



Rabbit Ings: Full Steam Ahead

Former mine and home to an array of wildlife



4.4 miles/7.1km

Approximately 3 hours at a leisurely pace.
9,290 steps



Opening hours: All year round



FREE entrance



Car parking: Free, onsite



Toilets: In the car park



Café: No, refreshment man in car park on occasions



Dogs: Must be kept on a lead at all times



Accessibility: No formal footpaths and narrow paths in places.

Step by step walking route

1. Pass through the A-frame on the right at the far end of the car park and turn left. At the information panel turn left on the red and blue route. Go straight on up the natural path and make a beeline for the seat (or you can use the zigzags). Continue along the main track up to the summit, where there is a topograph.
2. Turn right along the road into Sandy Bridge and pass through the Singing Man car park. Turn left to the bus stop, cross the road and turn right. Cross Greenside Estate and take the next left.
3. Walk the full length of the green space past the playground and aim for the left of the Hawthorne Street sign. Turn left on the track at the Ash Mount sign. Cross the stile beyond the last house and continue along the edge of the field. At the fence post after 100m switch to the other side of the fence to reach the kissing gate. Descend the middle of the field to the stile and go straight on along an old railway line running north through this narrow strip of woodland. The track beneath the road will likely be impassable, so turn left at the top of the slope to the road, go right back to the bridge and left. The path rejoins the trackbed after 100m.

The countryside code

Respect - Protect - Enjoy

Respect other people:

- consider the local community and other people enjoying the outdoors
- leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment:

- leave no trace of your visit and take your litter home
- keep dogs under effective control

Enjoy the outdoors:

- plan ahead and be prepared
- follow advice and local signs



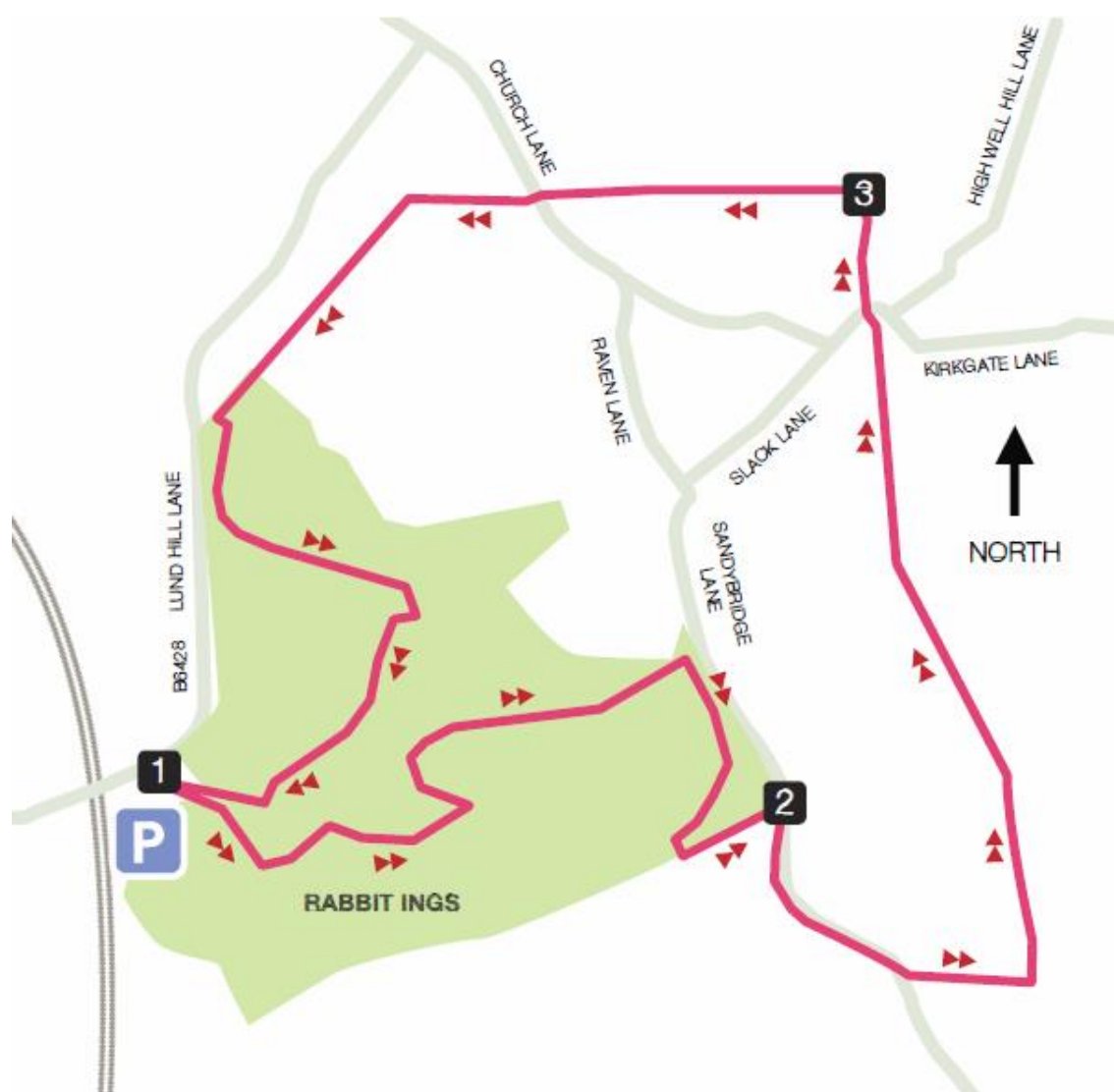
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4. After a short distance you approach another old railway. The easiest route is to pass beneath and turn left to reach the trackbed, along which go right. After a few ups and downs this runs due west, mostly along a level embankment between power lines to Church Lane.
5. Branch right just before the gate to an A-frame and cross to the permissive bridleway opposite. This can be churned in places by horse traffic, but improves as it bends left. Turn left near the road and right alongside a fence back into the Country Park.
6. The path curves left past a seat to a junction where turn left to reach the lake. Turn right on the red route uphill and keep straight on following the little valley on your left past an information panel. Keep right on the red and blue route and turn right at the junction to the car park and toilets.



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