

The Lakes Line



The Furness Line
The Cumbrian Coast Line
The Lakes Line
West Coast Main Line

Bentham Line
Heritage Railways
Onward Bus Routes

Advice

Please check your route on an Ordnance Survey map before commencing your journey – referring to the map regularly. Be prepared with the correct boots, waterproofs, torch and compass. Take extra care in adverse weather conditions and also take a drink with you. All details are believed to be correct at time of going to print.

 **traveline**
public transport info
0871 200 22 33

 **the lake district**
Cumbria

Useful websites

For itineraries, ticket offers and advice visit
golakestravel.co.uk • lakesline.co.uk • furnessline.co.uk
cumbriancoastline.co.uk • lakesline.co.uk

Walks from the Lakes Line



5
SHORT WALKS

For best value bookings in advance, see nationalrail.co.uk
northernrail.org or tpexpress.co.uk



Getting around & Timetable Information

Heading to the area by train means you get to enjoy some of the most scenic rail lines in the country. Once here you can easily explore more of this beautiful landscape.

Lakes Line
National Rail Enquiries **08457 48 49 50**

NextBuses Traveline – text service

Check the next bus from any bus stop by sending the bus stop code in a text. All bus stops, metro station platforms and even ferry landings each have their own code. Go to 'new message' on your phone, type in the code for the stop that you wish to depart from and send to **84268**. The service will send back a message with the scheduled times for the next five buses due to leave the stop. You will normally get a reply within 30 seconds.

Traveline

Need some help? Contact Traveline whilst on the move for up to date public transport information. Telephone **0871 200 22 33** visit traveline.info or cumbria.gov.uk/publictransport

A selection of short walks from the Lakes Line.



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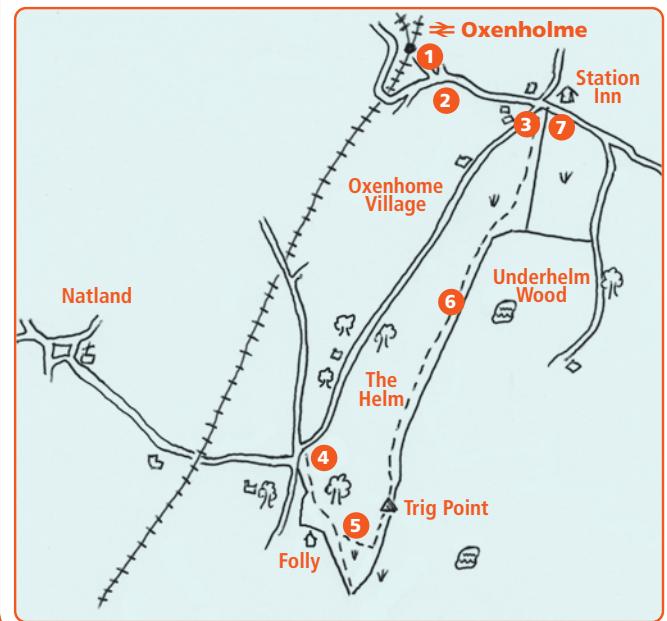
Funded by the Department for Transport. Delivered in partnership by Cumbria County Council, Lake District National Park Authority and Cumbria Tourism

SEE MORE
LET'S LOOK AFTER THE LAKE DISTRICT

Walk**1**2 miles
1 hour**Oxenholme – The Helm**

Station: Oxenholme Station.
Terrain: Mainly hilly with level mid-section.
Refreshments: Café (in the station) and pub.
Map: OS Explorer OL7 1:25000

1. Exit Oxenholme Station via the Ticket Office (Platform 1) and continue up the road with the carparks on your right.
2. At the T-junction cross the road to the pavement on the opposite side, turn left and walk up the main road with trees on each side.
3. Opposite the Station Inn turn right through the gate and continue walking along the tarmacked lane (Cycleway 70) with the Helm on your left and views over towards Kendal to your right.
4. Carry on walking for about 20 minutes until you reach the other cattle grid and the main road. Bear left before the cattle grid and follow the footpath up through the woods.
5. After about five minutes you'll see a dry-stone wall on your right and a folly in the field over the wall. At this point there is a 'Y' junction in the path. Turn right and start ascending the Helm itself up through gorse. Carry on until you reach the trig point for a rest and to admire the views.
6. Follow the path along the summit ridge (with a fence and wall on your right) until you start to descend.
7. The Station Inn and main road will become visible. On reaching the main road simply retrace your steps back to Oxenholme Station or pop over the road for a pint.

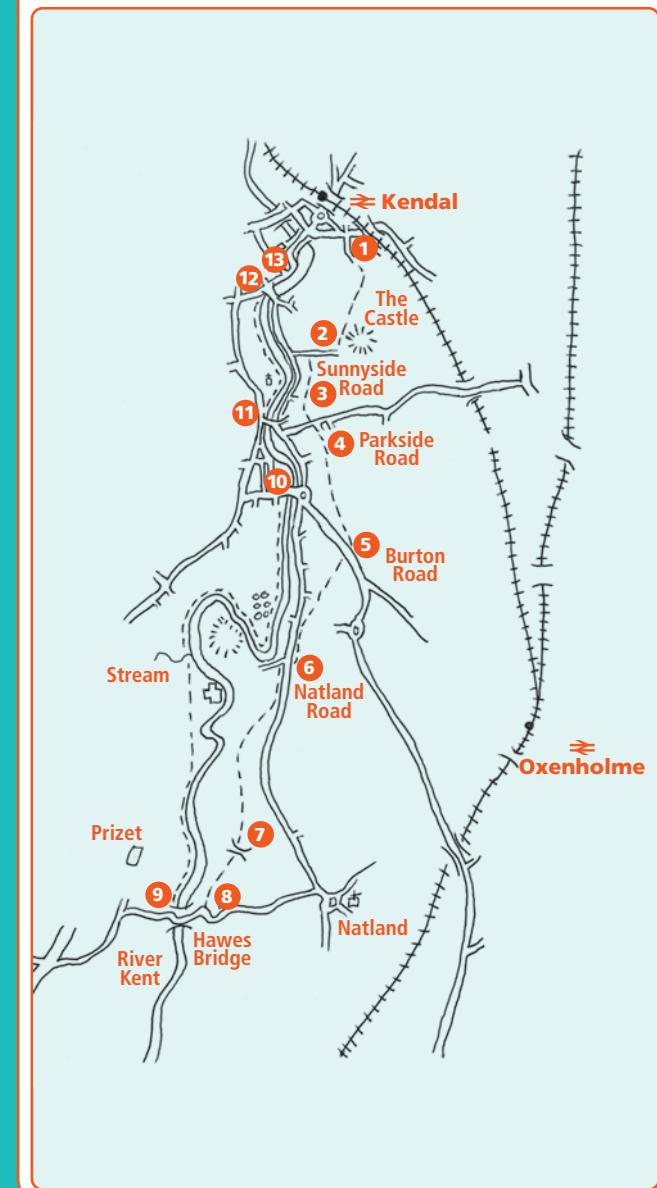
**Walk****2**7 miles
4 hours**Kendal – Town and River Kent**

Station: Kendal.
Terrain: Mainly level.
Refreshments: Cafés, Fish & Chip shops and pubs.
Map: OS Explorer OL7 1:25000

1. Exit Kendal Station to the main road and turn left. Cross the road at the crossing and turn right then left along Ann Street. Bear left along Castle Street and just before the railway bridge, turn up Castle Road then right into the castle grounds.
2. After seeing the castle, circle round its west side to a path with railed steps down to Sunnyside Road.
3. Walk down the road to the old canal bridge then descend the steps on the left and walk along the old canal route.
4. Cross Park Side Road, past Change Bridge to Burton Road (A65).
5. Cross Burton Road and continue the canal route to Natland Road.
6. Cross Natland Road to the tree-lined track ignoring the lane to its right.
7. Follow the track to open countryside and pass under an isolated canal bridge to just before Crowpark Bridge.
8. Take the kissing gate on the right on to a lane. Turn right and cross the River Kent by Hawes Bridge.
9. Follow the lane round and at the stile, for Scroggs Lane, turn right into the field. Keeping close to the river, head north through a series of gap stiles. The path then moves away from the river across fields. Cross a stream, through a metal gate to more pasture and leave by another metal gate to join a road.
10. Cross the road, through a stile and follow the path with the river on your right. At the end of this track, bear right and down the steps to continue along the river bank for about 1.25 miles/2 km until Romney Bridge.
11. Go up the path, cross the A6 and turn down a track beyond a low wall to the right. Bear left and continue with the river on the right, until you reach a road.
12. Follow the pavement and cross to the opposite side of the bridge. Go through the gap and follow the Riverside Walk (river on the right, church on your left) to another road bridge.
13. Cross this bridge and join New Road.

Kendal – Town and River Kent

Station: Kendal.
Terrain: Mainly level.
Refreshments: Cafés, Fish & Chip shops and pubs.
Map: OS Explorer OL7 1:25000



Walk
3
6.5 miles
3 hours

Burneside – Potter Tarn and River Kent

Station: Burneside.
Terrain: Mainly hilly.
Refreshments: Pub and Fish & Chip shop.
Map: OS Explorer OL7 1:25000

- Leave Burneside station through the gate to the left and past reminders of the old tramway to Cowan Head. At the end of the lane, cross the road and turn right following the pavement to St Oswald's church. Continue on past the Jolly Angler Inn and turn left at the road sign posted Skelsmergh and Longsleddale.
- Passing a shop on the right continue over the bridge and in approximately 200m join a path between a hedge and wall running parallel to the road.
- After a short distance turn left along a path signed Dales Way/Bowston. Continue around the back of the industrial complex until a timber kissing gate is reached on the right. Go through the gate and follow the path along the top of the slope until a metal ladder stile is seen.
- Ignore this stile wall and bear right ascending the field with a wall on the left and then use a stile (sign posted) to reach a narrow lane.
- Cross this and use the opposite stile to walk through three pastures, with a wall on the left, until reaching a large gate that opens into a wide bridleway.
- Once on the bridleway turn left and, after a short way, leave the track at a sign post marked public bridleway, passing a bungalow on the left, and after winding left and then right, pass the back of Braban House. Continue to a gate and then go left diagonally across a field to a way-marked farm gate and then along a hedged bridleway.
- At a narrow lane, turn right and walk on until reaching a signed bridleway to Hagg Foot on the left, just after a layby.
- Continue along this bridleway to its end and then take the left hand, sign-posted gate and climb the slope ignoring a sign-posted left turn. To the right is Ghyll Pool. Continue and go through a gap in the wall and then climb over the next stile heading to the large dam of Potters Potter Tarn, remaining on the left of the overflow stream.
- At the foot of the dam, turn left and go onto a large ladder-stile. Once over, climb gently following way-marks and then gently right before descending to go through a gate.
- Then bear right along a track, go through a gap in the wall and turn sharp left to follow a narrow winding path to the bottom of the slope. Turn left and walk along a grassy trod, through a gate to a tiny cottage.
- Here leave the track and wind round left to the front of the cottage. With your back to its front door, follow the grassy trod straight ahead into another pasture.
- At the corner of the woodland on your right, leave the track and drop down a grassy slope diagonally to a stile (not visible initially) in the bottom left corner, giving access to a narrow road.

Walk
4
4.5 miles
2 hours

Staveley – Cowen Head and River Kent

Station: Staveley.
Terrain: Easy, mainly level.
Refreshments: Cafés, Fish & Chip shop and pubs.
Map: OS Explorer OL7 1:25000

- Leave the station by the steps, turn right and walk under the railway bridge and on to just before the bridge over the bypass.
- Here, take the track on the left signposted Dales Way (DW). Follow this route and pass between the buildings of Moss Side.
- When the track curves right, follow it and go to the stile with a gate on it ahead; over the stile turn left and walk along the side of the wall. Keep the wall on your left as you head towards the railway line, where you turn right (signed) and walk along a track bounded by the railway on your left and a hedge on your right. At the T-junction of paths follow the DW to the left under the railway bridge. Continue to the road at Stock Bridge Farm, cross the road and turn right along the pavement towards the level crossing. After 250 yards, follow the DW marked path to the left. Go through a gate and follow a hedged path as far as the two armed signpost.
- Here, leave the DW and follow the rising path on the right to a stone stile into a pasture. Turn right and walk by the wall to the stile in the corner, go over it then ahead over rough pasture.
- This leads to a signpost and a private road to Cragg Rigg. Note: when the route was checked in October 2015 the signpost had lost its direction 'finger'. Turn right and at a triangle of grass, take the narrow unsigned road to the left, crossing the cattle grid. Follow it to the farmhouse and go through the yard to a gate with a waymark beyond. Go up the steps to a lawn on the left and then walk right to a way-marked gate.
- Descend over rough pasture beside a wall on the right, through an iron gate and pastures towards the valley. Pass through the wide metal gate, then gates to two sheep pens and continue to the road. This last section lacked way marks in October 2015. You are now on the Dales Way, in front of Cowan Head. Turn left and walk beside the former mill, passing cottages and the old mill pool. Beyond the next gate, follow the path beside the river.
- Ignore Hagg Bridge and pass through two gates and then a step stile and follow the path very close to the river bank.
- Then climb steeply to a pasture and a gate. Walk with a wall on the right to climb a high ladder stile and then follow the path round to the right towards the river. Pass to the right of a walled wood and then use the ladder stile to enter the wood. Keep to the right beside the wall and leave the trees by another ladder stile. Follow the bend of the river and go through a gate, avoiding a wet area by keeping well left of a wall on the right. Head to a right corner where two walls come close together and follow the track between the walls to a gate. On the left is a sign directing to a kissing gate and once through it, follow the path to Staveley, parallel to the wall on the right.
- Follow the wall until rejoining the DW at the fork near to the start of the walk.

Walk
5
3 miles
1.5 hours

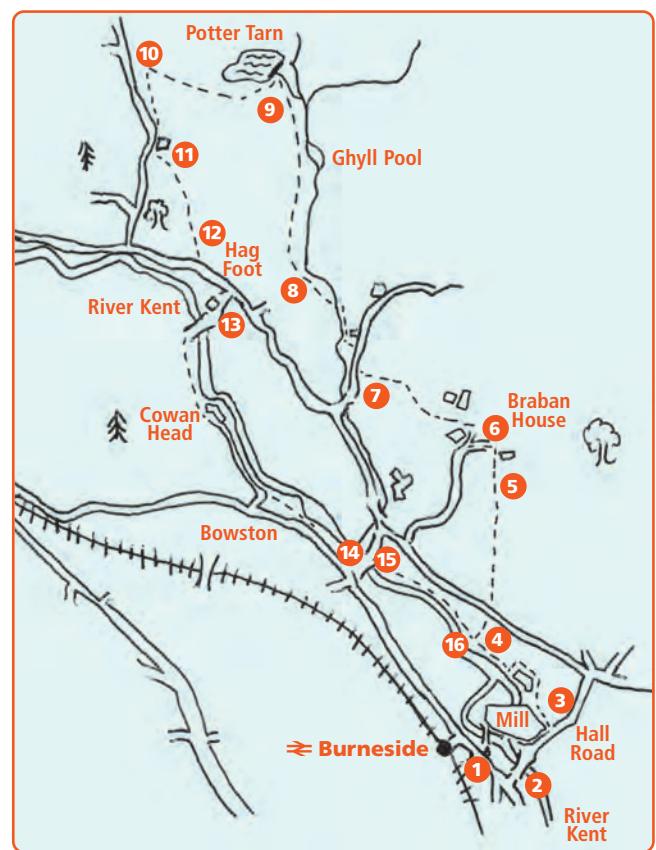
Windermere – Orrest Head

Station: Windermere.
Terrain: Easy with some small hills.
Refreshments: Cafés, Fish & Chip shops and pubs.
Map: OS Explorer OL7 1:25000

- Exit Windermere Railway Station via the Ticket Office and turn left. Walk past Booths supermarket towards the Tourist Information Centre. Cross the road towards the Natwest bank. Turn right at the bank to meet the A591 then turn left and walk towards the pelican crossing.
- Cross the road at the pelican crossing, turn right then hard left and walk up the tarmacked lane marked 'Orrest Head'.
- Carry straight on with the cottages on your right; catching glimpses of Windermere Lake as the lane winds its way up.
- Where the lane ends at Elleray Wood Cottages follow the main path through the woods (ignoring any lesser paths) and bear up and to the right.
- At a small T-junction turn right and ascend the path with the stone wall and field on your left.
- Go through the iron 'kissing gate' on your left, marked with memorial stones to Arthur Henry Heywood, and ascend the well laid path with steps in front of you.
- After 50 yards you will reach the summit where you can enjoy the wide-ranging views and try to identify the fells using the carved, slate plaque kindly donated by Windermere Town Council and the Alfred Wainwright Society.
- Carry on over the summit and descend the path to the left (avoiding the way-marked path near the stone bench) to a dry stone wall. Bear right then left to arrive at a wooden kissing gate, signpost and stone stile marked 'Causeway'. Follow the stile over the wall and follow the path descending through open fields, keeping the wall to your left.
- When the path meets a rutted track follow it to the left, keeping the wall on your left.
- Cross a small beck using the stone slabs and follow the track up to a metal gate and stone stile.
- Climb the stile, turn left and walk along the road. After 200 yards you will reach 'Causeway Farm' on your right.
- Ignore the gates on your left and carry on along the road until you meet a wooden kissing gate on your left signposted for 'St Catherine's and Orrest Head'. Go through the gate and enter the wood.
- Walk through the wood, crossing a beck via a wooden bridge, until you reach a Y-junction. Bear left and go through another wooden gate into a field. Bear right and follow the path signposted for 'St Catherine's', keeping the wall and wood on your right.

Burneside continued

- Walk left and at the start of Hagg Foot (the first dwelling), go through a sign-posted gate.
- Wind round to the left, beside a retaining wall and after a few steps take a hedged track bearing right towards the River Kent. Cross the wooden bridge and then turn left to follow the Dales Way beside the River Kent. Go through a gate and then on by the mill pool and between cottages and along the back of the Cowan Head complex. The tarmacked road or the Dales Way, just above the river, can be followed and pass the bungalows at Bowston. Join the road and walk left, taking the second turn on the left.
- Follow the road over the stone bridge and follow the Dales Way over a stile at the end of the right hand bridge parapet. Walk along the side of the river until the metal ladder stile, ignored earlier, is seen in the distance.
- Climb the stile and head up the slope to rejoin the path taken earlier and head for the timber kissing gate and the industrial complex. Skirt round the complex and turn right at the road and right again after passing the shop on the left. Continue past St Oswald's church and cross the road, when convenient, to find the station approach on the left.



Staveley continued

- Turn right, follow the track to the road and then go right along the pavement towards Staveley. At the 'Eagle & Child' cross the road to use the pedestrian bridge across the River Gowan.
- Continue along Main Street, turn left up Station Road, then re-cross the River Gowan to return to the station.



The Lakes Line takes visitors into the heart of the Lake District at Windermere. The line passes through Kendal and climbs to its terminus above Bowness where boats of all sizes allow visitors to enjoy Lake Windermere.

Oxenholme

Oxenholme Station is the place that welcomes passengers to southern Lakeland and links the West Coast Mainline to the Lakes Line. The "Helm" rises behind the station and offers spectacular views across Morecambe Bay.

Kendal

Kendal, overlooked by the ruins of a 12th century castle, is well worth a visit. It has the nick name of the "Auld Grey Town" and offers a great range of shops and cafés as well as the vibrant Brewery Arts Centre, the Waterside Art Gallery and the Abbot Hall Art Gallery.

Burneside and Staveley

Burneside is on the route of the Dalesway walk as is Staveley which is also the gateway to the spectacular Kentmere Valley. A visit to Staveley Mill Yard is a must as this is home to a brewery, cafe, cycle hire/shop, furniture manufacturers and much more.

Windermere

Windermere is a great base from which to explore the Lake District. Don't miss spectacular views from Orrest Head or a trip across the lake with Windermere Lake Cruises. Cycle-hire is available at the railway station and the Tourist Information Centre is close by. A direct bus takes visitors to Brockhole – The Lake District Visitor Centre, on the way to Ambleside.

Windermere continued

- Walk towards the corner of the field and turn right through the wooden gate into another field. Descend, keeping the wall and wood on your left. At the T-junction carry straight on with the beck on your right. After 200 yards go through a wooden gate in the corner of the field into some woodland.
- Follow the waymarked path through the woods until you reach an ornate iron gate. Go through the gate and turn left, following the signposted path for 'Orrest Head and Windermere' and keeping the wooden fence on your right.
- At a T-junction carry on, with the hedge on your right, and, after crossing a private drive the path narrows and runs between two mossy walls. Cross the road at Elleray Bank and continue onwards along the path with the field on your right and the woodland on your left.
- On reaching the tarmacked drive with cottages on either side marked 'Windermere School' go straight ahead along the path marked to the left of the garage.
- Carry straight on with the stone wall on your right and at the T-junction turn right and retrace your steps back to Windermere Station.

