

# Miles Without Stiles



**Cumbria**  
**County Council**

## Appleby Riverside

### Route Information

**Distance** 1 kilometre (0.6 miles)

**Time needed** 45 minutes (approx)

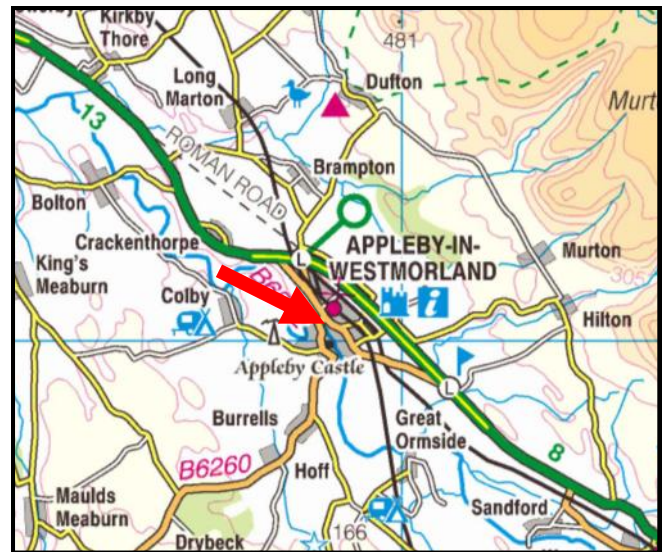
**Terrain** Mostly flat, tarmac path

### Start point

Pay and display car park, reached via High Wiend in Appleby town centre (**OS Grid Ref: NY 682203, Post Code: CA16 6QP**)

### Public Transport

Appleby is served by public transport, both bus and train (it is on the Settle-Carlisle line).



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Appleby, found just off the A66 to the south east of Penrith, is the historic former county town of Westmorland. A busy market town, whose heart sits within a loop of the River Eden and is guarded on the south side by Appleby Castle.

The wheelchair-suitable route follows the inside of the river loop within Appleby. The surface is tarmac and is 1.5 metres wide but narrows to 90cm past the swimming pool. There are occasional potholes and uneven surfaces which are easily avoided. There are regular rest points on the route, beyond the swimming pool all have a step up which is greater than 3 inches (8cm).

The exit from the car park on to the riverside route is adjacent to the recycling point and you will pass through a flood protection barrier. At the river bear right and follow the obvious route alongside the river around the edge of King George's Field, past the swimming pool and cricket pitch.



*Riverside view from Bridge Street*

The flood barrier at Bridge Street marks the end of the riverside route and there follows a 4° upslope (gradient 1:12) over 15 metres to reach the roadside on Bridge Street.

At this point you can either retrace your steps back along the river or go through the

town. For those not using a wheelchair you could return through Holme Wood (this is an unsealed surface, with steps and kissing gates).

To go through the town bear right onto the roadside pavement which begins level with the road and rises onto a kerbside pavement (along this section there is a raised road crossing point). At the end of Bridge Street follow the pavement around to the right where there is a rest point and you will pass the cloisters and entrance to St Lawrence's Church.










To return to the car park you will need to cross into Low Wiend and travel along the roadside for 50 metres. Please be aware of oncoming traffic down this one way street.

To avoid using the car park entrance please pass through the adjacent access gates (max width 85cm) and flood barrier to King George's Field, returning to the parking bays adjacent to the recycling points.



## Useful Numbers and Points of Information

- Appleby Tourist Information Centre, - 01768 351177 (accessible by wheelchair)
- Appleby Library, - 01768 351170 (accessible by wheelchair)
- Swimming Pool, - 01768 351212 (accessible by wheelchair)
- Age Concern (Riverside Building) - wheelchair and scooter hire – 01768 354918
- Traveline 0871 200 22 33
- Appleby is on Ordnance Survey Explorer Map OL19
- Refreshments can be found in the town centre

-  Disabled Parking
-  Disabled Toilets
-  Public Conveniences
-  Rest point
-  Viewpoints
-  Steps
-  Kissing Gates
-  Recommended Route
-  Alternative Return Route (with steps)

