

16 landmarks (LMs) have been identified to define the Carwags "figure of eight" route. Here are route descriptions for runners and cyclists with the LMs included. (Read in conjunction with the Carwags Fig of 8 Map)

Runner's Version

- Start in Carwags main car park. Route starts where gravel path leaves the NW corner of the car park.
- Follow path up through Loud Gate Wood (parallel with road) and reach a gap in a stone wall (**LM1**)
- Go straight across the Fell Road (watch out for traffic!) and follow a soft mushy path into Black Tiger Wood to a t-junction with a gravel track.
- Turn left to reach a multi-way junction (**LM2**) Note carved black tiger's head just off the track to the left.
- Ignore turnings to right and left and go straight on uphill.
- Path (stony here) curves left then right. Ignore a junction on the left and continue up to Tarn Wood crossroads (**LM3**)
- Turn right to Fell Summit (trig point - **LM4**). Turn right and descend good path, keep right at junction part way down, towards Quarry Car Park.
- Pass a through gate with grid and descend a few steps to the tarmac car park (**LM5**) OR keep above car park on a new path, and turn left to gnarly, muddy little path. Follow this 'muddy snicket' to junction with the perimeter path.
- Turn left onto perimeter (Bleasedale Side) path also known as the 'northern loop'. Follow this as it undulates across the north side of the fell.
- Ignore all junctions, and pass a carved wooden lizard on the left (**LM6**).
- The path eventually curves gently leftwards and enters Dewpond Wood. Look out for a sign board on the right at an indistinct crossroads (**LM7**).
- Turn left here to tackle the Dewpond Wood climb for the first time. Follow path steeply up to the Dew Pond (behind wooden fence on left).
- Continue as path meanders right and left (can be tricky in mist) to eventually climb up to Tarn Wood crossroads (**LM8**).
- Go straight on to descend, climb then descend again through Tarn Wood to Black Tiger Wood. Ignore the first right turn and take the second (**LM9**) onto a soft path. The cyclists alternative (3rd turn, opposite Black Tiger's Head) is also acceptable.
- Follow either path as it undulates around to join Larch Avenue.
- Turn right and follow the tunnel of trees (**LM10**) up and over a brow to approach the Bowland Visitor Centre.
- Just before the Visitor Centre, when path turns to cobbles, veer off right across grass (initially by a fence).
- Pass an old stone post (**LM11**) and big ugly carved head as you bypass the rear of the building and pick up path to Starling Wood.
- Just before the path reaches the Fell Road, a short gravel path on the right cuts through the trees to the gravel Starling Wood car park
- Turn right in the car park and pass a metal barrier (**LM12**) to commence the full Dewpond Wood climb.
- Climb straight up past Dew Pond (**LM13**) - this is the second time through here.
- Follow the path as it meanders up to Tarn Wood crossroads (**LM14**) - this is the third visit to this crossroads
- Go straight on to descend, climb then descend through Tarn Wood to Black Tiger Wood multi-way junction (**LM15**).
- Ignore all side turnings and go straight on with tiger's head on your right, then take next right (soft mushy path) to the road.
- Cross the road and pass through the gap in the stone wall into Loud Gate Wood (**LM16**)
- Follow path running parallel with the road back to Carwags car park. Route finishes where gravel path reaches NW corner of car park.

Cyclist's Version

- Start in Carwags main car park. Bike route commences up the road to junction with Fell Road. Turn right (against one-way system – watch for traffic) and pass gap in stone wall (**LM1**) where runner's route crosses. Take next left (past iron barrier) and go straight up track into Black Tiger Wood to reach a multi-way junction (**LM2**) Note carved black tiger's head just off the track to the left.
- Ignore turnings to right and left and go straight on uphill.
- Path (stony here) curves left then right. Ignore a junction on the left and continue up to Tarn Wood crossroads (**LM3**)
- Turn right to Fell Summit (trig point - **LM4**). Turn right and descend good path, keep right at junction part way down, towards Quarry Car Park.
- Pass a through gate with grid and descend a few steps to the tarmac car park (**LM5**) and continue down car park access road as it curves left. Watch for junction with a footpath (where perimeter path crosses) and turn left onto Bleasedale Side path (the 'northern loop'). Follow this as it undulates across the north side of the fell.
- Ignore all junctions, and pass a carved wooden lizard on the left (**LM6**).
- The path eventually curves gently leftwards and enters Dewpond Wood. Look out for a sign board on the right at an indistinct crossroads (**LM7**).
- Turn left here to tackle the Dewpond Wood climb for the first time. Follow path steeply up to the Dew Pond (behind wooden fence on left).
- Continue as path meanders right and left (can be tricky in mist) to eventually climb up to Tarn Wood crossroads (**LM8**).
- Go straight on to descend, climb then descend again through Tarn Wood to Black Tiger Wood. Ignore the first and second right turns and take the third, opposite the Black Tiger's head. Follow this gravelly path as it undulates around to join Larch Avenue.
- Turn right and follow the tunnel of trees (**LM10**) up and over a brow to descend to the Bowland Visitor Centre and join the Fell Road. Follow the road round to gravel Starling Wood car park (with metal barrier) on your right. Turn right into the car park and pass metal barrier (**LM12**) to commence the full Dewpond Wood climb.
- Climb straight up past Dew Pond (**LM13**) - this is the second time through here.
- Follow the path as it meanders up to Tarn Wood crossroads (**LM14**) - this is the third visit to this crossroads
- Go straight on to descend, climb then descend through Tarn Wood to Black Tiger Wood multi-way junction (**LM15**).
- Ignore all side turnings and go straight on passing tiger's head on your right, down to metal barrier and the Fell Road. Turn right onto the road, pass the gap in the stone wall (**LM16**) and turn left into Carwags Lane.
- Follow the road back to Carwags car park. Route finishes at car park gate.