

The ancient tradition of **Beating the Bounds** of Adel Parish

1. From the Old Stables, 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. Continue via Valley Farm and the Cricket Ground to Adel Lane, thence via Bodington Manor to Lawnswood Cemetery.

**This first section
is 3½ miles**

2. Leave Lawnswood Cemetery following the greenway behind The Drive and footpaths across Cookridge Hall golf course via Paul's Pond to Golden Acre.

2½ miles

3. Leave Golden Acre via Arthington Road for the lovely walk to Bank Top and Allums Lane to Bank End junction with Ebor Way.

2½ miles

4. Leave the Bank End junction and continue along Ebor Way via Bedlam Lane and Eccup Lane past Stub House Farm and the 'Emmerdale' Village, to Eccup Reservoir

2½ miles

5. From Eccup Reservoir, continue via the Dales Way/ Headingley Golf Course back to the Old Stables.

3 miles

Sectional distances:

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