

The ancient tradition of  
**Beating the Bounds**  
of Adel Parish will take place  
on Rogation **Sunday**,  
**26<sup>th</sup> May 2019**

Join us for all (14/15 miles) or for part of the walk.  
**The walk starts at 9 am from the Stables.**

We will follow the boundary footpaths from the car park (off Stairfoot Lane), along the Meanwood Trail (Adel Beck), via the Seven Arches to the Ring Road underpass. We continue via Valley Farm, Cricket Ground to Adel Lane, **continue up Adel Lane, turn left along St Helen's Lane**, thence to Lawnswood Cemetery arriving about 10.30am at the toilets for a short stop.

**This first section is 3.5 miles**

At 10.40am we leave Lawnswood Cemetery following footpaths via Paul's Pond to Golden Acre arriving at the Car Park at 11.30am then proceed to the café (toilets/drinks).  
**2.5 miles**

The party will then split into **two groups** for the next section:

those who wish to have a packed lunch (or have a light lunch at the café) will stay and enjoy the park for about half an hour, then set off for the lovely walk via Bank Top and Allums Lane to Bank End junction with Ebor Way.  
**2.5 miles**

*those wanting **Sunday Lunch**, will leave the cafe at 11.50am and walk to Eccup, arriving at the New Inn about 1pm. This group will walk an extra mile to include the detour to the inn. The Pub group may follow later... & perhaps catch up with the Park group at Bank End or at Eccup Reservoir.*  
**3.5 miles**

**We leave the Bank End junction around 2pm, continue along Ebor Way, past Stub House Farm and 'Emmerdale' Village, to Eccup Reservoir**  
**2.5miles**

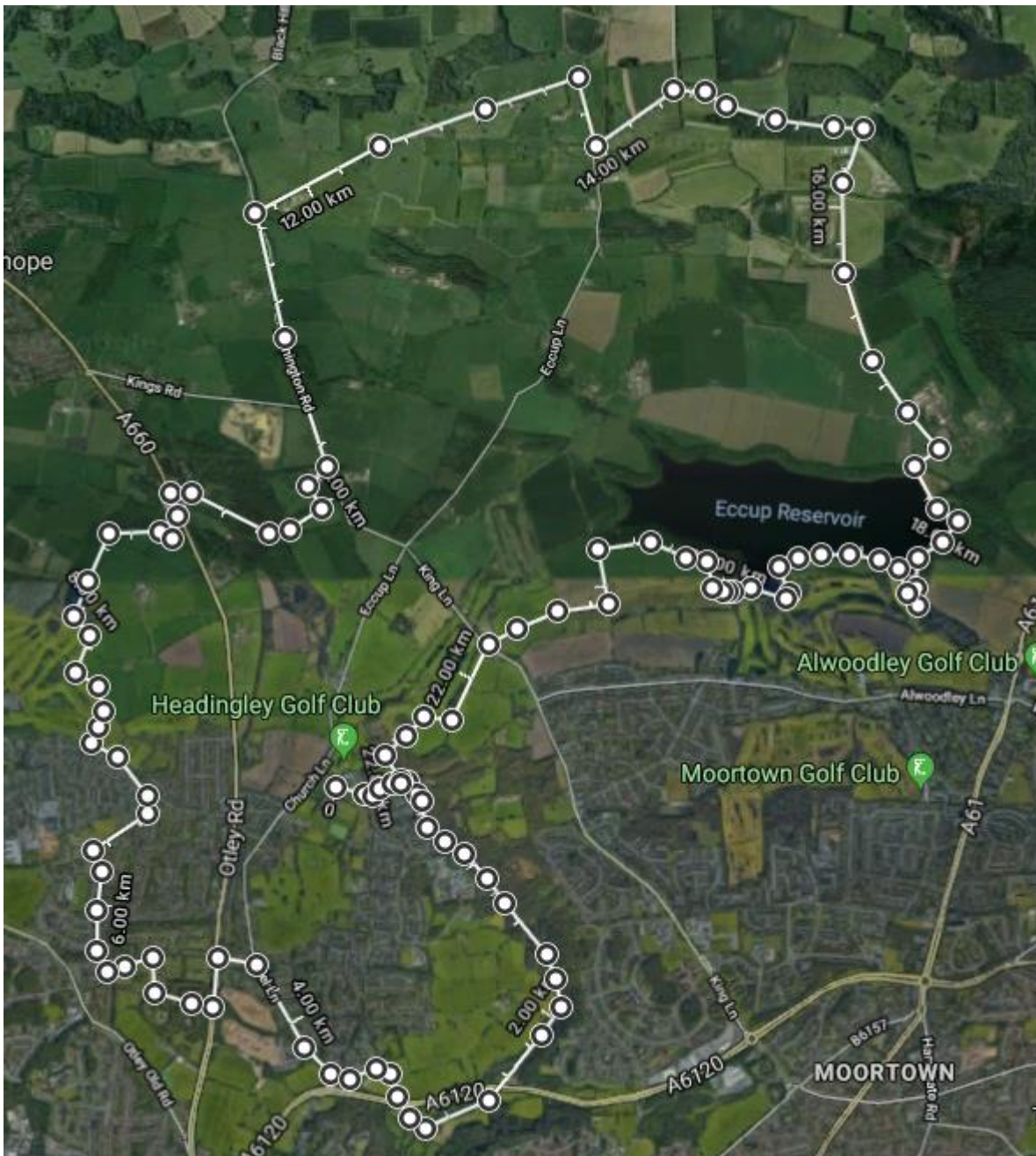
We continue via the Dales Way/ Golf Course and hope to be back to the Stables by **4.30pm**, Tea will be provided.

**3 miles**

Contact: [AdelBoundaryWalk@outlook.com](mailto:AdelBoundaryWalk@outlook.com)

**Let us know if you plan to take part in the Boundary Walk.**

# Adel Boundary Walk Route



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## Sectional distances:

From	To	Distance
Old Stables	Lawnswood Cemetery	3½ miles
Lawnswood Cemetery	Golden Acre Park	2½ miles
Golden Acre Park	Bank End/Ebor Way	2½ miles
Bank End/Ebor Way	Eccup Reservoir	2½ miles
Eccup Reservoir	Old Stables	3 miles

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Old Stables	Lawnswood Cemetery	3½ miles
Lawnswood Cemetery	Golden Acre Park	2½ miles
Golden Acre Park	Bank End/Ebor Way	2½ miles
Bank End/Ebor Way	Eccup Reservoir	2½ miles
Eccup Reservoir	Old Stables	3 miles