

## 3.4 Kendal to Newby Bridge

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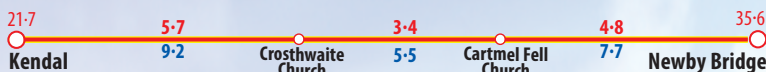
**Distance** 13.9 miles 22.4 km

**Terrain** tracks, historic bridleways and lanes, open fell, minor roads

**Grade** a steady climb at first followed by a steeper descent, otherwise mainly level with moderate undulations

**Food and drink** Kendal, Crosthwaite, Newby Bridge

**Summary** quiet, beautiful walking with the potential for breathtaking views of the Lakeland Fells, Howgill Fells, and Lyth and Winster Valleys



*This section follows footpaths and ancient bridleways offering some wonderful views of more distant scenery. In parts, it follows the tracks that George Fox would probably have used in 1652.*

- With your back to the Tapestry Museum entrance on Stramongate, turn left and cross Blackhall Road at the designated crossing. Continue into the pedestrian zone on Finkle Street.
- At the 'Bandstand' (glass shelter) turn left onto Stricklandgate and head south to Kendal Town Hall. Turn right at the traffic lights into Allhallows Lane for 120 m.
- To visit the Fellside Quaker Cemetery (Kendal's earliest Quaker burial ground, now a public garden) make a short detour by turning right up Low Fellside. There are several historic gravestones, including three set into the wall beside the path. Retrace your steps afterwards.
- From Allhallows Lane bend left on Beast Banks (a former drove road to the marketplace) for a steady, at times steep, ascent. Follow signs to Brigsteer, ignoring any options to bear right, and after 250 m of Beast Banks bear left up Summer Hill/East View.
- After 130 m cross over Bankfield Road to follow Brigsteer Road uphill (mile 22.4). After 900 m you reach and cross the A591 dual carriageway by a bridge.
- After a further 230 m leave Brigsteer Road at a milestone and fingerpost, using a step-stile through the wall to the right (see photo) onto the Old Kendal Racecourse. You are about to climb over the southern shoulder of Scout Scar, a ridge ahead that rises to 235 m.
- Follow a well-defined track diagonally across the former racecourse to a gate in the stock fence and go up to a metal kissing-gate in the stone wall ahead. Take the stony path straight ahead which climbs steadily beside a fence.



Kendal Town Hall





*The track up Scout Scar*

- Where the fence turns sharply left, leave it to go straight ahead on a broad grassy track and pass through a metal kissing-gate in the wall.
- Continue straight on, always keeping to the stony track and, in due course, passing to the right of two bushy trees.
- The broad path winds and undulates before reaching a cairn and some ridgeline paths. The highest point in this section lies at about 215 m at mile 24.2. Continue straight over and descend a clear broad path to a larger cairn.
- Here, bear half-left and descend a broad grassy, stony track – not the ridgeline path which stays higher. The track narrows to a path and begins to descend sharply to a spur ahead.
- Ignoring all other tracks that contour Scout Scar, follow our path sharp right and downhill through the woods to a wooden field gate. In wet conditions, take care on this rocky path.
- Once through the gate, follow Footpath signs onto a track alongside a fence to your left and descend to the farm at Barrowfield.
- Continue on the vehicle track around to the left of the farm to pass through a metal gate and on to a T-junction of vehicle tracks. Here, a fingerpost under a tree indicates the path to 'Garth Row  $\frac{3}{4}$ ml': it goes half-right downhill across a stretch of grass to a wooden kissing-gate in the wall on your left.
- Through the gate, descend on part of ancient Garth Row Lane which is a bit rocky underfoot, and pass through a further wooden kissing-gate.
- Turn slightly left and cross the field to the stile in the wall and go into the woods. Follow a clear path through the woods. At a Y-junction bear left downhill.
- As the path emerges onto a forest vehicle track, bear right under the power line warning poles, and then bear left to a path into the woods between the overhead power lines and another warning pole.
- This path undulates and winds its way down to a wooden field gate at the edge of the woods.
- Pass through the gate and cross the field on a clear path to the corner of a fence with a fingerpost signed for Kendal back from the way you've just come.
- Turn right onto a straight grassy track to a gate and stile, and then pass houses to join their access track to Garth Row Lane at mile 25.2.



Tullithwaite Hall

- Turn left and after 30 m turn right between two stone walls to a field gate and small stile. Go into the field and follow the wall on your left to a gateway onto a track to the left. Follow this vehicle track for 350 m to another road. Turn right, immediately passing Tullithwaite Hall: see panel.
- Afterwards, continue along the road and after 500 m turn left along Grigg Hall Lane signed to Crosthwaite.



#### Tullithwaite Hall

Tullithwaite Hall where George Fox stayed on his way to Swarthmoor Hall in 1652. His host, Miles Bateman, had invited the local priest and many professors to meet his now notorious guest. The evening was marked by Fox refusing to eat, and 'a great deal of disputing'. However, Fox addressed a meeting in Underbarrow chapel the next day. The chapel was later replaced by the modern church, and most of Tullithwaite Hall was rebuilt in the 19th century.





- After 650 m you reach a T-junction and turn left signed for Crosthwaite and Ulverston. Continue on this road (Blackbeck Brow) past High Gregg Hall (B&B and Lakeland Glamping).
- After 500 m on Blackbeck Brow, turn right on a signed footpath through a narrow stone gap and pedestrian gate. Head slightly uphill following the wall on your left, aiming for the white house at the top of the hill – Middle Blakebank.



*Gate into Middle Blakebank*

- Leave the field via a gated stone step-stile, cross the next field to a gap in the stone wall, and continue following the left wall uphill to a gate into the garden of Middle Blakebank – rest assured, you are on a right of way.
- Head straight on across the lawn (passing in front of the house) and onto the access lane. After 150 m, continue and join Broom Lane, which is almost straight ahead.
- After 100 m, just after a bend, turn right at the public footpath sign to go through the field gate and follow the clear path ahead. Go over the brow of the hill and descend to and through a small gate.
- Turn left onto the lane and descend to turn right onto Totter Bank, the road into Crosthwaite. Fox followed this road from Underbarrow to Crosthwaite, probably in the company of 'an old man, James Dickinson' with whom he stayed the night.
- Continue along Totter Bank for 500 m to reach the graveyard of St Mary's Church, Crosthwaite, next to the Punch Bowl Inn. The church and both its graveyards are well worth a visit.
- Take the path south-west out of the graveyard and follow its hedge-lined route for 450 m to reach Mill Lane. Continue ahead on the road past the Old Water Mill on your left. Cross the River Gilpin by a bridge at mile 27.8.
- After 80 m the road bends right, but you turn left on a track – aptly named Watery Lane as the centre can be a water course. Follow it for 200 m to reach the A5074 main road. Turn left to follow the road's verge for 160 m to the brow of the hill.



*Crosthwaite Church and graveyard*





- Taking great care, cross the road and head right up the tarmac lane and follow it for just over 300 m. After an S-bend look for the Footpath marker that turns you left through the right-hand of two field gates.
- Head uphill beside the fence line to the woods ahead of you. Leave the field and enter the woods by a wooden stile in the top right-hand corner of the field.
- The way is somewhat obstructed by fallen trees, but head left up to a stone stile that emerges onto an ancient byway that passes around Whitbarrow National Nature Reserve.
- Turn right to follow the byway, passing through a gate across it. After 600 m, turn sharp right downhill before a further gate, eventually to meet the road at mile 29 by an old lime kiln. There's a convenient bench from which to admire the Winster Valley ahead.
- Turn left onto the road and after 250 m turn right into the access lane signed for Broad Oak.





- After 80 m the lane bends right, but you leave it to go straight ahead through a single wooden gate. Follow the fence line at first, then cross the field diagonally and exit from its top right corner by another wooden gate.
- After 25 m turn left through a single gate in the wall, and turn left again once over the wall. Follow a path to a metal field gate and continue alongside the stream following Footpath waymarkers.
- Pass through a double metal gate and go on across the stream to a further gate by a tall tree.
- Turn right onto a broad grass track and continue on this waymarked route for 350 m. Pass through a metal field gate across the track and follow the fence on your right, past a short waymarker post on the left. Continue to a stone step-stile over the wall that leads you to a road at mile 29.9.
- Turn right on the road which crosses Arndale Beck and bears left. Within 180 m of the beck, turn off left through a gate at a Footpath fingerpost. Follow the path down the right-hand side of the field for 130 m and go through a stone gap-stile through the wall.



*Approaching Lobby Bridge*

- Head across the field, maintaining the same direction to a stone step-stile by the bridge with Arndale Beck once again converging from the left.
- Join another road at mile 30.2 and turn right along it to cross the River Winster at Lobby Bridge. Continue up into the hamlet of Cartmel Fell. About 600 m after Lobby Bridge, bear right uphill at a fork.
- After 80 m leave this road by turning right on a signed Footpath that leads up through the woods towards Cartmel Fell Church: keep right on the footpath.
- Reach the top after 130 m and pass through a gap in the stone wall. Turn left onto a track to reach Cartmel Fell Church, passing a board about the wildlife and history of Hodge Hill.
- Leave the churchyard by stone steps and a gap-stile to the left (west) of the church's main entrance, and follow the wall up along the edge of the woods to emerge at a Y-junction of roads.

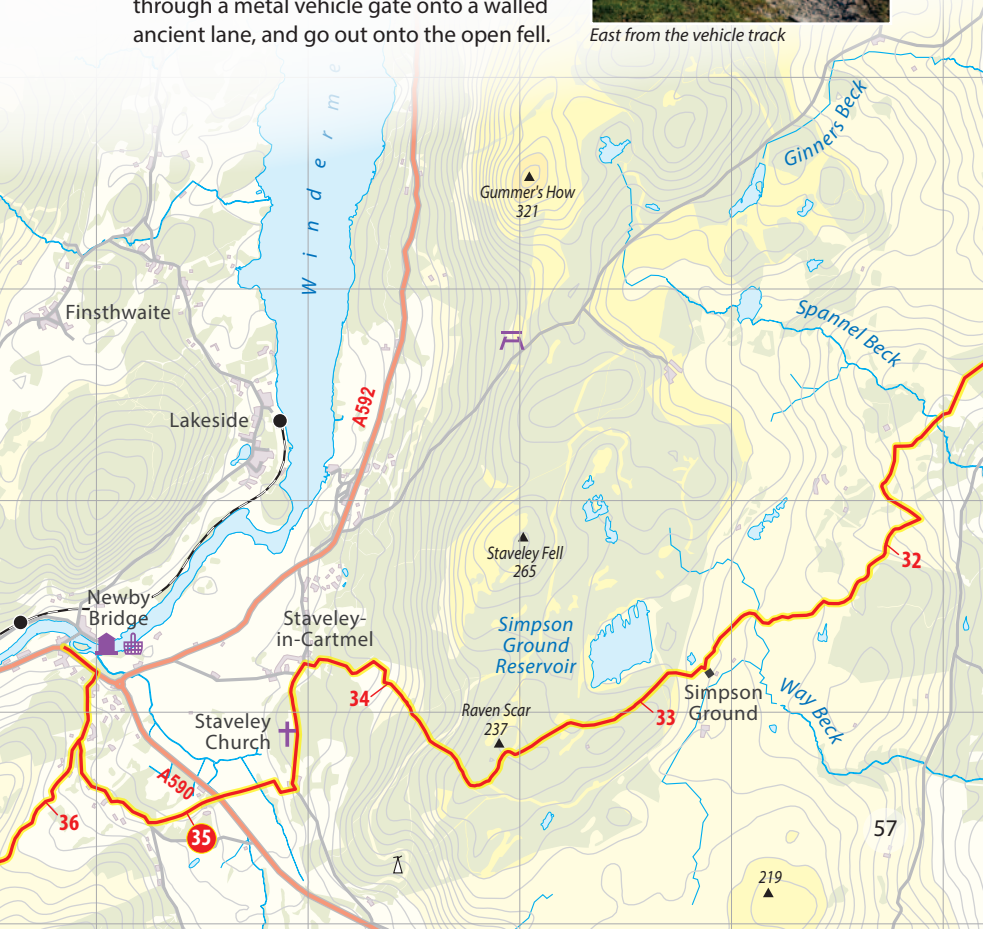
*Cartmel Fell Church*



- Cross straight over the roads to climb a wooden ladder-stile and then follow the footpath uphill to a stone step-stile over a wall. Continue straight ahead to contour on a clear path through bracken to reach and cross another ladder-stile over a wall into Rankthorns Plantation.
- Follow a fairly good path on the contour line, negotiating fallen trees as best you can. Continue on a clear path down through the woods to emerge over a stone gap-stile onto the bracken-covered open fell.
- Follow the path downhill. After a boggy stream crossing, go up onto a broad track at a short marker post.
- Turn right and follow the track through a wooden gate. Go up a walled lane to a further gate and fingerpost which sends you left to continue on a vehicle track. There may be views of the Howgills behind you.
- At the top of the lane, use the pedestrian gate to reach and turn left onto a tarmac lane which you follow down out of the woods. After 250 m, at the top of a slight rise, take the second track off to the right.
- Climb steadily for 170 m to reach and pass through a metal vehicle gate onto a walled ancient lane, and go out onto the open fell.



East from the vehicle track







*Bench with a view, Simpson Ground Allotment*

- Continue on this track as it twists and undulates its way over Simpson Ground Allotment, passing through several gates and enjoying wide views from this lofty track. You may glimpse some of the resident fell ponies: see page 24. At a stream, use informal stepping stones to cross with care.
- After 1.2 km reach a fingerpost that turns you right alongside a deer fence, into the woods of Simpson Ground itself, climbing steadily.
- Turn left at the first junction, then follow the narrow twisting path through the woodland.
- After nearly 1 km the path emerges onto a forestry road. Turn left on it, as waymarked, for 180 m. Where the road bends left downhill, instead turn right onto a waymarked footpath, to re-enter the woods.
- Within 100 m bear right at a fork with a conifer in the middle, and head downhill. The track becomes increasingly steep and stony underfoot.
- After 300 m, cross over a forest road onto a way-marked bridleway, and descend through old silver birch woods. Views of Lake Windermere appear ahead to the right.
- Descend to a wooden gate in a deer fence and pass through onto the open fell. Views of Coniston Old Man, Wetherlam, the Langdale Pikes and the Fairfield Horseshoe may be visible: see the photo below.
- Descend on a clear path to the woods ahead, possibly glimpsing more fell ponies on the way.



*Stepping stones across a stream*

*Coniston Fells from the deer fence gate, Langdale Pikes distant to the right*






- As the path comes alongside a stream, pass through the waymarked gate in the wall and turn left onto an ancient track.
- Bear right at a gate signed 'Pigs in woods' and continue to descend. The track becomes the access road to houses.
- At the road, turn left for 300 m, heading for Staveley-in-Cartmel Church at the top of the rise (mile 34.6). On 20 June 1652 Fox had walked here to try to cap the minister's sermon with his own, but was forcibly ejected by a mob led by the church warden – and thrown over the churchyard wall.



*Staveley-in-Cartmel Church*

- Afterwards, turn right out of the lych-gate and follow the road for a further 170 m. Just past Chapel House take the signed Footpath to the right through an old black metal gate.
- Head down through the woods, across a bridge and over a black metal stile. Turn right to follow the black metal fence to the hedge ahead, over a further metal stile and then left downhill towards the A590.
- Pass through a wooden field gate, into a meadow and continue straight ahead over a simple stone bridge to reach a metal field gate at the busy road.
-  Cross the A590 with great care to a wooden bridge directly opposite that leads to a gate into the field. Go through and follow the Footpath sign to leave the field by its top right corner via stone steps through a wall.
- Turn right on the access road for Newby Bridge Country Caravan Park and follow its main road down through the park. As it bends right at a refuse compound, head straight on up a narrow fenced path to the unclassified road at the top.
- Turn right and follow this road down to reach the A590 main road (and Lakes End Guest House) after 900 m. Turn left along the roadside path for 50 m, heading for the safe crossing point.
- After crossing with care, continue left into Newby Bridge which has several options for accommodation. Its name celebrates the picturesque bridge over the River Leven – a bridge that was being rebuilt when Fox crossed it in June 1652. At its southern end is a wooden bus shelter with useful visitor information.

*Across Newby Bridge to the Swan Hotel*

