

## ROTHAY RAMBLE 5 - SWEDEN BRIDGES

APPROX 7KM WITH 250M ASCENT (2 HOURS 30MINS)

1. Leave Rothay Manor through the main driveway and turn right. Follow Borrans road passing the Recreation Ground on your left. Continue up Church Street. Turn left at the end of the road onto Lake Road. Follow the road passing the Salutation on your right. Turn right at the Post Office. Continue to the end of the road. Turn right onto "The Struggle". At a small green turn left.
2. Continue up Sweden Bridge Lane until you reach a gate. Follow the prominent track, passing through 3 gates.
3. When you reach High Sweden Bridge cross over and bear left, through the gates.
4. Follow the stepped path passing over a stile. At the brow of the hill take the clear track bearing left.
5. Continue down passing one gate, over Low Sweden Bridge and then through another gate, then onto Nook Lane. Take the lower road until you reach the Golden Rule. Stop for beer! Make your way back to Rothay Manor.

