

catch the train and
go walking around

the lake district

a series of five delightful walks from local stations
on the First TransPennine Express network.



introducing the walks

The Lakes Line, from Oxenholme to Windermere, runs through a glorious rural area, linking attractive small towns and villages. This is the area covered by these five walks. On either side of the railway lie deciduous woods and rolling pastures, and through these rush or cascade rivers, becks and streams.

The line does not weave up through the mountains, but it does pass close to delightful hills, such as Allen Knott, Orrest Head, Cunswick Scar, School Knott, Helsfell Nab, Kettlewell Crag, The Helm and Castle Hill. From all the walks, the views of the mountains and the lovely countryside are superb.

All the walks start from a train station on the line. The route of each walk is given in detail. There are many stiles and many twists and turns on the way; you should familiarise yourself with the route before you set out and take the map with you.

On all the walks I have tried to avoid too much road walking, but you do sometimes have to cross a busy road (after all, the main roads and the railway alike chose the easiest route) and here you should be very careful.

Walking is a leisurely occupation, during which you can savour the bird life, the wild flowers, the beautiful land, the peace and tranquillity, none of which can be enjoyed, or certainly enjoyed fully, by car. Aren't walkers lucky? Good walking.

Mary Welsh

Mary Welsh

introducing the author

These walks have been prepared for First TransPennine Express by Mary Welsh who is a writer living in a picturesque Lakeland village.

She is the author of many books of walks in England and Scotland and she contributes articles and walks to a number of publications.



She has written regularly for her local paper, the Westmorland Gazette, for 16 years. A trained biologist, Mary is an enthusiastic lover of nature whose walks include details of the birds and flowers seen on the walks as well as meticulous route instructions. Mary is married, with four grown-up children.

contents

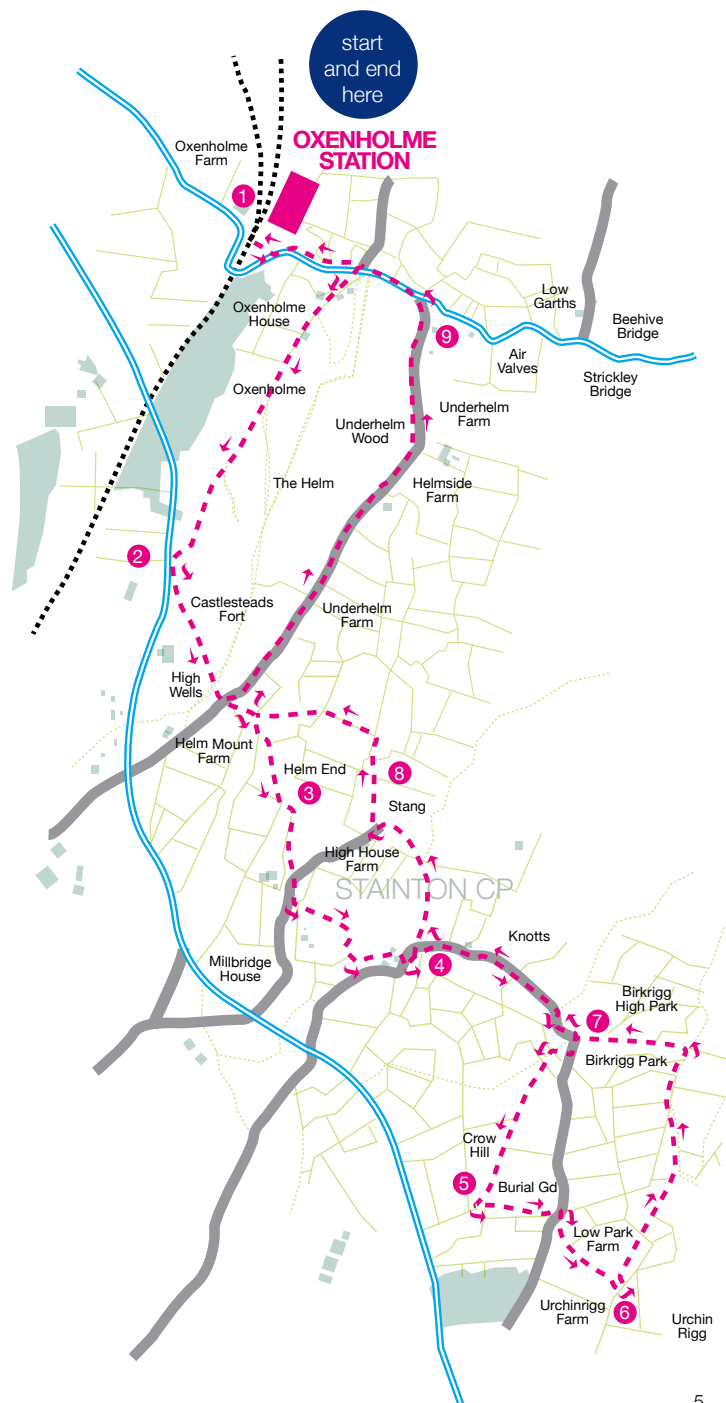
walk 1 - Oxenholme station	4
walk 2 - Kendal station	12
walk 3 - Burneside station	18
walk 4 - Staveley station	26
walk 5 - Windermere station	34

a walk around oxenholme

This is a most pleasing walk through the delightful countryside hidden away between the A6 and the M6.

The quietness of this area is most welcome; the Lake District is sometimes said to be too crowded, but on this walk it is rare to meet another person.

As you stroll the pastures, and walk the lovely lanes, little seems to have changed over many years in this part of Cumbria. Then you notice, as you go, that several of the small farmhouses, and their outbuildings, have been converted into fine houses and cottages, with splendid gardens.



starting from oxenholme station

Distance: 8 miles/13km

Time: 4-5 hours

Terrain: Good paths, tracks, narrow lanes and easy pastures to walk.

Suitable for: All the family

Refreshments: At the station café or platform two or the Station Hotel.

Public toilets: On platform one

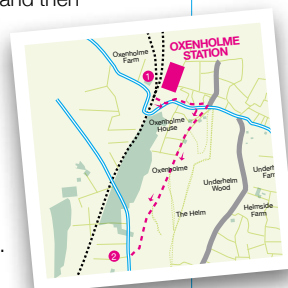
Map: OS 1950Explorer OL 7

Mark the route in pencil on your map before you set off. There are many footpaths over this glorious countryside and if you take the wrong one you might have a tedious road walk.

1 Leave Oxenholme station by the main entrance and walk right and then left to climb to the B6254. Cross, with care, and use the pavement on the right side of the road and climb straight uphill.

Almost opposite the Station Hotel, turn right into a narrow gated road that runs along the lower slopes of The Helm.

As you stroll enjoy the splendid view over Kendal and the green hills and pastures that surround it.

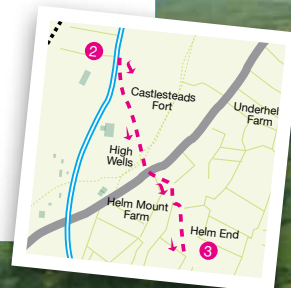


2 Just before you reach the A65, turn left to walk the signposted track that leads into woodland. The way climbs gently and soon comes beside a wall on the right. Ignore any paths going off left and remain with the track, and then a narrow path, still keeping beside the wall.

At the end of the track, cross a lane and descend the concrete drive opposite. Bear right with the concrete track and continue steadily downhill to reach Helm End farm. Keep to the left of the dwellings and follow the reinforced way almost to its end and then, look left, for an easy-to-miss railed gap stile in the wall on your left.

Beyond, turn right and then, at the end of the wall, on your right, go ahead bearing half left, to a stile half way along the boundary on your left. Climb the stile, step over a little clapper bridge and take the next stile ahead.

Turn right and stride ahead across a large pasture, aiming for a cluster of dwellings. Take the stile beside a gate in the boundary onto a track, between buildings, and where there is a signpost. Walk along the short winding way to a narrow lane.

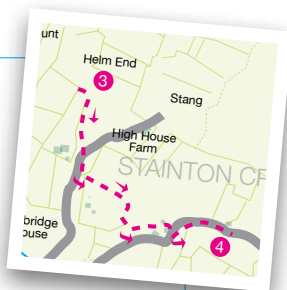


3 Turn right and, once past the dwellings, look for the signposted left turn. Take care as you climb the stile, which lies very close to the stream below.

Ascend the pasture, keeping beside the wall on your right. Go through a metal gate and walk on a few steps to climb a signed stile in the wall ahead. Wind right behind a dwelling and continue winding right to take the stile to the right of an elderly rusty gate.

Walk left to descend a narrow path through woodland. Very soon the path divides, the right fork taking you to a deep ford on Saint Sunday's Beck, the left enabling you to cross high above the hurrying stream on a moss-covered footbridge.

Follow the continuing path to the lane, which runs through the hamlet of Halfpenny. Here walk left and at the Y-junction wind right. (Note this spot if you have to shorten your walk because of a change in the weather.)

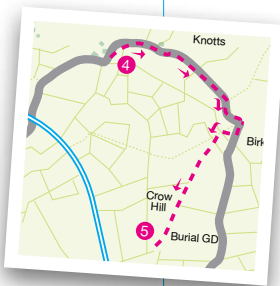


4 Follow this lovely, narrow hedged way, which has grass down the middle. After half a mile, you pass Birkrigg High Park.

Then wind round, with the lane, to Birkrigg Park stables, just beyond. Take the signposted footpath, through a gate on the right, to walk between the buildings.

Just before the next gate, into pastures, turn left. Walk past the 'muck' heap (one of the staff's description), and continue up a pleasing track first through woodland and then a pasture, to its end below Crow Hill.

Climb the stile, right of the gate, and walk on ahead, keeping parallel with the wall to your left. Near the end of the pasture, on the left, is a walled Quaker burial ground.

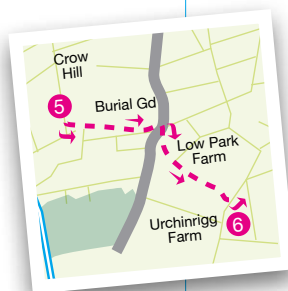


5 Keep to the right of this quiet corner and bear right to walk downhill for a short distance until you can take a stile into the woodland, now on your left. Here, turn left and walk to another stile.

Beyond continue on, with the south wall of the burial ground, now to your left. Carry on, with a copse to your far right and then curve left into a shrub-lined track. Pass through a tall gate, on your right, and descend to Low Park Lane.

Turn left and, in a step or two, take a right turn into the gardens of Low Park farm, where the signpost is almost obscured by vegetation. Walk ahead, and then along a narrow path, to a shed.

Beyond, a 'stranded' signpost directs you over a lawn to a stile into a pasture. Walk ahead, with the wall to your left, and keep parallel with it as it winds round left. Stay with the wall as descends a little and then climbs steadily to a gate to a lane opposite Urchinrigg farm.



6 Bear right, then almost immediately left. Then turn quickly left again, to walk close behind a barn. Bear slightly left, once more, and then ahead over the lawns of the dwelling to a waymarked white gate into a pasture.

Go on ahead, beside the hawthorn hedge on your right. Pass through a gate and go on down to the side of the narrow, chuckling Peasey Beck. Walk left, upstream, for just under half a mile, along the pretty way.

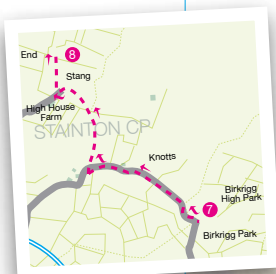
Climb several stiles as you go, remaining close to the deepish, dark stream and look out for the first bridge across the beck. Do not cross, but turn away (unsigned) from the Peasey and walk across the field, along a narrow path, to pass through a gate.



7 Turn right and walk the delightful lane again to the junction at Halfpenny. (From now on this is the route to follow if you have had to shorten the walk). Here, take the narrow lane, right.

A short way along, just beyond a bungalow on the right, go through a blue painted metal gate on the left. Walk on in the same general direction, over the narrow pasture, soon to come beside Saint Sunday's Beck. Go on to a ladderstile in the far left corner and, beyond, turn left and cross the stiled footbridge over the beck.

Strike towards a solitary oak tree in the middle of the field and then go on to a track that leads to High House farm. Cross the cattle grid, and stroll the narrow lane to take the first signposted gate on the right.



9 At the narrow lane, turn right and enjoy the pleasing mile-long walk to the B6254.

This hedged way is shadowed by tall trees and the views through the gaps, between the trees, is most satisfactory.

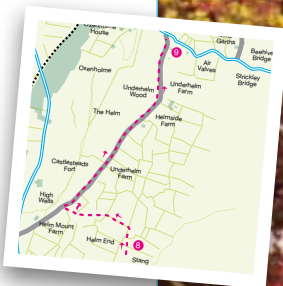
On reaching the B-road, turn left and climb a little to pass the Station Hotel. Then descend on the pavement to where the road swings left. Cross and continue down the narrow road to the station.



8 Stroll ahead across the long pasture to go through the waymarked gate at the far end. Walk the hedged and fenced grassy way. Wind round left with it, and then continue up beside the hedge on your left.

Descend to the bottom corner of this pasture to where there is a wide gap. Go through, step over an empty 'drain', and head slightly left to a signposted gate in the nearest wall ahead of you.

Climb the path beyond and continue uphill to a gate into trees. A few steps beyond walk up the concrete track taken almost at the outset of the walk.

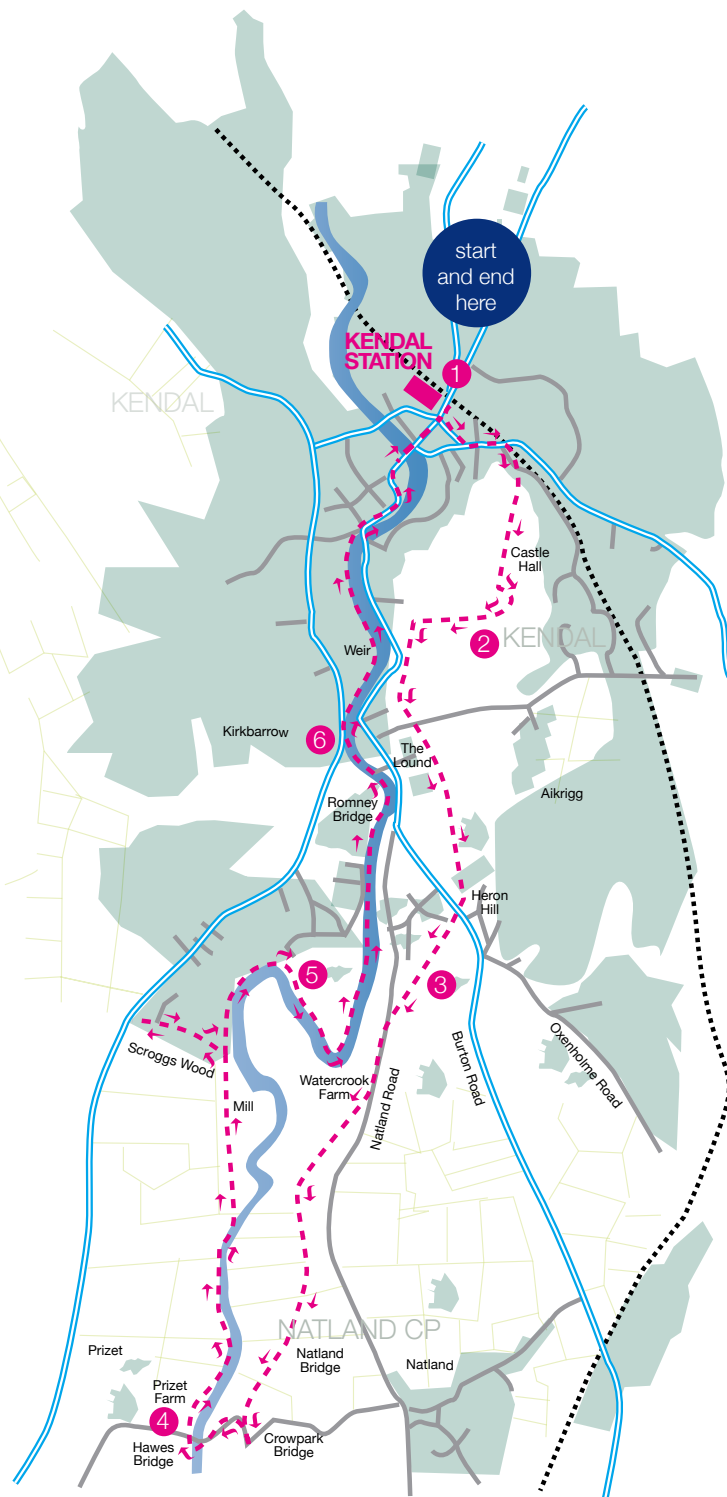


a walk around kendal

This walk, which starts from Kendal Station, first visits Kendal Castle, where the grandfather of Katherine Parr, Henry VIII's sixth and last wife, lived.

The walk then uses the cycle route constructed over what was once the route of the Lancaster Canal, which was drained in 1955 and filled in. The canal was known as the 'black and white' line' because the barges carried cheap coal from Lancashire to Kendal and returned with lime to sweeten the soil of Lancashire.

This easy-to-walk track takes you out into the superb country between Oxenholme and Kendal, the latter known as 'the auld grey town'. The route then returns you to the station, for most of the way along the side of the River Kent. The scenery is stunning, the walking is generally level (except for the approach to the castle), and the paths, stiles and gates are excellent.



starting from kendal station

Distance: 7 miles/11.1km

Time: 4-5 hours

Terrain: Easy walking for most of the way

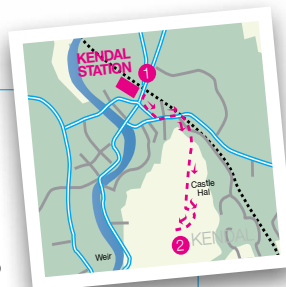
Suitable for: All the family

Refreshments: Spoilt for choice in Kendal

Public toilets: Close to Stramongate road and Castle Street

Map: OS 1950 Explorer OL 7

Mark the route in pencil on your map before you set off.



1 Walk down the walled slope from the station and wind left to cross the very busy road to Shap and Appleby, using the light-controlled crossing. Walk right and, very soon, left into Ann Street. Then bear left up Castle Street. Just before the railway bridge, cross and walk up Castle Road.

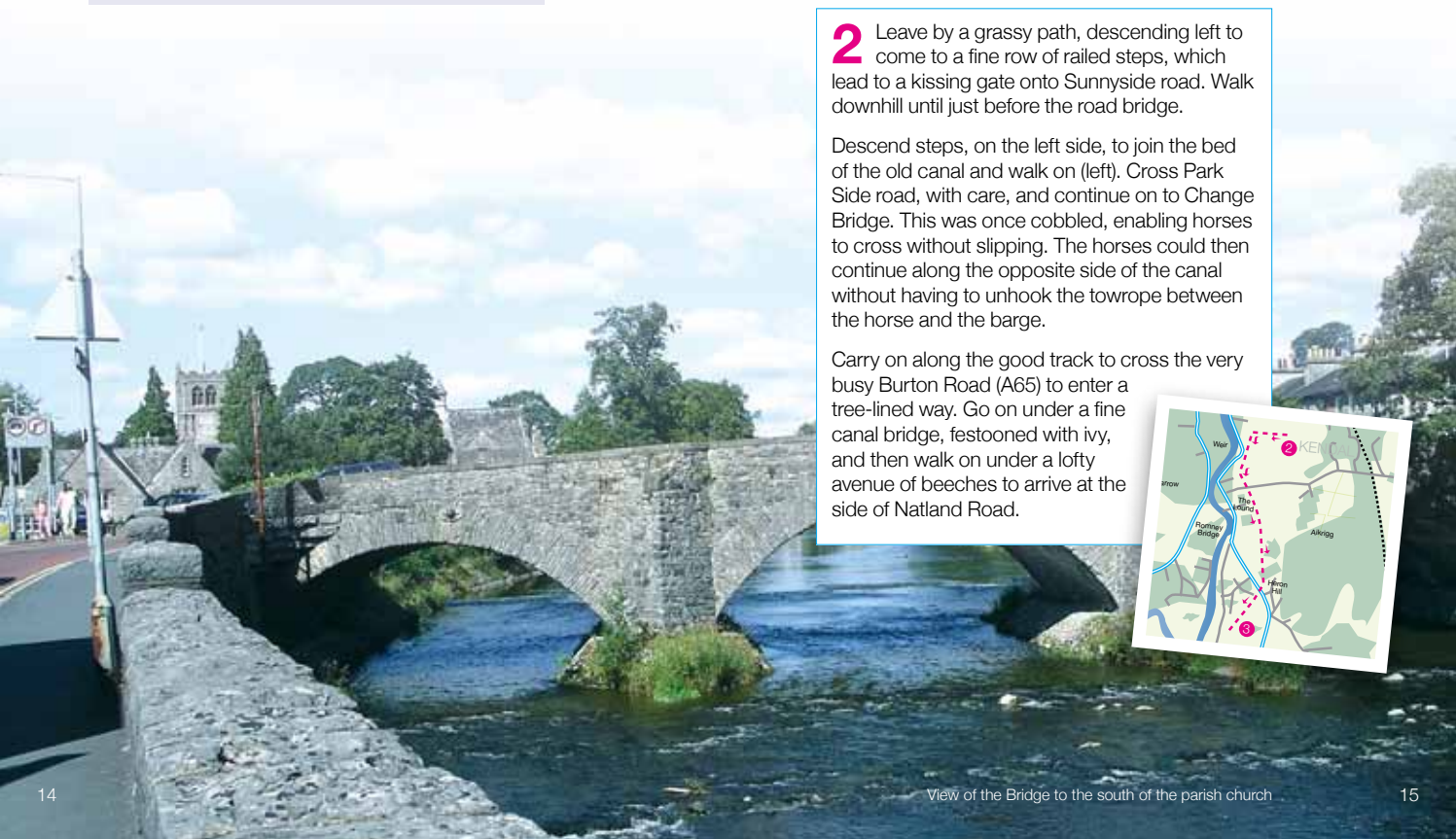
After a little climb take, on the right, a signposted entrance (with a welcome plaque) to a gravelled path, leading up towards the Castle ruins. Pause to enjoy the glorious view and notice the beacon holder.

Read the interesting plaques, wander around inside the curtain walls, and then return to the entrance and bear right. Walk two-thirds of the way round below the towering walls and above the ditch.

2 Leave by a grassy path, descending left to come to a fine row of railed steps, which lead to a kissing gate onto Sunnyside road. Walk downhill until just before the road bridge.

Descend steps, on the left side, to join the bed of the old canal and walk on (left). Cross Park Side road, with care, and continue on to Change Bridge. This was once cobbled, enabling horses to cross without slipping. The horses could then continue along the opposite side of the canal without having to unhook the towrope between the horse and the barge.

Carry on along the good track to cross the very busy Burton Road (A65) to enter a tree-lined way. Go on under a fine canal bridge, festooned with ivy, and then walk on under a lofty avenue of beeches to arrive at the side of Natland Road.



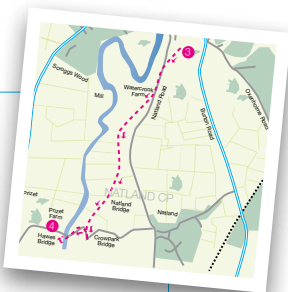
View of the Bridge to the south of the parish church

3 Walk on until the pavement ends, cross and proceed on along the opposite pavement and follow it as it bears half right into a hedge-lined track.

Follow the delightful way past a field of maize and then into open country with extensive views across to the Helm.

Pass under a 'stranded' canal bridge and carry until just before Crowpark Bridge (it has a stile below it and some metal fencing). Here take the tall, sturdy, metal kissing gate, on the right, into a quiet narrow lane.

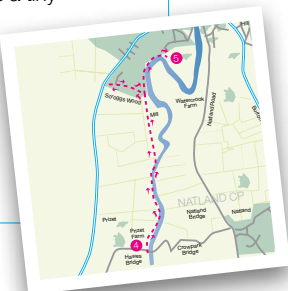
Turn right and descend to cross the River Kent by Hawes Bridge. Peer over the balustrade to see a pretty cascade. Wind on along the lane and take, on the right, a stile into a pasture, signposted Scroggs Lane.



4 Walk ahead, keeping close to the river and passing through a series of well built gap stiles in the field walls. Here in the shallow water above the pebbly bed you might spot dippers. The path then takes you high above the Kent just before it makes a wide bend.

Follow the path as it moves away from the hurrying water to cut across the pasture to go over a small tributary by a reinforced path. Climb up the other side of the stream to pass through a metal gate. Go on across more pasture to leave by a small metal gate to join a road. Turn left and then immediately left again to make a short optional diversion through Scroggs Wood.

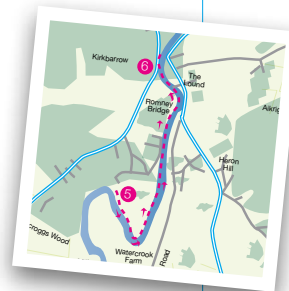
The little path, through the narrow strip of ancient woodland, keeps above a tiny tributary. It is easy to walk and leads almost to the side of the A6. Return the same way and cross the road to go through a stile to walk a gravelled path, under trees, with house gardens to the left and the river to your right.



5 At the end of the track, bear right and drop down steps to continue along the edge of the river as it makes a great curve. The path passes between great stands of Himalayan balsam.

Carry on for a mile and a quarter until you near the turquoise-railed Romney Bridge. The path takes you up a little slope to the side of the A6. Cross, with care, and turn right for few steps down a metalled track beyond a low wall on your right.

Bear left and continue beside the river, on your right, and with houses to your left. Follow the path until you arrive at a narrow road.

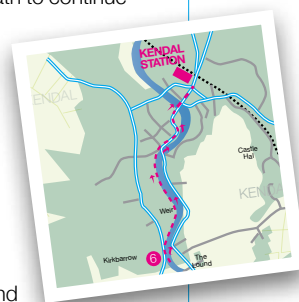


6 Walk on to go ahead along the pavement. Cross to the opposite side of a busy bridge, still with the river to your right - you may have to walk, right, over the bridge, use the crossing and then return along the opposite pavement.

Continue a few steps along the road to take a purpose-built gap onto the path to continue beside the river, on your right. Enjoy the continuing pleasant Riverside Walk to reach another very busy road bridge, which you cross and carry on - still with the river to your right - past a large parking area.

Stride on along New Road as it winds left. At Stramongate, turn right, cross the bridge, and walk on, noting the 14th century cottage on the otherside of the road. Go over the end of Ann Street and then the crossing.

Wind left and then right. Ignore the wide way to the original Kendal Station and take the walled track, beyond, to return to the Links Line station.

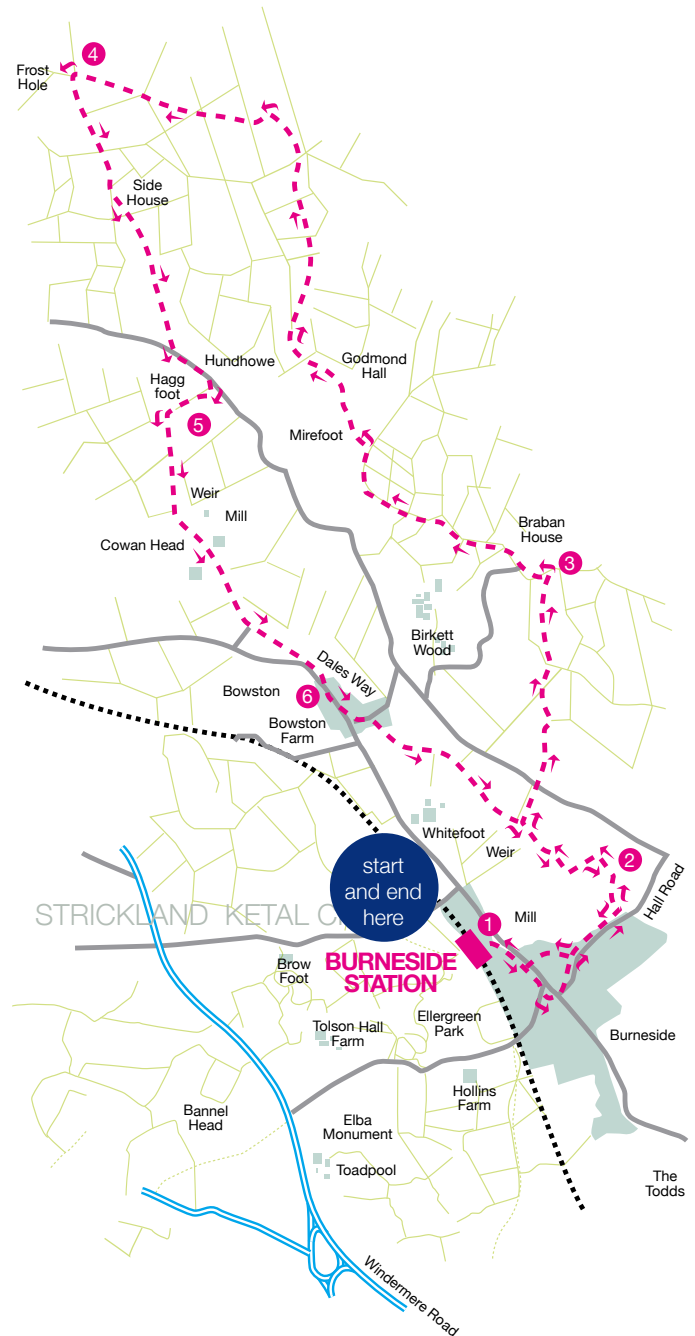


a walk around burneside

Burneside station is really just a halt but, after recent refurbishment, it is a rather splendid, streamlined halt. Make sure when organising your trip that your train stops at the halt – some don't.

Once it had a bustling goods yard and a private tramline which connected with several mills. These sprang up in the valley, making full use of the water power of the Kent and the Sprint. In the 19th century the Cropper family moved into the area.

James Winstanley Cropper bought the rag paper mills at Cowan Head and Burneside and so began rapid industrialisation.



starting from burneside station

Distance: 6 1/2 miles/10.5km

Time: 3-4 hours

Terrain: Mainly good footpaths and tracks. Very little road walking. Some climbing, but this is gently graded.

Suitable for: All the family

Refreshments: The Jolly Anglers Inn, Burneside.

Public toilets: To the left of Burneside's St Oswald's church is a public toilet for use by locals, wheelchair users and walkers. To access it look for directions on the side of the church gates. This provision is a community effort after the public toilets were closed very recently. These still stand opposite the church.

Map: OS Explorer 7

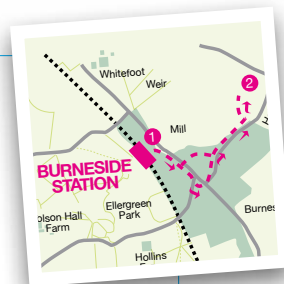
Mark the route in pencil on your map before you set off.

1 Leave Burneside platform and turn left through the gate and go down the lane past the old goods yard.

On your left you can see a short stretch of the tramway which connected the Line with the former rag paper mill at Cowan Head.

Cross the main road and walk right to reach Burneside's fine, St Oswald's church. Walk on to pass the Jolly Anglers Inn and at the sign for the school, turn left to walk along Hall Road.

Cross the bridge and continue on, with care, and then take a hedged footpath, on the left side of the road.

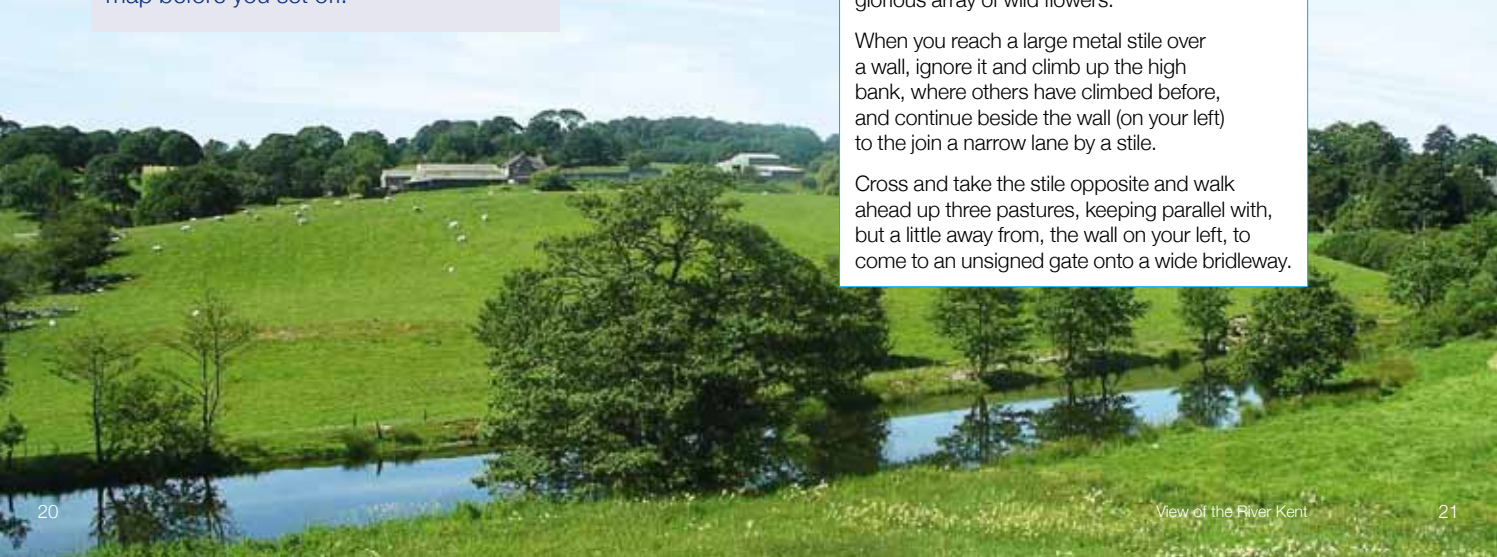


2 A short way along take the signposted footpath, leading left, to walk the side of a pasture, with Cropper's huge paper mill, obscured by trees, to your left.

Follow the path round to its end at a stile into a pasture – and a fine view of the lovely countryside. Then take a little path dropping down towards the river and continuing on, below a high bank covered, in high summer, with a glorious array of wild flowers.

When you reach a large metal stile over a wall, ignore it and climb up the high bank, where others have climbed before, and continue beside the wall (on your left) to the join a narrow lane by a stile.

Cross and take the stile opposite and walk ahead up three pastures, keeping parallel with, but a little away from, the wall on your left, to come to an unsigned gate onto a wide bridleway.



3 Turn left. A short way along, leave the track, right, keeping a bungalow to your left. Wind a little left, and then right, to pass the back corner of Braban House.

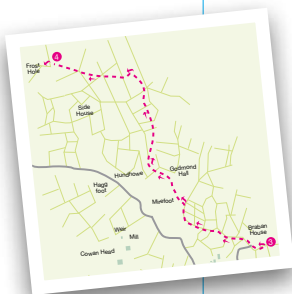
Go on to a gate where the waymark is difficult to spot. Beyond, stride left, across the middle of a field to go through a waymarked farm gate to walk a delightful hedged bridleway. At the narrow lane, turn right and walk on to take, on the left, just beyond a layby, a signed bridleway.

Climb the reinforced way to its end and then go ahead to a signposted gate, the left of two. Beyond, climb steadily. Ignore a signposted left turn, and follow the way as it curves a little and becomes grassy.

Look right to see where water from Ghyll Pool sparkles as it tumbles over a small dam. Go on up the indistinct grassy trod to go through a gap in the wall.

Climb the next stile and then head towards the large dam of Potter Tarn, remaining on the left of overflow stream. At the foot of the dam, turn left and go on to a large ladderstile. Once over, climb gently. Walk ahead, following the waymarks, and then wind slightly right before descending to go through a gate.

Bear right with the good track, go through a purpose-built wall gap and turn sharp left. Walk the narrow winding footpath, to descend to a wall at the bottom of the slope.

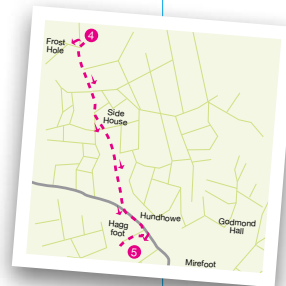


4 Turn left to walk a lovely wide grassy trod, shadowed by oaks. Pass through a gate and carry on to a tiny cottage. Here, leave the track and wind round left to the front of the cottage.

With your back to its front door, pick up another pleasing grassy trod that goes straight ahead into another pasture.

At the corner of woodland, on your right, the track soon begins to swing left to a farm. Here leave the track and drop down the pathless slope to a stile in the bottom left corner; this gives access to a narrow road.

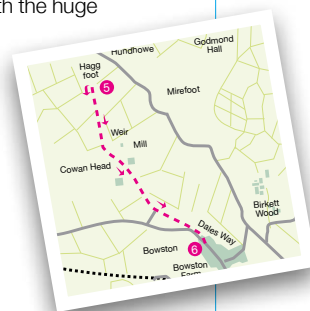
Walk left and at the start of the first dwelling on your right, Hagg Foot, go through a signposted gate, the signpost obscured by bushes.



5 Wind round left, beside the retaining wall, and, after a few steps, take a hedged track bearing right towards the River Kent.

Cross the wooden bridge (no one seems to agree on the status of this bridge though all the maps give it as a right of way), with care, and turn left to walk the Dales Way (DW), a flower-lined narrow path beside a lovely stretch of the River Kent.

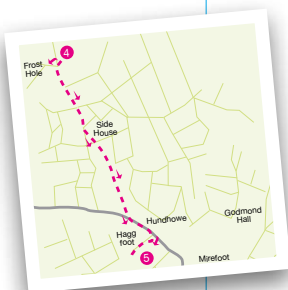
Go through a gate and then on by the mill pool and between cottages, with the huge complex of Cowan Head towering over all. Carry on at the back of the complex, once the route of the old tramway, either on the tarmacked road, or just inside the fence (DW), where the narrow grassy path, just above the steep bank of the river, has been carefully cut.



Where this ends, go ahead along a continuing track to pass the bungalows at Bowston. The track passes, on the right, Winstanley Row, four pleasing houses with long front gardens and named after James Winstanley Cropper who bought the paper mills at Cowan Head and Burneside and provided the cottages for his workers.

6 Join the road and walk left to take the second turn on the left. Notice as you go, the houses on the opposite side of the main road, Winstanley Place.

Follow the left turn and where it winds round right and then left to cross the fine stone bridge over the river. At its end go through the stile, on the right, to walk beside the lovely Kent once more. Go over a stile and stroll on.



Then make a beeline for the high metal stile you ignored almost at the outset of the walk. Carry on along the narrow path and then climb the bank to a stile to the footpath that winds round the paper mill.

Turn right at the track end, and soon join Hall road. Once across the bridge over the river you may wish to turn right to come to the graveyard of the church. Pass through it to the gate to the main road, where you turn right to return to Burneside Halt.



a walk around staveley

This easy-to-walk ramble takes you first over the higher land that lies to the south of the River Kent as it flows between Staveley and Burneside and then returns you along the side of the beautiful river. Once all the traffic from Windermere to Kendal passed along Staveley's narrow main street.

Today the village is by-passed by the A591. Staveley is an enterprising village and a visit to its Mill Yard is well worthwhile to see its several small, unusual shops, which add to the variety found along the main street. If you can fit in a visit to the village, look out for St Margaret's Tower in the main street. This is all that remains of a 14th century chapel built by William de Thweng, who also obtained a market charter for Staveley.

Just on the way out (north) of the village, the River Kent is crossed by Barley Bridge. In 1620 this was the scene of a meeting of "border tenants", farmers who held their land on condition they provided fighting men to defend the border against the Scots. James I was already king of Scotland when he became king of England in 1603 and he decided to dispossess the tenants.

When they opposed him they were summoned to the Star Chamber, and the meeting at Barley Bridge was to plan their tactics. To conceal the purpose of the meeting they invited the High Constable, saying they wanted him to look at a fault in the bridge. Later they won their case before the Star Chamber and kept their land. It was in the precincts of St Margaret's chapel that the rights of border tenant farmers were officially upheld.



starting from staveley station

Distance: 4 1/2 miles/7.4km

Time: 3 hours

Terrain: Generally easy walking. Pastures and paths can be muddy after rain.

Suitable for: All the family

Refreshments: Wilf's café. Several pubs in the main street. Railway Hotel by station.

Public toilets: Just beyond the road bridge over the River Gowan at the foot of Station Road in the centre of the village.

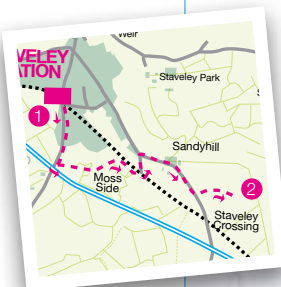
Map: OS Explorer 7

Mark the route in pencil on your map before you set off.

1 Descend the steps from Staveley station and walk right to pass under the railway bridge. Walk on and, just before the bridge over the bypass, cross the road to stride the track, on the left, signposted the Dales Way (DW).

Walk between the dwellings at Moss Side, and follow the access road as it curves right to take a stile over the wall on the right. Turn left and walk along the side of the wall (on your left), to pass through the next stile and then carry on along a short walled and hedged way. Go through the next gate and pass under the railway bridge.

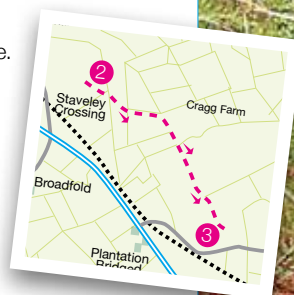
Go on ahead to come to the side of Staveley's 'slip' road, cross and walk right, using the pleasing path. After 250 yards look for the easy-to-miss DW signed track on the left. Go through a gate and walk along the delightful hedged and fenced way, with a pleasing view to your left, to come to a two-armed signpost.



2 Walk ahead here, leaving the DW. Head on up the gently rising, lovely path, lined with hazels and small stretches of wall, to arrive at a sturdy stone step stile into a pasture.

Turn right and walk along by the wall to climb the stile in the corner. Go on, straight ahead, over a rough pasture.

It is eventually waymarked, directing you towards a signpost. Just beyond is a private road to Cragg Rigg.



3 Turn right and walk the quiet way until you reach a small triangle of grass, on the left, and a narrow road, unsigned, leading off left, which you take. Follow it as it winds right towards a farmhouse and several other dwellings.

Go through the gate, with the waymark beyond, and a few steps along take steps up to a lawn, on the left, and then walk right to a waymarked gate.

Beyond, stroll on, steadily descending over rough pasture, beside a wall on the right. Go through an iron gate and continue on a grassy swathe, that winds on downhill, soon becoming very pleasant to walk, to the valley below.

Pass through the gates of two sheep pens, walk ahead and join the road, the Dales Way, in front of Cowan Head, the huge complex of apartments that was once a rag paper mill.

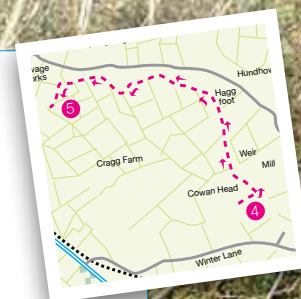


4 Turn left and walk on along the walled way beside the complex. Go past several cottages and then on beside the old mill pool with its weir. Beyond the next gate, stroll on along a narrow path beside the stately River Kent.

At the right time of the year you might see salmon leaping out of the water and, also, you might spot a kingfisher. Ignore Hagg Bridge and pass through two gates, with a fine barn between. Here the river rages over rocky shallows, the haunt of a dipper.

Climb the step stile and follow the path, soon to come very close to the hurrying water, before climbing steeply to a pasture and a 'finger-trapping' gate.

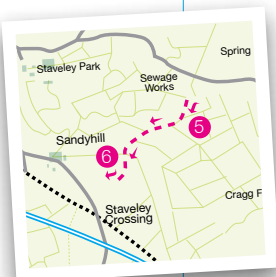
Carry on, now with a wall, to your right, to climb a high ladderstile. Head on along the distinct path then bear slightly right towards the river and wind round, right, of a walled wood to ascend a ladderstile, on the left, into the wood. Keep, right, beside the wall to the emerge from the trees by ladderstile.



5 Wind round beside the river where it makes a large bend to go through a gate. Avoid a wet area by keeping well left of the wall on your right, and then head towards the right corner, where two walls come close together.

Go on along the track, between the walls, and through the gate at the end. Beyond, look for the large sign, on the left, directing you to a kissing gate and, at last, leaving the lovely river.

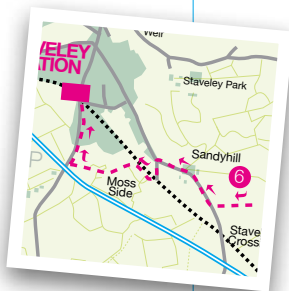
Beyond the gate, the footpath to Staveley, continues parallel with the wall on your right. Wind round with the wall to come to the signposted gate where you left the DW almost at the start of the walk.



6 Turn right to walk the track to the road and then right along the good path, with the odd glimpse of the river.

Continue on to pass Sandyhill (two dwellings), and then you reach the signpost directing you across the road in the direction of the station.

Here you may wish to return by your outward route or continue into Staveley. If the latter, soon cross the road to go over the footbridge, beside the road, to walk over the River Gowan on its way to join the Kent.



Stroll through the busy village, past St Margaret's Tower and on to the far side of the Spar shop, where you turn left into the Mill Yard development, where there are several delightful shops and Wilf's café. To return to the station from here, walk on along the main street to turn left over the River Gowan once more and continue up Station road.



View of the Old mill building left intact in Cowan Head complex

a walk around windermere

This delightful walk, rarely far from the busy town of Windermere, takes you through rolling pastures, below fine trees and over delightful fell slopes. The route uses good paths, tracks and quiet lanes. It is mainly level walking and the few slopes to be climbed are all easy.

This is the only town in the Lake District that is accessible by rail and its station has had a splendid 'face lift'. People who lived here before the railway came would not recognise the busy town today with its many shops catering for locals and the tourist trade alike. An interesting landmark in the small town is the Baddeley clock tower, built in memory of Thomas Baddeley, the first writer of guides to the Lake District.

On arriving at Windermere station, walk right through Lakeland Limited (Plastics) car park. It is not a right of way but the firm is happy for walkers to pass through to reach Thwaites Lane, where you turn left - but first note the closing times in the information panel.



starting from windermere station

Distance: 7 miles/11.2km

Time: 4-5 hours

Terrain: Easy walking all the way. Well waymarked, stiled and gated.

Suitable for: All the family

Refreshments: The entrance to Booth's café lies next to the station. Spoilt for choice in Windermere.

Public toilets: At the station

Map: OS Outdoor Leisure 7

NB: Lakeland Limited close the gates to their car park at 7pm on weekdays and 5pm on Saturdays and Sundays and on Christmas Day and Easter Sunday.

Mark the route in pencil on your map before you set off.

1 Continue, with care, up the lane (no pavement and lots of parked cars) to the A591. Go right, for less than 100yds, to just beyond the farm, to take a signposted gate on the right.

Again take care how you descend from the pavement down a sometimes slippery short slope to the stile and also when descending from the last step of the stile.

Go ahead through a gate into a pasture. Head on, to pass through a metal farm gate. Follow an indistinct path, slightly left, to go through another kissing gate.

Then walk straight down the slope to a deer gate into an area of young trees (the gate is very narrow and you may have to take off your rucksack). Walk ahead through the young trees, along a path reinforced with short pieces of tree trunks, to the next deer gate, and then climb the access path to the railway line.



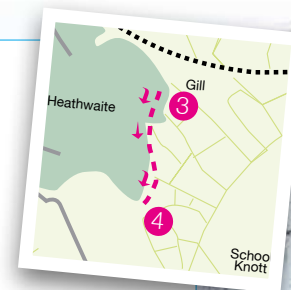
2 Cross, with care, and descend steps to walk in front of a row of garages. Bear left and then a little right, to walk along Ghyll Road, to cross the same road as it swings sharp right.

Walk on ahead and cross a second road and go on down a pleasing narrow, hedged lane to a small stone bridge over a narrow beck. Turn right onto a track, as directed by the signpost, in the direction of School Knott.



3 Follow the track that takes you beside the stream to a road. Bear right and, in a few steps, take the continuing track, going off left, and leading to a deer gate (note this for your return).

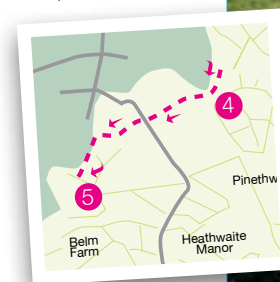
Walk on along the reinforced way, with the slopes of School Knott ascending on your left. Just before the next deer gate, look for an interesting plaque set on a boulder and then go through the gate to pass the lovely cottage, Old Droomer.



4 Wind round left with the track and in a few steps descend, on the right, the signposted steps down to a clapper bridge over the small beck.

Cross and climb straight ahead, with a hedge to the right. Do not pass through the gate in the wall on your left, but, higher up the pasture, move over to walk beside the wall – on your left. Ignore all gaps in this wall and go on to take the stile where you step straight onto a narrow road. Cross and, slightly right, take the metal kissing gate.

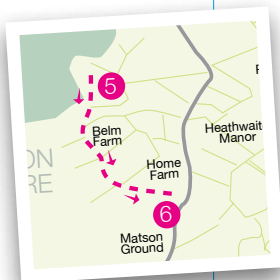
Descend the path over a pasture, from where there is a fine view of the lake. Carry on to pass to the left of a pleasing cottage. Go on along the path, following it as it winds down through a copse.



5 At the foot of the slope, turn left to follow the track, signposted Bowness. Stroll on along the way and watch out for the easy-to-miss unsignposted gap stile on the left, where you leave the track.

Stride on to pass through a kissing gate and then on to join a reinforced track, where you bear left. In a few yards take a waymarked gate on the left and walk ahead, keeping beside the fence on the left, ignoring the oblique row of waymarks that direct walkers on their way to Bowness. Pause here and look back on gracious Helm Farm.

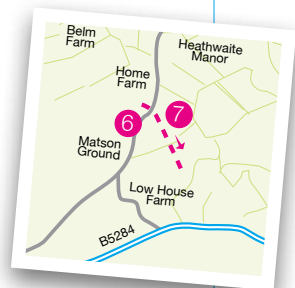
Walk on to take the signed kissing gate in the boundary ahead, and go on to pass between two large clumps of gnarled oaks, with heavily moss-encrusted trunks, where you are likely to hear, and perhaps see, a tree creeper, nuthatch or woodpecker.



6 Stride ahead, to pass a short row of cottages on your left, and on beyond, to take another signed kissing gate.

Walk a few steps on grass, then the same on a reinforced track. Then step off it, right, and follow the footpath ahead, with a pool to your right, to a kissing gate in the fence.

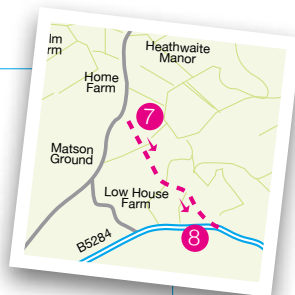
Cross the metalled road to another kissing gate and walk up a fenced grassy track at the side of a pleasing pasture to come to a narrow road, which you cross to take the continuing signed footpath.



7 Follow the clear path as it winds ahead down over the pasture, veering slightly right and, soon with a fence to your left. Cross a little stream and go through a kissing gate to climb up to a superb stand of oaks.

Pass through the trees and follow the waymark directing you down to the right corner to go through a kissing gate. Go through the next gate, almost immediately ahead.

Walk up beside the wall on your left, with young mixed deciduous trees to your right, to go through another gate. Bear left and wind right to come to edge of the Crook Road.

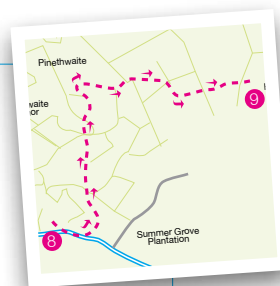


8 Take the stone steps over the wall on your left, and then go through the gate (with a very stiff catch) and walk the little path, with the Crook road to your right, for 100 yards, to take the stepped stile to join a narrow lane. Walk left, along this delightful way.

Continue out into glorious rolling pastures, where the gated way ceases to be metalled, for nearly three-quarters of a mile. At the signpost, turn sharp right and follow the track as it climbs the fell slopes.

Cross a small stream and go on along the track to a gate. Just beyond, take the gate on the right, below two tall conifers. Then climb a wide grassy sward veering up through the large pasture to gap in the derelict wall in the top far corner.

Beyond, follow the path as it goes ahead and downhill. At the waymark, wind round left with the path. Pause here to look, left, across a damp pasture, to Grandsire, a fine rough heather and bracken-covered slope. Go through a kissing gate and then on to another into a short track leading to Hag End farm.



Follow the arrow to go through the next gate and wind right to descend the pathless way beside trees, on your left, to go through a kissing gate in a new hedge of hawthorn, fenced on either side.

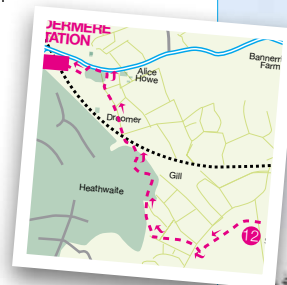
Move steadily away from the derelict wall, on your right, on a wide grassy trod, to take a gate into Whasdike Wood, where you will want to dawdle to enjoy the flowers and birds.



Stroll on to cross a stream and continue into the trees of Schoolknott plantation. Follow the wide path, which eventually leads out of the mature trees and continues, bearing steadily left, through a younger deciduous planting, to a deer gate.



Keep a look out for another deer gate through the wall on the right. Pass through and descend the slopes, past more young trees, until you reach the track and the gate mentioned in point 3 above. Turn right and retrace your outward route to return to the start.





This leaflet is produced in association with the Lakes Line Community Rail Partnership which was formed in order to support the Oxenholme to Windermere railway line.

Working closely with First TransPennine Express, the Lakes Line project officer works both with the local community and with existing and new passengers in order to promote and revitalise this important transport link into the Lake District.

Author's and Publisher's Note

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Issued July 2009

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