

THE KIRKBY STEPHEN TRAILS



INTRODUCTION

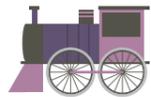
Welcome to Kirkby Stephen, a small Pennine town where life revolves around the busy Farmers' Auction Mart. Kirkby Stephen is the first town to greet the River Eden, as it flows north from its birthplace in the Mallerstang Hills.

The surrounding agricultural landscape is predominately sheep-rearing country but is also rich in myths and legends, prehistoric settlements, strategic Roman forts and defensive Norman castles. But the town isn't stuck in the past, and in 2009 it became the first "Walkers are Welcome" town in Cumbria.

Culture vultures will love to discover galleries, studios and sculptures hidden around the town. Local artists are working together to put Kirkby Stephen on the map as an "Arts Town", so look out for festivals and events!

So stay a while and explore this charming town. The attractions and trails in this leaflet are all accessible without a car so that you can get away from it all and get closer to nature. For accommodation and more ideas pop into the **Visitor Information Centre** in the Market Square (tel 017683 71199).

FURTHER AFIELD



BY TRAIN

The Settle-Carlisle Railway, one of Britain's most picturesque routes, runs through Eden connecting Kirkby Stephen with Appleby, Langwathby, Lazonby and Armathwaite. It follows the natural pathways through the hills of the Pennines and is one of the most scenic rail routes in England.

Enjoy amazing views from your carriage, and indulge in the award-winning trolley service of local cakes and ice cream! There are car parks at each of the stations and bikes can be carried onboard (spaces are limited and you may need to book in advance).

For timetables and tickets visit www.settle-carlisle.co.uk.

BY BUS

The number 653 bus service runs from Kirkby Stephen Market Square to Penrith via Appleby and Brough. For more info visit www.traveline.info

Take a round trip from Kirkby Stephen to Hawes on Tuesdays in summer or Barnard Castle every Wednesday all year round on Cumbria Classic Coaches (tel 015396 23254).



BACK TO NATURE



The geology around Kirkby Stephen is a mixture of limestone and the red sandstone which is so typical of the Eden Valley, formed when the region was a scorching desert. This unique rock, called Brockram, can be seen in the exposed cliffs along the River Eden and is used in most of the buildings in the town. At the **Millennium Bridge** take a while to stop and look at the rocks below, where the river has carved its way through leaving unusual pools known locally as the "Devil's Mustard Mill".



The railway cuttings and embankments have developed into limestone grassland rich in plant species, including rare specimens, like Bird's-Eye Primrose and Butterfly Orchid. The Gill is home to a wide variety of butterflies, including the Scotch Argus, which is only found on one other site in England. **Ewbank Scar**, a favourite Victorian beauty spot, has fine views and cascading waters. It is also a Site of Special Scientific Interest due to its limestone grasslands and semi-natural woodland.

There are many important nature reserves in the Eden Valley and a few are within walking distance of the town. **Smardale Gill National Nature Reserve** runs along a section of disused railway line and is dominated by the magnificent structure of Smardale Gill Viaduct.

CAKES AND CRAFTS



The popular **Church Gallery** on Market Street has an impressive range of beautiful gifts and cards spread over seven rooms - you're sure to find something to suit your taste. The homemade cakes served in the Tea Garden will restore the weariest of shoppers!

On Nateby Road is a **Temperance Hall**, now home to a collection of Costume and Memorabilia which has taken owner Lynn Hopwood some 35 years to gather. For an unforgettable and unique experience, enjoy a private tea party with exquisite cakes and fine china in the hall. The museum and tea room is open by appointment only, call Lynn on 017683 74870 or 07880 523821.

On Market Street you'll find **The Bookshop**, which hosts an eclectic stock of new, secondhand and antiquarian books, maps and documents.

It also sells local maps and guides. They are open on Monday, Wednesday, Friday & Saturday 10am - 1pm & 2pm - 5pm.

Take a trip by boat or by bike to the nearby hamlet of **Ravenstonedale** and choose from three charming country pubs. Work up an appetite exploring **Crossbank Nature Reserve** at the back of The Fat Lamb, relax in the riverside garden at The Black Swan, or sample from the range of pub classics and special dishes at The Kings Head.



THE GREAT OUTDOORS



With fells and rivers at every turn, you can't help but want to explore the great outdoors. The map on the next page has plenty of ideas for routes that take in the heritage, nature and landscapes around Kirkby Stephen. Kirkby Stephen was the first town in Cumbria to gain "Walkers are Welcome" status, so you can rest assured that the local shops and cafes will be happy to help you with what you need.



After a long hike, don't miss your chance for a photo opportunity at the Alfred Wainwright memorial tablet outside the cloisters in Market Square. The tablet was laid in 2013 to mark the 40th anniversary of Wainwright's 182 mile Coast to Coast Walk. The route passes through three national parks and Kirkby Stephen lies roughly half way along.

Give your legs a rest at the **open-air heated pool** in the grounds of Kirkby Stephen Grammar School, usually open Mon, Wed & Fri 4pm - 6pm (call to check opening times 017684 82523). For something a little different, take to the skies and explore with wings at **SunSoar Paragliding School** (tel 0845 220 6066).

Eden really is paradise for explorers!

ON YER BIKE!



Kirkby Stephen, surrounded by quiet country roads and undulating hills, is the perfect base for cycling. Download the free Cycle More Eden app or visit www.nurtureeden.org for cycle itineraries that start and finish right here.

For a great day out by mountain bike head to Pendragon Castle on a loop through the Mallerstang Dale (16.05km), follow the disused Stainmore railway on the Villages and Viaducts Ride (19.79km), or ride to Smardale and Crosby Garrett Fells for amazing views (27.27km). If you prefer to ride a road bike, try the Eden Rivers and Brough Castle Ride (25.52km) or Mallerstang and Pendragon Castle Ride (19.48km). Got the little ones in tow? Try the family-friendly Northern Viaduct Round (5.45km) and enjoy the views!



For more route ideas pick up a free copy of "A Guide to Cycling in the Upper Eden Valley" from the Visitor Information Centre, or join a guided ride by Mountain Bike Skills (tel 01539 623520 or 07971 275184). If you prefer to "Do It Yourself" take National Cycle Route 71 from Kirkby Stephen west to Soulby, Appleby in Westmorland and Morland. At Soulby you can join National Cycle Route 68 west to Great Asby and Orton.



WHAT'S IT ALL ABOUT?



ABOUT NURTURE EDEN

We have made a set of trails to inspire more people to explore the hidden gems of Eden. You can also access great ideas for days out and travel information at www.nurtureeden.org and on our mobile apps 'Explore More Eden' and 'Cycle More Eden'. Have fun exploring!



Nurture Eden aims to help Eden become a leading destination for sustainable tourism, growing local tourism businesses, whilst also protecting the environment.

This project is supported by the Rural Development Programme for England (RDPE) for which Defra is the Managing Authority, part funded by the European Agricultural Fund for Rural Development: Europe investing in rural areas.

THE KIRKBY STEPHEN TRAILS

Follow these trails to experience the culture, discover the heritage, and explore the mysteries of this fascinating landscape!

HISTORY AND HERITAGE

Spend some time exploring the market town and discover the heritage under your feet. We couldn't cover everything here, so here are our highlights. For more information about local heritage pick up the leaflet called "A Short History of Kirkby Stephen" from the Visitor Information Centre, or download the free Explore More Eden app.

At the impressive **Parish Church (1)**, also known as the "Cathedral of the Dales", you'll find the fascinating "Loki Stone". This ancient artefact is one of only two pieces of its kind in Europe.

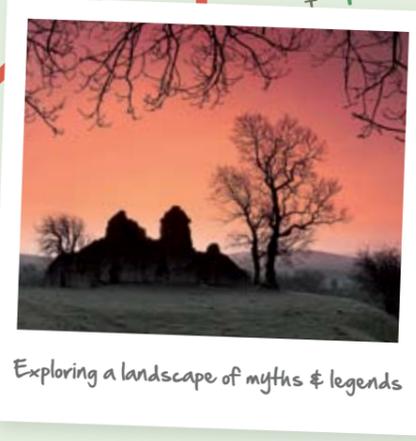
In the alleyway at the end of Market Square is **Faraday House (2)**, a Sandemianian chapel where the parents of Michael Faraday worshipped, before moving to London where Michael was born. With only basic school education, he taught himself by reading many books during his time as a bookbinder's apprentice. He went on to make many scientific discoveries, including electromagnetic induction, and earned his place as one of the greatest discoverers of all time.

Frank's Bridge (3) is a 17th century corpse lane bridge. You can still see the the stones at the far end where the coffins could be rested on their way from Hartley or Winton. It is said that "Jangling Annas" escaped from prison in Hartley Castle and drowned in the river, and she now haunts the bridge jangling her chains. The houses around Frank's Bridge are converted brewery buildings, indeed the bridge is thought to be named after the brewer Francis Birbeck.

The Northern Viaduct Trust manages the railway "Viaduct Round" walk, which takes you over both Podgill and Merrygill Viaducts. The walk has sheltered railway huts with interpretation, a wooded viewing area, picnic tables and a chance to get up close to a viaduct! The Viaduct Round (3 miles/5k) is over a flat, hard surface throughout so it's accessible for all. Pick up a free brochure or a walks guide at a Visitor Centre or download from the website www.nvt.org.uk



Pausing for thought on the Poetry Path



Exploring a landscape of myths & legends



Admiring the view from The Water Cut

KEY

- Railway Station
- Railway Line
- River
- 'A' Road
- 'B' Road
- Footpath

ARTS AND CULTURE

Bob March is the potter at **Hutton Lodge Pottery (4)** and with nearly 20 years' experience as a full-time potter he really is a master of his trade. He enjoys making things that can be used everyday, his pieces make a beautiful but functional gift. Call him on 017683 71396 to check opening times, then take National Cycle Route 71 for 2.5 miles to Soulby (30 mins).

Kirkby Stephen is the start and finish of the **Poetry Path (5)** - a circular 3 mile walk (about 1.5 hours) along the River Eden with twelve short poems written by the award winning poet Meg Peacocke carved into stones by lettering artist Pip Hall along the way. There is one for each month, covering a year in the life of a hill farmer. A leaflet with a walk guide and map is available from the Visitor Information Centre, Local Links Centre and the newsagents for just £2. To download MP3 audio guides visit www.walkeden.org

Ten carved stone sculptures, known as the Eden Benchmarks, were commissioned to commemorate the 2000 millennium. They are scattered along the River Eden from Mallerstang to Rockcliffe, and also function as seats. You'll find two of the Eden Benchmarks near Kirkby Stephen; **The Water Cut (6)** by Mary Bourne in Mallerstang, and **Passage (7)** by Laura White in Stenkrith Park.

The internationally acclaimed Sculptor Andy Goldsworthy has created interesting sculptures using old sheepfolds across the Eden Valley. Four of his sculptures are located within walking or cycling distance of Kirkby Stephen at **Outhgill (8)**, Raisbeck, Warcop and Brough.

Ceramic artist **Colette Hennigan (9)** works from her studio in Hartley. Her vases, bowls and dishes, are inspired by her drawings and paintings of landscape, architecture and plants. To visit the studio take the road to Hartley and the studio is opposite the green at Hartley Fold. Usually open Wed to Sat, but call to check on 017683 71293, or look out for the open sign!

Visit www.edenbenchmarks.org.uk to find out more about art in the landscape.

MYTHS AND LEGENDS

The Nine Standards (10) stand imposing near the summit of Hartley Fell, but their origins are still unknown. One theory is that they were built to look like an approaching roman army. Take the 5 mile (2 hour) walk from Kirkby Stephen for the spectacular views from this historic site.

Legend tells us that **Pendragon Castle (11)** was once the site of the castle of King Arthur's father, Uther Pendragon, where 100 of his men were killed when the well was poisoned by Saxon invaders. Follow the River Eden south for 5 miles (2 hours) to the mystical site.

Legend has it that the last wild boar in England was killed by Sir Richard de Musgrave in 1409 on **Wild Boar Fell (12)**. There could be some truth in the myth - a tusk from a wild boar was found in Sir Richard's tomb and is on display in the Parish Church. A hike to the top of this 708 metre peak is popular with walkers.

The routes shown are for guidance only. Please ensure you have an up-to-date map (OL19) with you before undertaking any of the trails. In a genuine emergency call 999. In mountainous areas ask for the Mountain Rescue Service. It's a good idea to plan your route in more detail before you set off and check the weather forecast. Equip yourself for any day out with warm clothes, waterproofs, sturdy footwear, food and water. MAP NOT TO SCALE. All information is correct at time of print. Nurture Eden cannot be held responsible in the unlikely event of injury or accident whilst undertaking any of these activities.