

Looking after the Helm

The west side of the Helm is common land in private ownership. Friends of the Lake District bought part of the eastern side of the Helm in 2007 (the FLD land is shaded grey on the map). Walkers can freely use the many paths across the Helm. However, cycling and driving off road or using a metal detector are not allowed.

A local farmer grazes livestock – this is an important part of the management of the common and Friends of the Lake District land. Please help by keeping your dog under close control and in sight at all times when there is livestock present.

Friends of the Lake District run regular work parties on the Helm with volunteers to help look after it. Tasks include drystone walling, gorse cutting and bracken bashing – everyone is welcome to come along and help. For dates, contact our office or look on our website at www.fld.org.uk.



Looking south towards Castlesteads Fort

This leaflet has been produced with help from Cumbria County Council and funding from Natural England.

Join Friends of the Lake District and help look after Cumbria's countryside

Friends of the Lake District is a membership charity dedicated to looking after Cumbria's beautiful landscapes, including the Helm. Please join us and help with this vital work. Ring 01539 720788 or go to www.fld.org.uk and join online.

The Helm is one of six properties owned by Friends of the Lake District. Leaflets are also available on High Borrowdale near Shap, Little Asby Common near Orton and a woodland walk at Mike's Wood at Staveley.



Charity Number 1100759



Join Friends of the Lake District and help look after Cumbria's countryside

Friends of the Lake District
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Kendal, Cumbria, LA9 7SS
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Email: info@fld.org.uk Internet: fld.org.uk

Getting to The Helm



By bus to Oxenholme Station

Service 41 (Kendal to Oxenholme)
- Monday to Saturday every half hour
Service 564 (Kendal to Sedbergh)
- Monday to Saturday



By Train

Oxenholme is on the West Coast Main Line with regular trains from the south and Scotland. The Lakes Line runs from Windermere to Oxenholme too.

Get more
information
from **Traveline**



traveline
public transport info
0871 200 22 33

The Helm

friends
OF THE LAKE DISTRICT

Walks with a view to remember!



The Helm

The Helm is a prominent hill near Oxenholme; south east of Kendal. It's easily reached by public transport and gives fantastic views over miles of beautiful countryside.

Getting to the Helm

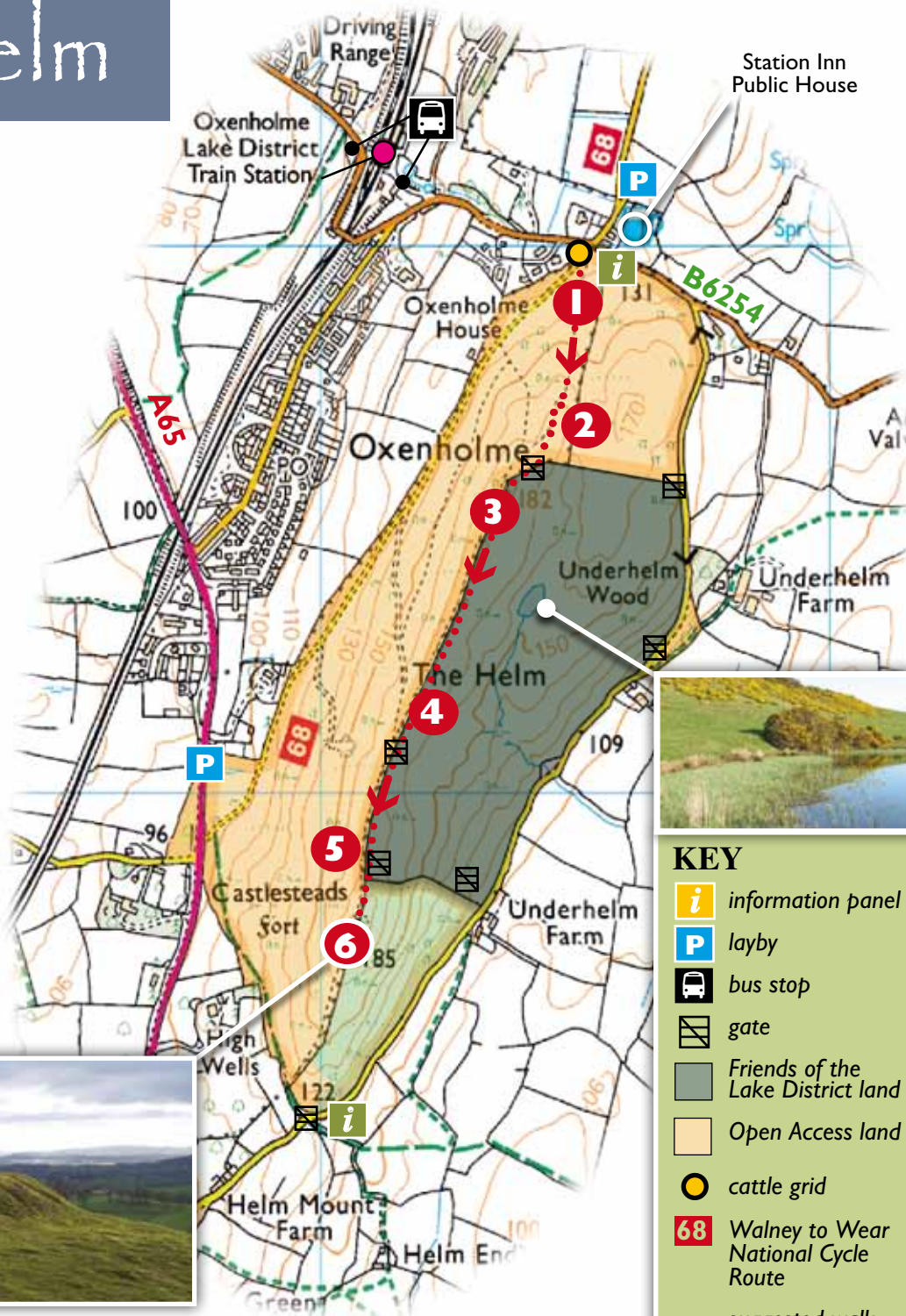
From Oxenholme station, leave by the ticket office on platform 1 and walk out past the taxi rank and car park, to the B6254, where the bus stop is. Cross over the road onto the pavement and walk up hill for about ¼ of a mile.

Then take care walking along the verge for about 200m until you reach a small lane on your right. Turn here and go to the gate and cattle grid. Here you will see the Helm before you!

The western side is common land, where you are welcome to wander on foot and enjoy the views. To get to the Friends of the Lake District's land, choose one of the tracks you see ahead, depending on your energy level.



Castlesteads Fort



KEY

- information panel
- layby
- bus stop
- gate
- Friends of the Lake District land
- Open Access land
- cattle grid
- Walney to Wear National Cycle Route
- suggested walk

A ridge walk

To fully enjoy the ridge, 1 take the steeper track and keep following it until you see an 2 oak kissing gate in the wall on your left, marked with a Friends of the Lake District sign. Pass through here and turn right to walk for another 100m before arriving on the ridge itself.

3 The wall marks the boundary between Natland parish to the west and Stainton to the east. The wall is at least as old as 1858, as it appears on the first edition Ordnance Survey maps. This is a drystone wall, so called because stones are all that are used – no cement, just skill! The wall can be seen from a long distance away and is an important feature of the Helm.

You can now walk all the way along the ridge, pausing to take in the view whenever you like. 4 After 1km, you will come to another gate, but to get to the highest point of the Helm, keep going. 5 Go through a field gate, closing it behind you and walk for another 300m, until you arrive level with the trig point.



6 You are now on the top of the Castlesteads hill fort, thought to be a camp of the Brigantes, an ancient local tribe. The views from here are outstanding, from Morecambe Bay right over into the Lake District fells. You can also look down over Natland, Oxenholme and Kendal. On a clear day you feel on top of the world!

If you wander across the middle of the Helm you will come to a small tarn. This was dug out in the 1950s for fishing. It is now a haven for wildlife, such as ducks, dragonflies and newts.

You could return to the station by following the same way back to enjoy the glorious views looking north, or you can return to the first kissing gate you come to and cut back down the hill to the cattle grid.