill to a sharp left hand turn. After 20m turn right and sharp right again and



follow the track around the field. When reaching overhead electric cables change to other side of hedge. Walk to the gate, cross farm track and continue ahead. At the top of track turn left through gate and walk towards the barn. Turn right just past the barn and walk up the hill, heading for a gap in the trees.

At top of hill go towards stile in left hand corner (this and the next three stiles are in a poor state of repair). Walk through a small copse to another stile. Keeping to left hand hedge head towards a third stile. Follow path through another copse to a stile into field. Keep hedge on right heading for the last stile. Turn right and the Nevill Arms is across the road.