

# Frith Wood, Summerley and Unstone

## Frith Wood, Summerley and Unstone Walk 4 miles (6.5km) - allow 2 hours

**A** - Starting from the Unstone Community Centre on Church Street, the Unstone Line is well sign-posted. Go through the kissing gate and follow the path that runs alongside the football field. After about quarter of a mile turn left and go down the steps towards the industrial units.

**B** - Turn right after the units and follow the track until you reach the two houses. Carry straight on between the two stable blocks/fields, along the boardwalk.

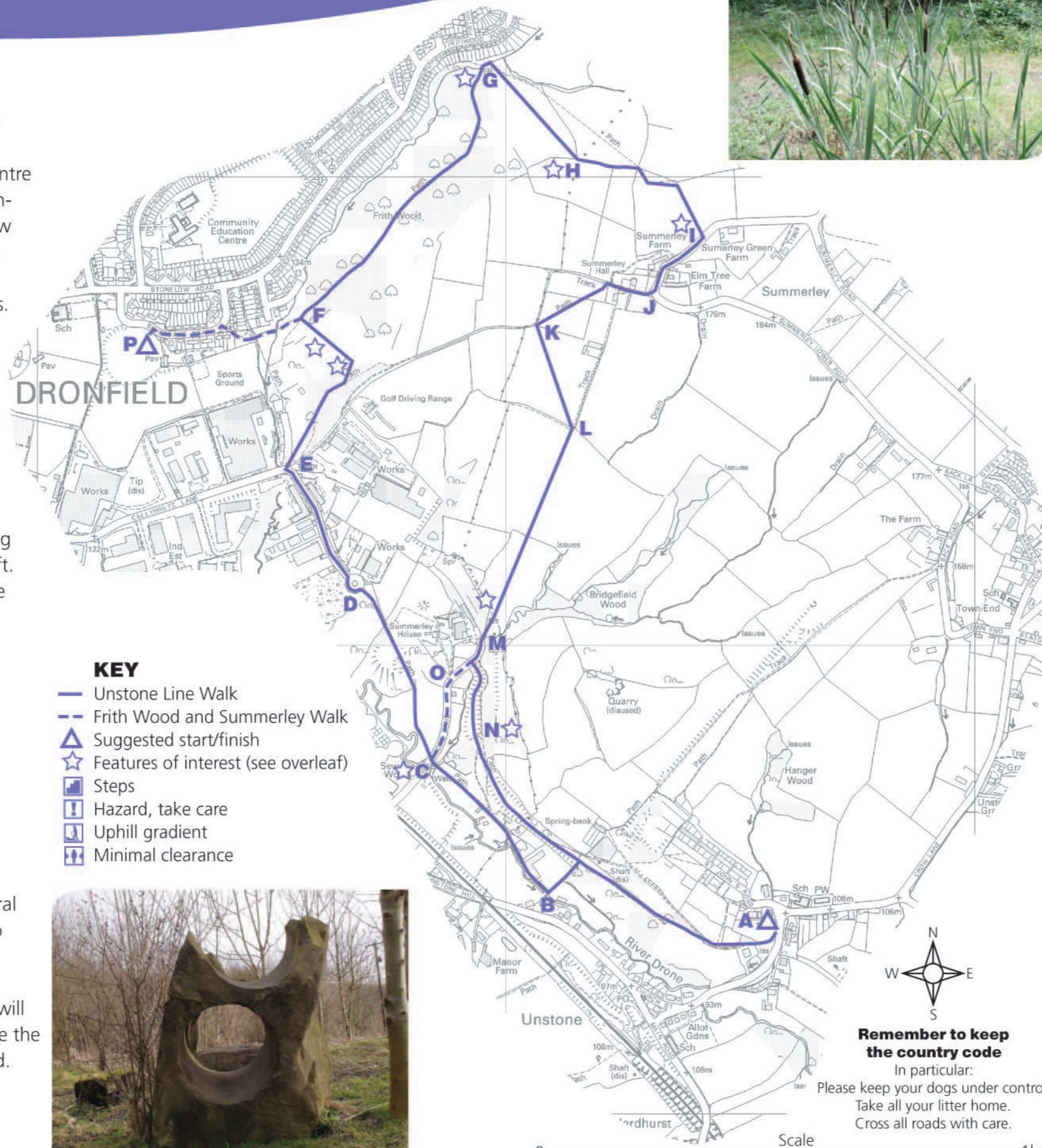
**C** - Cross the lane, over the stile and into Metapic Wood. Cross the meadowland that was planted with native trees in 2002, climbing the short hill, with the mature trees to your left. Rest a while on the 'rest-a-while' bench before continuing to the stile on your left. Cross the stile and climb the few steps.

**D** - Follow the footpath until you come out at the end of Callywhite Lane (facing a grass roundabout). Keep to the footpath as large vehicles use this road. Follow Callywhite Lane until it bears left. At the corner turn right into Frith Wood.

**E** - Enter Frith Wood through the large gate behind the Frith Wood sign and take the central path through the wood, taking the left fork to the pond.

**F** - To the left of the pond is an opening that will take you to the Guides Field. Turn left and take the path and then turn right up through the wood.

**G** - Go through Frith Wood to the top left corner, keeping the houses on your left.



At the top of the wood drop down the steps to the bridge (but don't cross it), then go back up the other side keeping the brook on your left.

**H** - Follow the field edge to the top of the hill, pausing to admire the view, before turning left and climbing the stile.

**I** - Continue over the next field, keeping the hedgerow to your right, until you reach a stile on your right. Take this stile and follow the path across the field towards the stone wall and through the squeeze stile. Turn right and follow the lane into Summerley passing Summerley Farm. At the road junction turn right past Summerley Hall.

**J** - Just past the Hall, a finger post with a way-marker indicates a path to the left. Go over the stile and cross the field diagonally to the middle stile in the fence. Continue to the bottom right corner of the field.

**K** - At this point cross the stile and go diagonally to the bottom left corner of this field.

**L** - Cross the next stile and go straight on through the next two fields to the bottom stile and gate.

**M** - Climb the stile beside the gate into the lane.

**N** - To return to Unstone turn left through the 'A' frame onto the path. Follow the path along the boardwalk, which may be slippery if wet.

## Frith Wood and Summerley Walk 3.25 miles (5.2km) - allow 1.5 hours

**P** - A shorter walk can be enjoyed by parking on Shireoaks Road in Dronfield. From the car park turn right and follow the road down to the footpath at the corner. Turn right at the Frith Wood sign and left into the wood through the kissing gate. Continue through **F** to **M**.

To return to Frith Wood continue along the lane and enter Metapic Wood on your right and then follow the directions through **C** to **F** before returning to the bottom of Frith Wood.

**Remember to keep the country code**

In particular:

Please keep your dogs under control.  
Take all your litter home.  
Cross all roads with care.