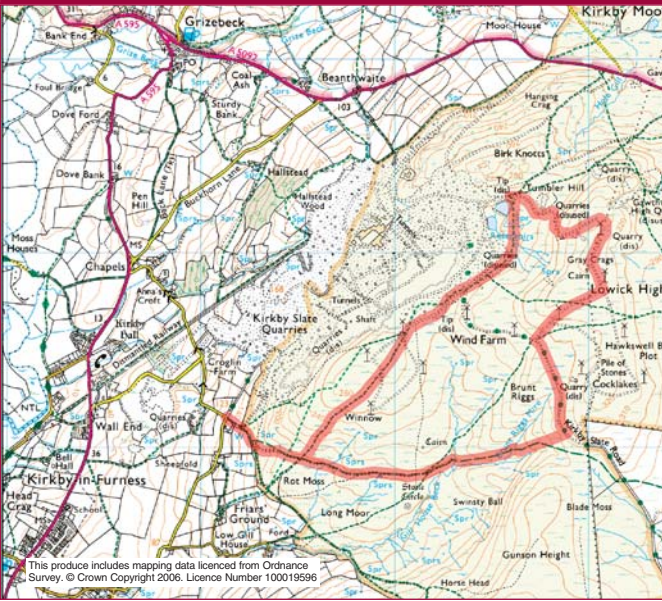


Lowick High Common

Starting point:	Roadside at SD 242832 on the <i>OS Explorer map OL6</i>
Distance:	7km (4.5 miles)
Ascent:	230m (750ft)
Time:	3 hours
Public transport:	Bus X7 Service Barrow – Millom which stops in Kirkby-in-Furness.

A lovely ramble past wind turbines and slate quarries, with all round views. Best on a clear day. A 1:25000 OS map and navigation ability will be required.



Lowick High Common continued...

Start point: roadside at **SD 242832** above Kirkby-in-Furness on a lane reached from Chapels, Beckside or Wall End. Park considerably on the bend as there are limited spaces (the railway station might prove an attractive travel option to some). Here there is a small access notice board and a fingerpost for a bridleway to Pepper's Wood.

The route climbs steeply at first through trees to a gate on to the open moor. Ignore the first footpath immediately on the left, but after 100 metres take the next bridleway left which climbs away from the wall. Ignore the first two tracks uphill to the left, (the second is your return route) and head eastward to cross Gill House Beck by a small ford, this track can be overgrown with bracken in early summer. Then cross another stream and head upwards, through rather boggy terrain, aiming for the radio mast to meet the rough track of the Kirkby Slate Road, where you turn left for a magnificent balcony walk.

Follow the Kirkby Slate Road for about 1km, then turn right on the access road which climbs to a wind turbine. Ignore a footpath to the right. Turn left at the second wind turbine, then left again on a track through the heather to the summit cairn of Gray Crag at 330 metres, approximately 1½ hours from the start of the walk. Take in the stunning views in every direction.

From the summit, pass the last of the wind turbines, and take a track which curves left, looking out for a view to Coniston Water. Follow the track steeply downwards past old slate quarry workings. Turn left at the first reservoir along a footpath with some duck-boarding and way marker posts across a wet boggy area towards the edge of the quarry spoil heaps.

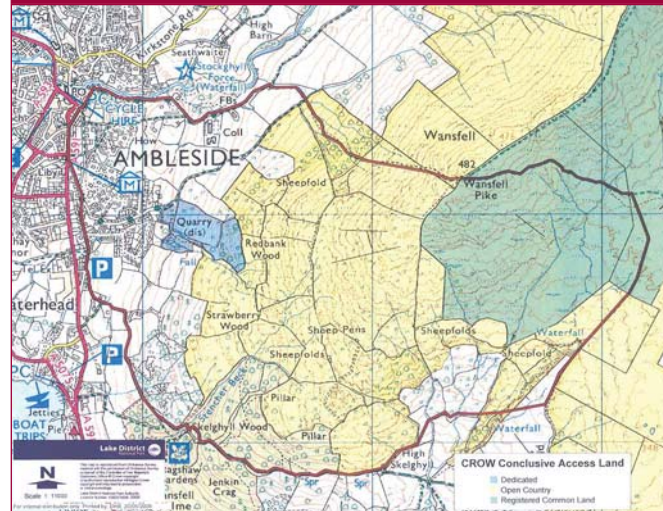
The footpath then joins the active quarry road (this will be in use during the working week) and you should look to rejoin and follow the wind turbine access road to the group of four turbines ahead. After the second turbine continue descending steering left of the third turbine (named Winnows on the OS map) and descend towards Rot Moss on the footpath to rejoin the bridleway and retrace your steps back to the start.



Wansfell Pike

Starting point:	Park in Ambleside's main car park at the northern end of the town, GR373046 on the <i>OS Explorer map OL7</i>
Distance:	9km
Ascent:	474m (1543ft)
Time:	3 hours
Public transport:	Ambleside is on the 555 Service route between Lancaster and Carlisle

A circuit of Wansfell Pike which provides stunning panoramas of the Lake District. A 1:25000 OS map and navigation ability will be required.



Walk through the village and turn left beyond the Salutation Hotel to join Stockghyll Lane. After almost 1km cross the cattle grid and continue into open countryside. A short way along, take the signposted gate onto 'Open Access Land'. Join the path and continue to a footbridge over the stream. Cross the bridge and move out onto the open fell. The path continues to a wall and passes through a gap. Go on up, more steeply, until you reach the top with its spectacular views.

Climb the stile over the fence and follow the path. Pass through a gate and turn right to walk beside the wall. Continue to and go through the next gate and follow the lane between two dry stone walls for 1km. Where the track swings left, go through a walkers' gate beside a field gate on your right, and follow the distinct path. Go through the next gate, across a stream and continue across another beck. Follow the track as it heads round to the left, then go through a further two gates to cross a footbridge over Hol Beck. Bear right to go through another gate and climb gently uphill in the direction of Ambleside. Pass between High Skelghyll and its outbuildings.

The path heads left and begins a steep descent. Continue on the wide track where it becomes tarmac and descend to a T-junction where you turn right. Remain on the road until it joins the main road and head back through the town to the car park.

Route description provided by LDNPA, Murley Moss, Oxenholme Road Kendal, Cumbria LA9 7RL
Tel: 01539 724555 hq@lake-district.gov.uk

Open Access land The *Countryside Rights of Way (CROW) Act* has made the most significant change to land access for generations.

What does CROW allow me to do? It gives you the right to walk freely on vast areas of countryside in England and Wales, without keeping to public paths, for activities like walking, bird-watching, climbing and running.

Where can I walk? Where you see the open access symbol – a walker in brown on a white background – it means the land is usually open for public access on foot. Access areas are normally mountain, moor, heath, down, registered common land and land that has been dedicated such as the estates of large organisations such as the Forestry Commission. You can find out all about where open access land is by visiting the website www.countrysideaccess.gov.uk or using current *OS Explorer* maps.

Does it mean I can walk wherever I want? No it doesn't. You're welcome to walk on open access land but there is not a 'right to roam' through places such as gardens, buildings and working quarries. *CROW* does extend areas available for walking. In Cumbria, access land covers 2,500 square kilometres. You can, of course, still walk on permitted paths and rights of way.

Access can be restricted for nature conservation, land management and public safety purposes. Before starting out we would advise that you check the web site www.countrysideaccess.gov.uk for current information.

Restrictions can be seen on www.countrysideaccess.gov.uk and are updated daily. Please take notice of any signs showing land is closed. Public rights of way are not affected by these local access restrictions. During hot, dry weather (particularly the summer months) there may be closure due to risk of wild fires.

What can I do on access land? Walk, run or climb, picnic, take photographs or paint, view historic remains, watch wildlife. Cycling, horse riding and driving are not allowed unless these activities already take place legally. You also cannot camp in the new open areas, swim or go boating.

Can I take a dog? Yes, in many areas, if kept under close control. Each year from 1 March to 31 July dogs must be on a two-metre lead so that breeding animals and birds are not disturbed. Leads should also be used where there is livestock. There will be areas when long-term dog restrictions exist (mainly grouse moors) and other conservation restrictions so please do check www.countrysideaccess.gov.uk for current information.

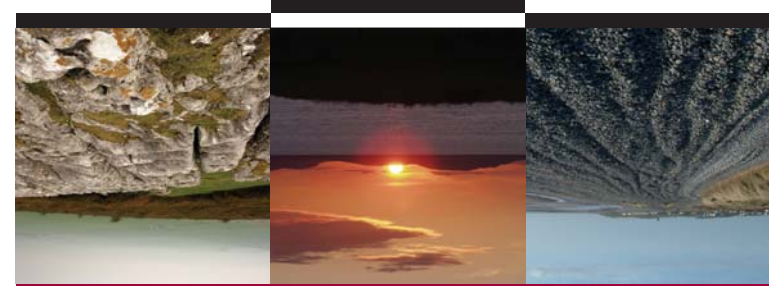
Do I need special equipment? Because this is open upland terrain you should have sturdy footwear and weatherproof clothes. Carry extra layers in case it turns cold, a map and compass, and know how to use them. Mobile phone coverage is patchy in Cumbria's remote areas so make sure someone knows where you are going and when you are due back.

Visitors to access land are primarily responsible for their own safety, and for taking care of any children or dogs who accompany them. It is always worth checking weather forecasts before setting out by calling the *Lake District National Park's Weatherline* service 0870 055 0575 or visiting www.lake-district.gov.uk/weatherline

Where can I go in Cumbria? Get up-to-date *Ordnance Survey Explorer* maps for the area you wish to visit available at information centres, outdoor clothing and equipment stores and bookshops, or direct from *Ordnance Survey* on 0845 200 2712. The extent of access land is shown clearly on the revised maps with a light yellow tint. We are also recommending specific areas and walks, often where new access is available, here. You can find maps illustrating the coverage of Cumbria's access land on www.countrysideaccess.gov.uk

Excepted Land This is land where rights of access are NOT available at any time, even if it appears on maps of access land: Buildings and land attached to them, for example courtyards, Land within 20 metres of a house, or a building containing livestock, Parks and gardens, Land under structures, Quarries and other active mineral workings, Railways and tramways, Golf and race courses, Aerodromes, Land under development, Arable land, Temporary livestock pens, Racehorse training gallops, Land under military byelaws.

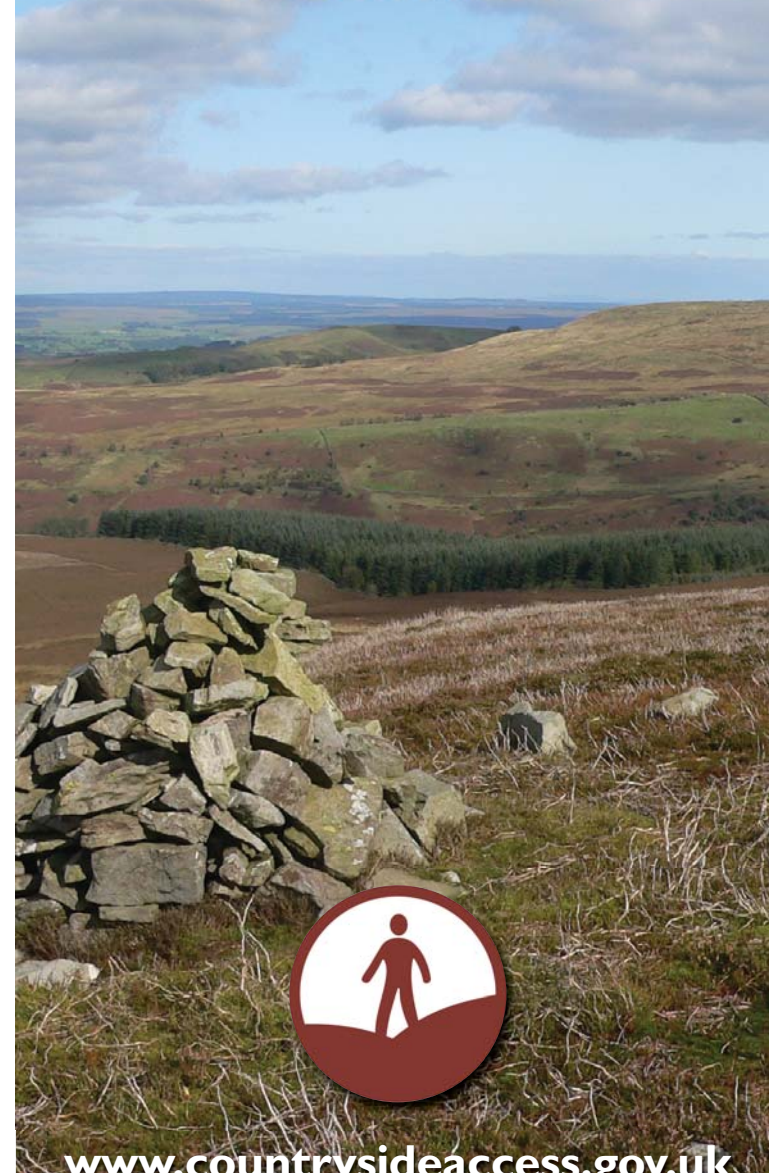
Whilst every care has been taken to ensure that all the information contained in this publication is accurate Cumbria County Council, designer and printer cannot accept any responsibility in respect of any error or omission which may have occurred. Traveline: 0871 200 22 33



Lowick High Common
Wansfell Pike
Dent
Solway
Tebay Fell
Geltsdale & Cold Fell



Open Access Walks in Cumbria



www.countrysideaccess.gov.uk

Dent

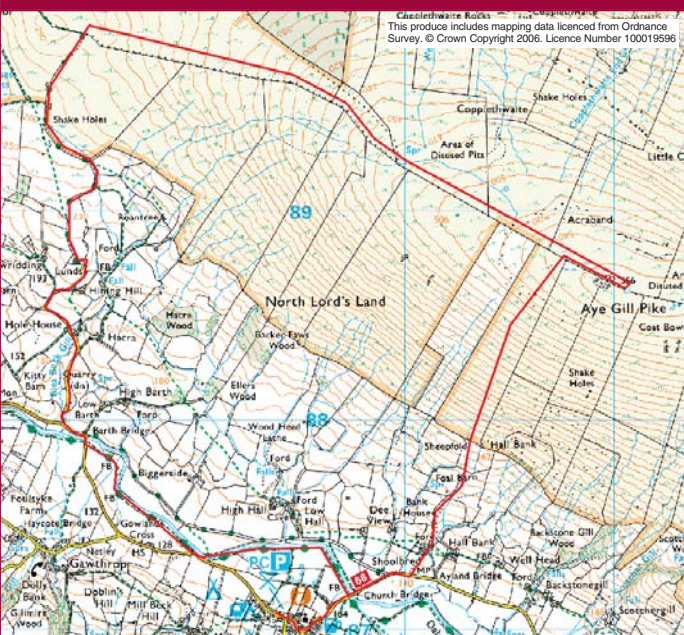
Starting point: Signed car park in Dent at **SD 703871** on the OS Explorer map OL2 map.

Distance: 10.5km (6.5 miles)

Cycle details: National Cycle Network, route 68

Public transport: Bus – Number 564 Kendal – Brough – Kirkby Stephen (limited service)

This route involves a steep climb and sections with no obvious path, but rewards with beautiful views from Aye Gill Pike. A map and navigation ability will be required. There are a few sections on quiet roads where care should be taken. There is a car park and toilets at the start point together with a village shop, café and pubs.



Leave the village and follow the road to cross the River Dee on Church Bridge. Three hundred metres later you reach the turn to Shoobrod Farm. Follow the permissive path through the farm to climb up to the entry to open access land.

The climb to Aye Gill Pike is a steep one but there are fine views back into the valley. When you reach the actual summit, with its trig point, follow the ridge in a westerly direction with its magnificent views of the Howgills. As you descend you will see a small plantation, which you pass to the left of, and then reach a flat area by a wall junction.

At this point turn left and follow a faint path in a southerly direction alongside a wall. The track leads you down to Lunds Farm. From the farm a small tarmac road leads back down into the valley. On reaching the valley road turn left and cross the river at Barth Bridge. Then follow the Dales Way footpath back to just below Dent village.

YDNPA, Yoredale, Bainbridge, Leyburn, North Yorkshire, DL8 3EL.

Tel: 0300 456 0030 info@yorkshiredales.org.uk www.yorkshiredales.org.uk

Solway

Starting point: The Kings Arms Inn, Bowness-on-Solway. **NY223627** on the OS Explorer 314 map.

Distance: 11km (7 miles)

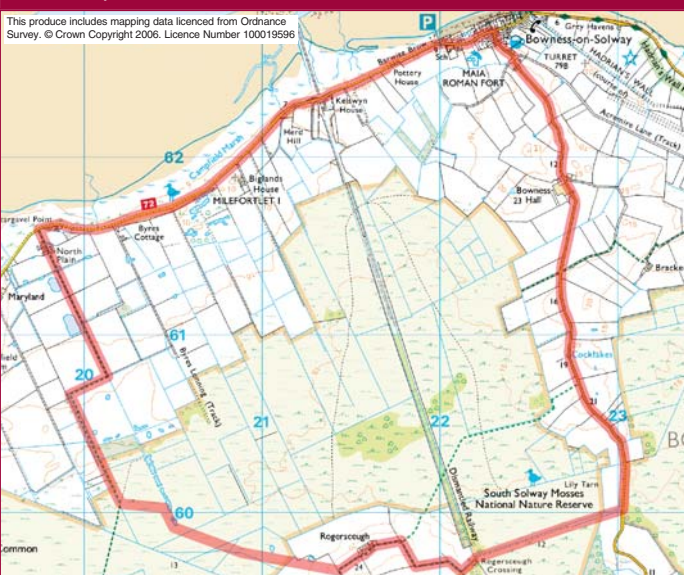
Ascent: 30m (100ft)

Time: 3 hours

Cycling details: National Cycle Network, route 72

Public transport: Bus – Number 93 – Carlisle – Bowness-on-Solway – Anthon bus, or the Hadrian's Wall Bus (AD122) summer service bus from Carlisle to Bowness-on-Solway.

This walk takes you over the raised mires in the Cardrunk Peninsula in the Solway Coast AONB. A 1:25000 OS map and navigation ability will be required.



Start: Turn onto the road signed Kirkbride. Walking down this road take a look into the church of St Michael's. The field opposite the church is where the Roman Road entered the fort of Maia.

1. **NY 228606** – Turn off the road at the Open Access sign for Bowness Common, opposite Glasson Moss Nature Reserve. Please take care – peat bogs can be dangerous – they can be wet, the surface is often uneven, there are hidden ditches and the risk of summer fires. Continue up to the farm at Rogersceugh.

2. **NY 216598** – The farm of Rogersceugh is owned by the RSPB and provides information panels in the barn. Follow the signpost onto Bowness Common and walk towards RSPB North Plain Farm.

3. **NY 202602** – Continue until you reach the boardwalk which will take you through the boggy parts of Bowness Common. Continue along the pathway to the birdhide at the beginning of the lane to North Plain Farm.

4. **NY 201607** – From the birdhide walk down the track to RSPB North Plain Farm.

5. **NY 198615** – From North Plain Farm turn right onto the road back to Bowness on Solway. Look out for the signpost to the "Banks" in the village. Here you will find a 'Roman Shelter', created by the local community group. This is the start and end of the Hadrian's Wall Path.

The full version of the route description is available at www.diamondsinthelandscape.org.uk



Tebay Fell

Starting point: Parking available at Tebay **GR618045** OS Explorer Map OL19

Distance: 13km (8 miles)

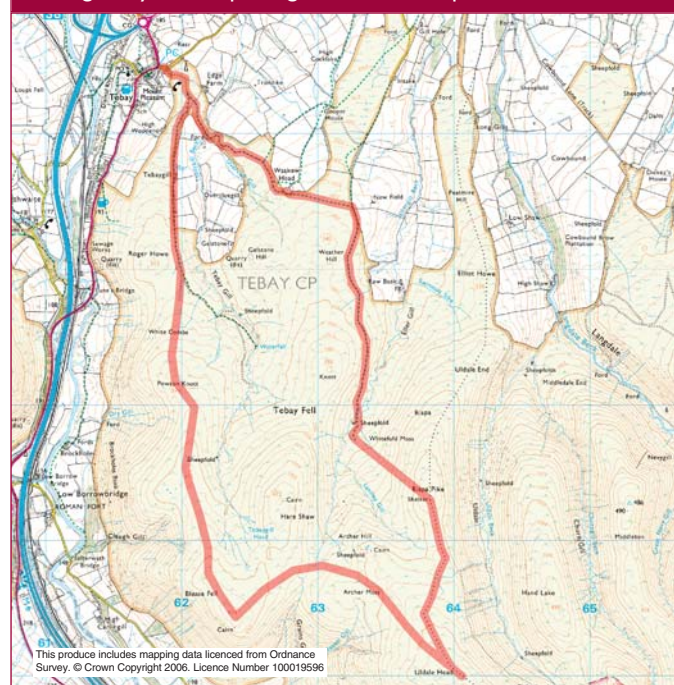
Ascent: 430m (1400ft)

Time: 4 hours

Cycling details: National Cycle Network, route 68

Public transport: Bus – 106 Service from Kendal – Shap – Penrith (Monday to Saturday)

A challenging and exhilarating circuit for walkers accustomed to reading a map, taking bearings and finding a route over rough terrain. Walkers need the 1:25000 OS map, compass, boots and windproof clothing. Tebay has car parking, tea room's and post office.



From near the bus stop in Tebay village take the road south east to the left of Tebay Tea Rooms. Ignore the first turn left to Edge Farm. Continue to a fine old bridge across Tebay Beck and follow the climbing track past Waskew Head Farm where the track ends. Take an eastward route to grid ref 633035 to join a stony track alongside a stone wall heading southward to the sheepfold in Eller Gill.

From the sheepfold find a slightly drier route across Whitefold Moss, and on to the summit shelter of Rispa Pike, approximately 1½ hours from the start of the walk. From Rispa Pike to Uldale Head route finding is easier, following a track, but with a few awkward streams and peat hags to traverse.

From Uldale Head, the highest point on the walk, continue south to the cairn for the best views of the Tebay gorge and M6 snaking beneath. Then retrace your steps and follow the track across Archer Moss keeping above Weasel Gill and Grains Gill to the summit and cairn of Blease Fell.

From the top of Blease Fell follow the track approximately northwards along the ridgeline above Cleugh Gill and Brockholes Bank and over Powson Knott. As you head towards Roger Howe you will pick up the footpath which leads down Tebaygill and back to the village.

Geltsdale and Cold Fell

Starting point: Jockey Shields **NY 557 555** on the OS Explorer 315 map.

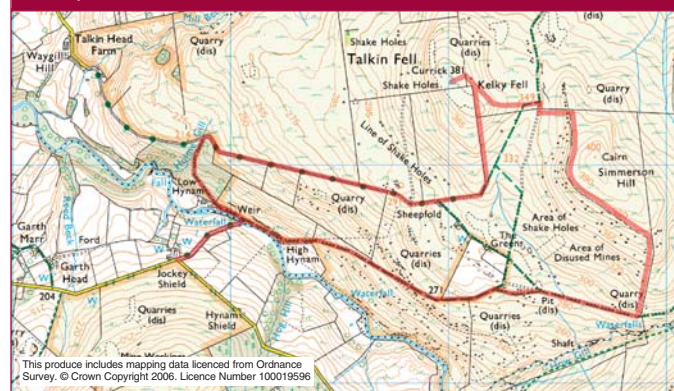
Distance: 7km (4.3miles)

Ascent: 275m (900ft)

Time: 2 hours

Public transport: Bus – Number 97 Carlisle – Brampton – Castle Carrock (limited service)

An upland walk providing a taster of the North Pennines and panoramic views across the Solway Firth, Scottish Border's and northern Lakeland. A 1:25000 OS map and navigation ability will be required.



From the bend in the road at Jockey Shields, descend the wide stoned track to cross Hyman Bridge. Once over the bridge, turn left and follow the track alongside the River Gelt, bearing right at the Y junction and ascending the track through the pleasant Birch woodland.

At the top of the woodland, go through the field gate and turn right, continuing our gentle ascent on a wide walled lane. After the second field gate, continue on the now grassy brideway. Shortly afterwards we leave the track and, keeping close to the wall on our left, take the faint path heading more steeply up hill. Eventually, after crossing a low fence we arrive at a ladder stile. Once over the stile it is just a short walk to the trig point on Talkin Fell and numerous 'currocks' that adorn the top.

After savouring the panorama which includes the Northern Lakeland Fells, the Solway Firth, Scottish Borders, and North Pennines we retrace our steps back over the ladder stile. Just past the corner of the wall we pick up another faint path gently curving down hill to meet a brideway. On reaching the brideway turn right and pass through the field gate.

Immediately after passing through the gate, turn left and ascend another faint path keeping the fence to our left. When the path levels off, after approx 150m, turn right and take the path which follows the edge of a low cliff and offers ever changing views across Geltsdale.

Eventually the path arrives at a fence, where we turn right and descend sharply to pick up a wide grass brideway, where we turn right and follow the gently descending Bridleway back to Hyman Bridge. From here it is only a short walk back up the track to our start point.

Route description provided by Cumbria County Council

Countryside Access Team, Environment Directorate, The Courts, Carlisle CA3 8NA

Tel: 01228 221022 countryside.access@cumbriacc.gov.uk

Information on exploring the North Pennines can be found at www.northpennines.org.uk

Information about RSPB Geltsdale Reserve can be found at www.rspb.org.uk