

Access Land on The Helm

Access Land on the Helm allows you to explore, on foot, one of England's most stunning landscapes. Together with the Public Rights of Way network, there are many opportunities to enjoy the wider area. The map on this board shows nearby access land.

The Helm

This rocky ridge, is composed of Upper Silurian Kirkby Moor Flags and has been shaped and scoured by glacial activity. At the summit (185m/607ft above sea level) stands the scheduled ancient monument of Castlesteads. It is believed to be an Iron-age hillfort enclosed by banks and ditches.



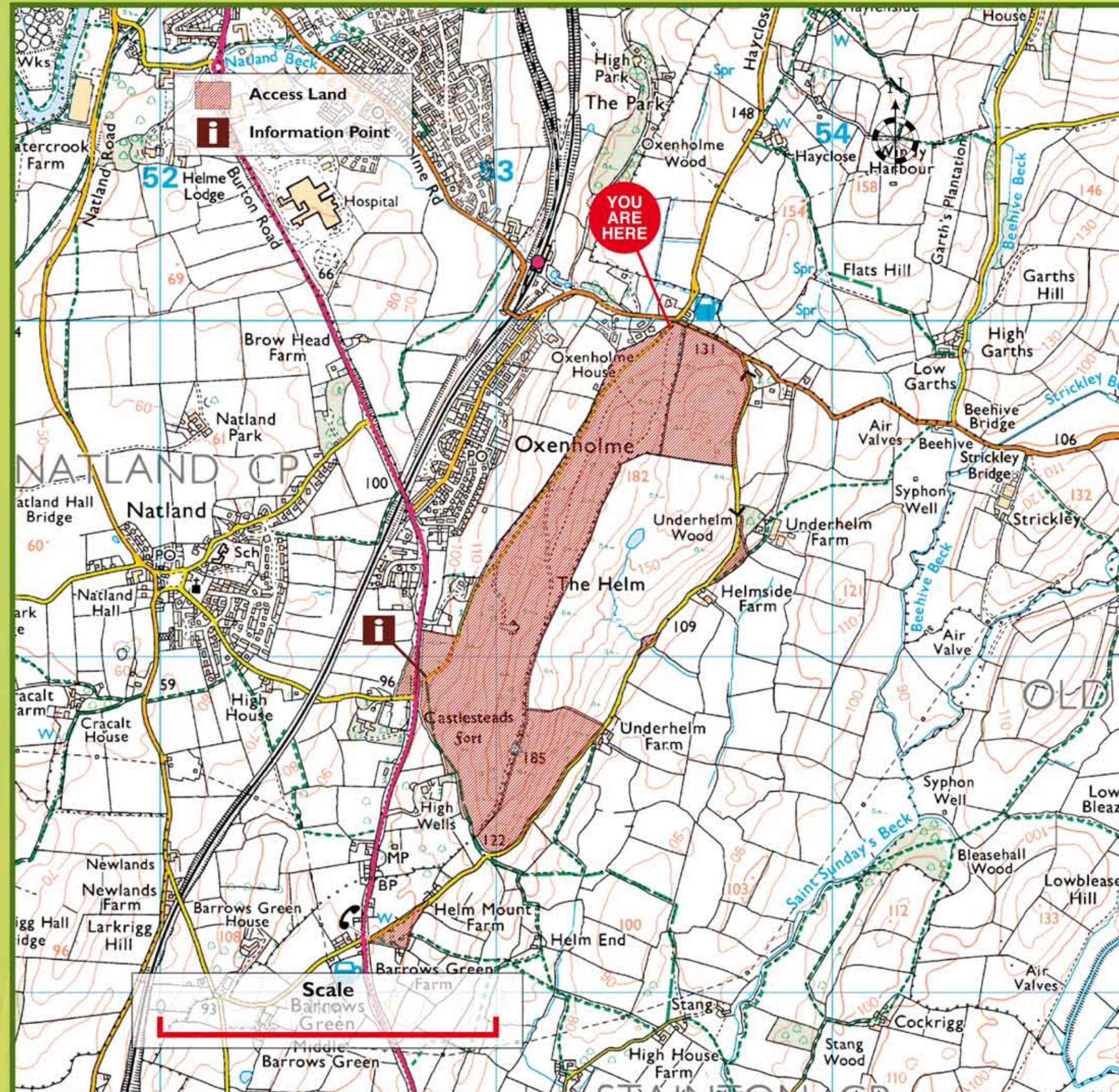
The effort of ascent to the summit is well rewarded by panoramic views to the Lakeland Fells, the Howgills, Morecambe Bay, the Lune Valley and Farleton Fell.



All access land on the Helm is privately owned. The western side of the Helm is registered common land, and responsible public access has long been accepted. Helm commoners hold the grazing rights which are let to a single farmer.

The plot to the north-east is grazed and the bracken and gorse scrub in the south-east plot is a valuable habitat for nesting birds. It is important to keep your dog on a lead between 1st March and 31st July to allow the birds chance to breed.

Please respect this varied use of the land on the Helm and in particular avoid disturbing livestock in the early spring as pregnant sheep and new-born lambs are especially vulnerable.



When you see this symbol it shows that land may be open for public access on foot. Access rights for other activities may also exist



This symbol shows there are no public access rights beyond where it is displayed



The right of access on foot also applies to wheelchair users. Where reasonably possible gates have been provided to allow access although please note that open country is often very rough terrain

For further information contact Cumbria County Council on 01228 601052

The Visitor's Code

Respect ... Protect ... Enjoy

- Be safe - plan ahead and follow any signs
- Keep dogs under close control
- Do not light or cause fire
- Protect plants and animals, and take your litter home
- Leave gates and property as you find them
- Consider other people



With rights... ...come responsibilities

You are welcome to explore access land on the Helm but remember that the area is privately owned, important for wildlife, and a place of work for people.

There is no new right to ride a cycle or horse, camp, drive vehicles, use a metal detector, collect stones, plants or wood, light or cause fires. Please exercise your rights responsibly.

- Please use the Public Rights of Way network or other signposted routes to get to access land – look out for the access symbol
- Be careful. Access land can be rough to walk over. Keep your eyes open for hidden holes and other hazards

Dogs in the countryside

On access land:

- Keep your dog on a fixed short lead between 1 March and 31 July. This is to protect ground nesting birds from disturbance
- Local restrictions may include a ban on dogs
- Note that dog restrictions do not apply to guide/hearing dogs, or if you are using a Public Right of Way

On Rights of Way:

- Dogs must be kept under close control preferably on a fixed short lead

Plan ahead

Avoid disappointment by getting the latest information. Your rights to access open country can be restricted while work is carried out, and for safety or nature conservation reasons.

- Follow local signs and advice – any restrictions will be posted at access points
- Visit www.countrysideaccess.gov.uk or call the Open Access Helpline on 0845 100 3298 for up-to-date information on any restrictions
- Restrictions can be short or long term
- Public Rights of Way are not affected by restrictions to open access land
- Access land is shown on new series OS Explorer maps