

NURTURE EDEN DOORSTEP GUIDE TO GREAT SALKELD



SPONSORED BY WETHERAL COTTAGES - 4 STAR COUNTRY COTTAGES



Welcome to Wetheral Cottages, situated in delightful grounds on the edge of the peaceful village of Great Salkeld. As well as enjoying the peace and quiet, there's plenty to see and do in the area. The cottages are perfectly located for exploring the beautiful scenery, dramatic fells and picturesque villages of the Eden valley, right from the doorstep. So get your fix of Cumbrian fresh air and give your car a break too.

WALKING AND THE DROVERS

Great Salkeld lies at the cross roads of several ancient droving routes, once travelled by farmers moving livestock from the borders of Scotland or Silloth down to market in Penrith. There are several routes through the village - you could say that Great Salkeld was the "spaghetti junction" of the middle ages! Then as it is now, the village of Great Salkeld was a favourite resting spot. The Highland Drovers Inn dates back to the 1700s and it still open today should you need rest or refreshment! The walks in this guide take you along some of these well-trodden paths to landmarks old and new, and the scenery remains as breathtaking as ever.



THE GREAT OUTDOORS

As well as walking, the Eden valley is a haven for cyclists, so don't forget to bring your bikes. National cycle route 7 is close by; just hop on to start exploring the picturesque villages at the foot of the Pennine fells. The river Eden flows close by, one of the few rivers in England that runs from South to North! You'll no longer find drovers bringing their livestock to bathe, but it's still a great place for fishing and swimming. If you want to know more about the best spots for a paddle, chat to John the owner.

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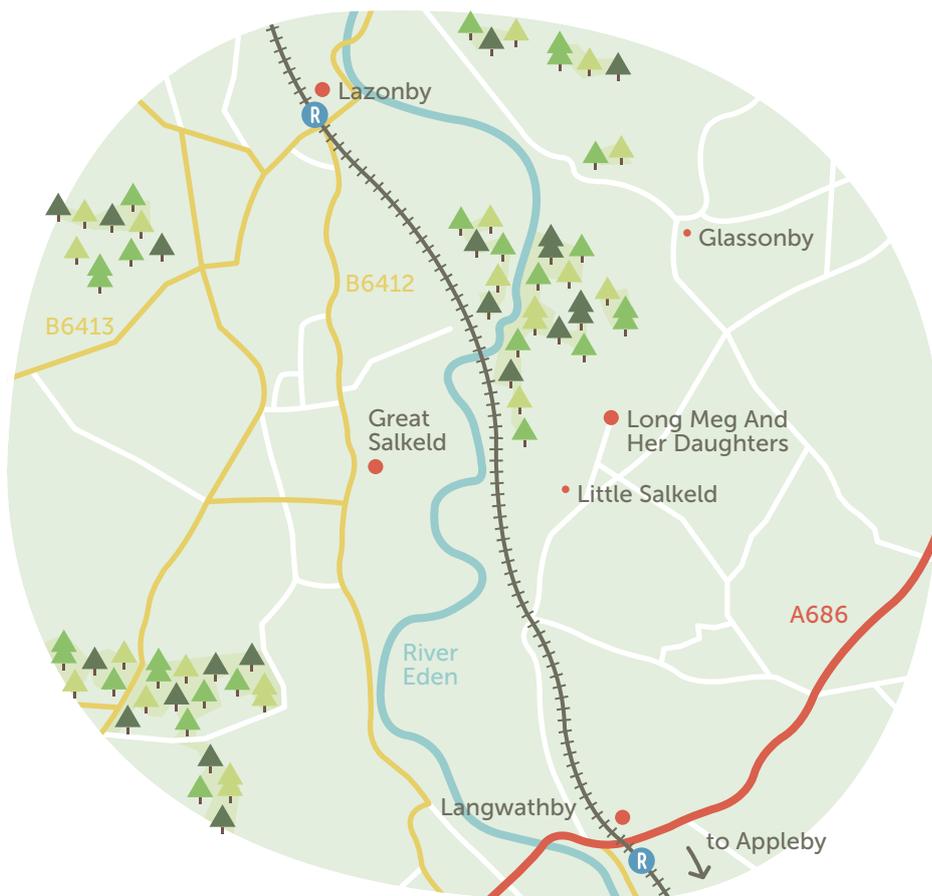
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GREAT SALKELD AND LAZONBY

There's so much to do in the local area, and plenty of opportunity for a great day out without the car. This guide has some great ideas for a car-free day out, or for more information, take a look at the leaflets in your welcome folder. Follow in the drovers' footsteps and head south to the pretty village of Langwathby where the beautifully renovated station buildings now house the Brief Encounter Restaurant, where meals, snacks and refreshments are available.

The village of Lazonby, just a short walk to the north, has plenty to offer including an open air swimming pool, artist studio and an independent wooden toy shop. The two pubs and the co-op shop which sells produce from the local bakery should cover everything you need for refreshments. Across the river is the spectacular stone circle of Long Meg and her daughters, the walk in this guide takes you to this and other famous landmarks.

Keep an eye out for furry Red Squirrels, and why not help us protect these endangered creatures by donating a pound to Nurture Eden through Wetheral Cottages?



FURTHER AFIELD

At both Lazonby and Langwathby you can take a ride on the famous Settle to Carlisle railway through the stunning Eden Valley. With the Lake District on one side and the Pennines on the other, there will be plenty of photo opportunities - don't forget to take your camera! Why not take a ride from one village to the other to complete a circular walk. Or for a full day out, put your feet up and enjoy the journey to the market towns of Appleby-in-Westmorland or Kirkby Stephen.

Finally, the Fellrunner bus runs Tuesdays, Wednesdays and Thursdays to Penrith. Check times in the shelter at the bus stop opposite the playground on the village green as if heading towards Lazonby.

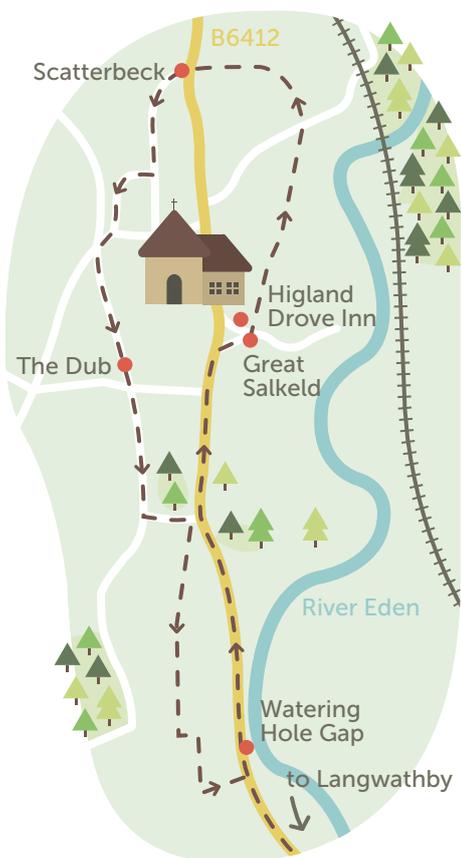
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GREAT SALKELD VILLAGE AND A DROVERS WALK

Experience an historical tradition and follow in the footsteps of the drovers. Starting from Great Salkeld, stretch your legs and enjoy the fresh air on the route down to Langwathby. After a day out and about, call in at the Highland Drove for a friendly welcome and some great food. Ask John if you need to borrow an OS map for the day.



- Great Salkeld is a delightful picture postcard village with red sandstone cottages clustered around St Cuthbert's Church and the village Playing Field. The village inn, the Highland Drove, has won awards for its real ale and great food. As the name suggests, its earliest customers were the Scottish drovers. It still provides food, drinks and shelter and is well worth a visit. Open for food every day (except Monday lunchtime), book for evening meals.
- A small woodland near Scatterbeck is the site of the ancient Aikton castle, but little is known about the history of these mysterious ruins. The village to the woodland is 15 minutes walking.
- Wetheral Cottages are involved with a project that aims to restore the dub as it is important habitat for great crested newts. The dub was once an important watering hole for the drovers, and was once cobbled to allow cattle to walk through for a drink. The woodland to the dub is 20 minutes walking.
- From the dub, drovers walked their livestock to wash in to the watering hole gap. Here you can catch a great view of the river Eden. The dub to the watering hole gap is 30 minutes walking. From here you can return to Great Salkeld, only 10 minutes along the river Eden, or continue on to Langwathby a little further south.
- The quaint village of Langwathby is centred around a village green and pub, and the train station for the Settle to Carlisle Railway is just a short walk from the green. Hop on board a train or visit the Brief Encounter Restaurant for some refreshments. The watering hole gap to the Langwathby is 30 minutes walking. Langwathby back to Great Salkeld is 40 minutes walking.

THIS
WALK WILL
TAKE ABOUT
2 HOURS

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LAZONBY

For a great car-free day out take a short walk to Lazonby, where you can spend a relaxing day visiting the unusual shops and the outdoor pool, or take a scenic train ride to the bustling market town of Appleby-in-Westmorland.

The walk should take about an hour each way, with lovely views of the river on the way. There are two pubs in Lazonby, The Midland Hotel and the Joiners Arms, should you need some liquid refreshment before heading home!

- Take a dip in the open air pool, heated to a perfect 25 degrees C. It's open at weekends and Holidays from 12-6pm or Term-time weekdays 3-6pm, ring to check before travelling on 01768 898346.
- Annie Peaker is a ceramic artist and you can view her fantastic work at Kirk Neuk Studio & Gallery. They are open daily from 11am-5pm (phone in advance to check on 01768 870492). You will find them towards the lower end of the village between St Nicholas Church and the Auction Mart.
- For a unique present, visit Croglin Designs. Father and son team Joe and Ian Butler, have a small gallery above their workshop where you can admire and buy their beautiful, unique and quirky woodworking. Find them in the Old School House on the Main Street. Call ahead on 01768870100 for opening times.
- The famous local bakery, Bells of Lazonby, is based in Lazonby of course! The factory shop is open on Saturday morning; pop in to buy fresh bread and cakes, or sit down to enjoy a freshly ground coffee and a slice of cake. Follow the signs to Edenholme Bakery. 01768 898437.



Croglin Designs

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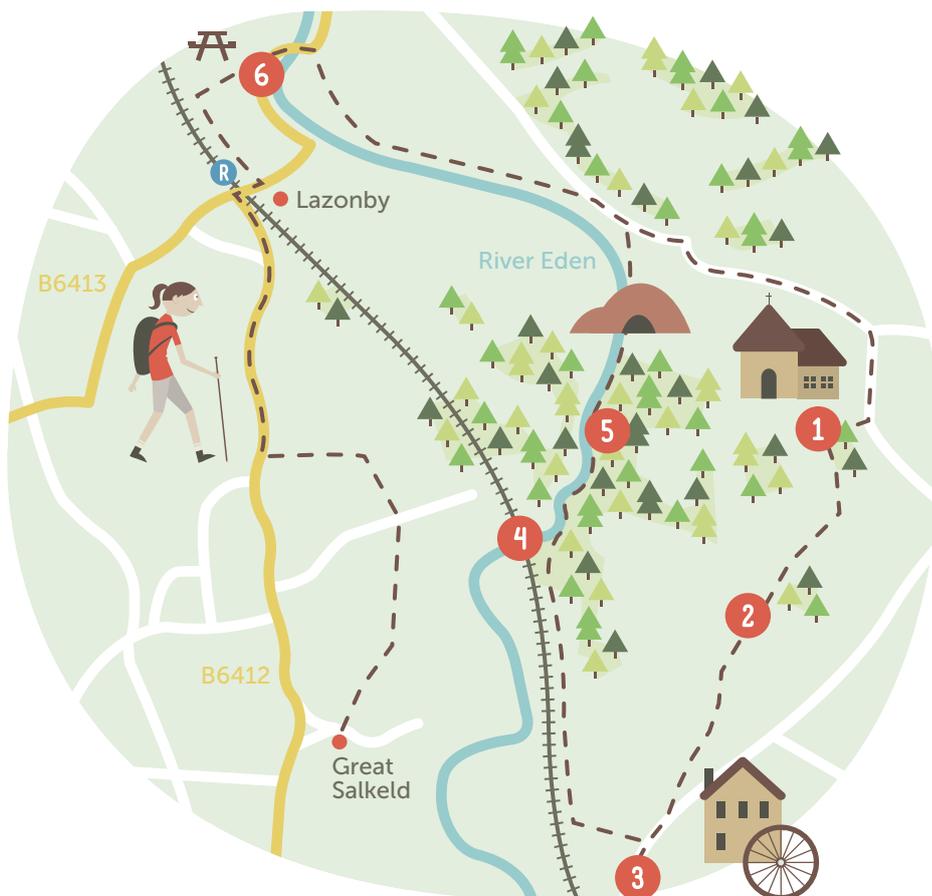


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EXPLORING EDEN'S MONUMENTS

The Eden Valley has had a fascinating past, and this walk takes in many interesting landmarks - old and new. This route will probably take 5 hours walking, but put aside a whole day to leave plenty of time for lunch, photos and wildlife watching. Take OS map OL5.

1. Church of St Michael and All Angels
2. Long Meg and Her Daughters
3. Little Salkeld Watermill
4. Eden Lacy Viaduct
5. Lacy's Caves
6. Cypher Piece



Start with a walk from Great Salkeld to Lazonby. From the footpath between Great Salkeld and Lazonby, you will see the impressive Eden Lacy Viaduct which still supports the famous Settle to Carlisle railway. Great Salkeld to Lazonby is around 1 hour walking.

This train is called Tornado.

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EXPLORING EDEN'S MONUMENTS

- After Lazonby, cross over the river and head to the Church of St Michael and All Angels in village of Addingham near Glassonbury. Although Addingham is an Anglo-Saxon settlement, there hasn't been a village here since the 14th Century, when the River Eden changed its course and washed the village away. Around the church you can find an Anglo-Saxon hammer-head cross, a Viking hog-back tombstone, and two coffin lids decorated with early Christian emblems. Lazonby to the church is around 1 hour walking.
- The next section of the walk takes you to Long Meg and Her Daughters, a stone circle spanning 350 feet described by Wordsworth as the most notable relic that this country contains (besides Stonehenge!). The site was probably an important meeting point and dates from around 1500 BC. It is the second largest stone circle in England and certainly not to be missed. The church to Long Meg is about 15 minutes walking.
- At Little Salkeld, is the Little Salkeld Water Mill, Cumbria's only fully operational water mill. They grind British grains using a traditional stone method, pop in for a tour and a great tea room famous for its delicious food cooked with organic and local ingredients. It's open daily from 10:30 to 5pm. Long Meg to Little Salkeld Water Mill is about 30 minutes walking.
- On the bank of the river Eden are Lacy's Caves, a series of chambers carved into the sandstone in the 18th century. The caves were commissioned by the eccentric Lieutenant-Colonel Samuel Lacy who according to legend, also tried to blow up the Long Meg stone circle! The Water Mill to the caves is about 30 minutes walking.
- Last but not least is the newest monument in the landscape, the Cypher Piece by Frances Pelly, at a picnic spot in Lazonby. The sculpture is one of ten Eden Benchmarks, a series of carved stone sculptures along the River Eden. Luckily, they also function as seats, so take a last rest and admire the views before heading back to Great Salkeld. Lacy's caves to Lazonby are about 1.5 hours walking.



ABOUT NURTURE EDEN

Nurture Eden aims to help Eden become a leading destination for sustainable tourism, growing local tourism businesses while protecting the environment at the same time. 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!



The routes shown are for guidance only. Please ensure you use an up-to-date map. 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. In a genuine emergency call 999. In mountainous areas ask for the Mountain Rescue Service.

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.