

Cross Fell and Great Dun Fell (Langwathby to Appleby)			Cross Fell and Great Dun Fell (via Threlkeld Side)		
1 <sup>st</sup> walk check	2 <sup>nd</sup> walk check	3 <sup>rd</sup> walk check	1 <sup>st</sup> walk check	2 <sup>nd</sup> walk check	3 <sup>rd</sup> walk check
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## Cross Fell and Great Dun Fell (Langwathby to Appleby)

**Start:** Langwathby Station

**Finish:** Appleby-in-Westmorland Station

Langwathby Station, map reference NY 573 334, is 393 km northwest of Charing Cross, 28 km southeast of Carlisle and 113m above sea level. Appleby-in-Westmorland Station, map reference NY 686 206, is 17 km southeast of Langwathby and 161m above sea level. Both are in **Cumbria**.

**Length:** 33.0 km (20.5 mi).

**Cumulative ascent/descent:** 1048/999m. For a shorter or longer walk, see below **Walk Options**.

**Toughness:** 10 out of 10

**Time:** 8 ½ hours walking time.

**Transport:** Langwathby and Appleby-in-Westmorland are stations on the Leeds - Settle - Carlisle Line, with eight trains per day Mon-Sat and seven on Sundays. The journey time to Langwathby is 27 minutes from Carlisle, 71 from Settle and 133 from Leeds. Appleby-in-Westmorland is the next stop in the direction of Settle, with 15 minutes journey time from Langwathby.

**Saturday Walkers' Club:** The walk is not practicable as a daywalk from London.

**OS Landranger Map:** 91 (Appleby-in-Westmorland) & 98 (Wensleydale & Upper Wharfedale)

**OS Explorer Map:** OL19 (Howgill Fells & Upper Eden Valley)

### Walk Notes:

This route follows the Pennine Way across Cross Fell and Great Dun Fell (with Little Dun Fell squeezed in), the highest hills along the Pennines and therefore the highest in England outside the Lake District. They are part of a more than 12 km long ridge, the largest area of continuous high ground in England, forming part of the English watershed. The tops are often windswept and foggy, with snow clinging on into May. Cross Fell is an iconic structure of a broad-based and mighty flat plateau top with boulder-filled slopes sitting on a long ridge, and the only place in Britain with a named wind, the Helm Wind. The views from the top (in good weather) include The Lakes, Solway Firth, Scottish Uplands, Tyne and Tees Valleys and the Pennine Ridge. Great Dun Fell is dominated by large Air Traffic Control radomes, guiding transatlantic air traffic. Navigation is relatively straight forward, even in bad weather, due to good tracks and engineered paths on the ascents/descents and numerous cairns and shelters on the high ground. Flora and fauna include upland hay meadows, rare arctic and alpine plants on the top plateau, curlews, grouse and golden plovers in season. All hills on the walk have been mined over millennia for lead, iron and limestone, and scars of those activities - some quite picturesque - are still very evident, especially on the extended version via Threlkeld Side.

The hills are far from any train station, making this a very long walk. Only taxis or car shuttles can reduce the length substantially.

## Walk Options:

**A Taxi or organised car shuttle to St. Lawrence's Church in Kirkland** cuts the initial all-tarmac 7.9 km of the route, giving a 25.1 km/15.6 mi walk with 932/972m ascent/descent and an **8/10** rating.

**On Wednesdays and Thursdays**, the first train from Carlisle connects at Langwathby with the **Fellrunner Village Bus** service. Line 130 at 09.15 on Wednesdays and Line 135 at 09.05 on Thursdays get you to Skirwith (on the route, 4.8 km in) and Blencarn (off route, but closer to Kirkland than Skirwith).

### Three different descents from the ridge after Great Dun Fell are described:

- The **Shortcut**: initially following the tarmac service track from the radar station, through a beautiful gorge below Green Castle Crag and along the rim of the Knock Ore Gill, then down rough pastures and along paths to the Pennine Way (cut 500m and 50m ascent);
- The **Main Walk**: follow the Pennine Way over The Heights and Green Fell mostly with clear and good paths and then descend with the PW along good paths and tracks;
- The **Extension**: from Knock Fell, continue across the mostly pathless moorland plateau to Great Rundale Tarn and pick up a shooter's track down Threlkeld Side with its disused mines past Dufton Pike to Dufton (map-and-compass navigation skills are advised). Add 1.2 km but cut 30m ascent.

**A more strenuous outing continues even further over the open moorland plateau to High Cup Nick** where you can pick up one of the SWC's High Cup Nick Walk routes for a descent to Appleby.

**Finish the walk in Dufton** at the very agreeable Stag Inn or the Post Box Pantry and get a **taxi** to pick you up (cuts 5.7 km).

**Add an out-and-back down into Appleby's town centre** at the end of the walk past more tea places (see route map for details).

## Lunch: Picnic

**Tea** (details last updated 03/06/2023)

**The Stag Inn** The Ride, Dufton, Cumbria, CA16 6DB (01768 351 608, <https://thestagdufton.co.uk/>). The Stag is located 100m off route, 5.7 km from the end of the walk. Open from 18.00 Mon, 17.00 Tue and 16.00 Wed-Fri, and all day Sat-Sun. Dinner served 17.30-20.00 Tue-Sat & 17.00-19.00 Sun; lunch 12.00-14.00 Sat-Sun.

**Post Box Pantry** The Ride, Dufton, Cumbria, CA16 6DB (01768 353 660, <https://www.postboxpantry.co.uk/>). The Pantry is located 100m off route, 5.7 km from the end of the walk. Open 10.00-16.00 Mon-Wed and Fri, 10.00-17.00 Sat-Sun.

**The Midland Hotel Freehouse** 25 Clifford Street, Appleby-in-Westmorland, Cumbria CA16 6TS (017683 51524, <https://www.themidlandhotelappleby.co.uk/>). The Midland is located right by the train station and is open 14.00-23.00 Tue-Fri and 11.30-23.00 Sat-Sun.

**Numerous options in Appleby** on an out-and-back (adds 1.2 km and 40m ascent): **Angelo's Ristorante**, **Eden River Café**, **Ashiana** (Indian), **The Crown & Cushion**, **Tufton Arms Hotel**, **The Hare & Hounds**.

## Northern Glossary

beck: stream, brook; brig(g): bridge; -by: habitation; cam: bank, slope, ridge; carr: marshy woodland or shrubland; clough: narrow valley, cleft in a hillside, ravine, glen, gorge, cliff, rocky precipice; crag: steep rugged mass of rock projecting upward or outward; currick: cairn, pile of stones, often locations used to keep watch for Scottish raiders; dale: valley; -ey: island, dry area in a marshy place; fell: hill, mountain slope (especially rough moorland); firth/frith: long, narrow inlet of the sea or estuary; force/foss: waterfall, rapids; frith: area of peace, protection, safety, security, pasture; garth: small grass enclosure adjacent to a house; gate: way, street; gill/ghyll: small narrow valley or ravine; hagg: part of an area of woodland, especially on a sloping bank; holm(e): island, inland promontory, raised ground in marsh, river-meadow; how(e): barrow, small hill; hush: (Roman era) mine on steep hillside, using dammed up water to wash away topsoil and boulders, revealing the underlying lead or ore veins; ing(s): meadow(s), especially water meadow near a river; keld/kell: spring or well; kirk: church; laithe/leeath: barn, agricultural building; lang: long; ling: heather; lonning/lonnin': lane or track, something less than a road, more rural than a street, usually short; mell: sand dunes; mire: bog; moss: bog, marsh; ness: headland, promontory; nick: shallow notch, cut or indentation on an edge or a surface; pike: spike, sharp point, peak; rake: slant, incline; rigg: ridge; scar/scaur: cliff, rocky outcrop with a steep face; seat/set(t)/side: summer pasture or dwelling place; seaves: rushes; shaw: hurdle, gate; sike/syke/sitch: small stream or gully, gutter; stang: pole, shaft, stake, wooden bar; stoop/stowp/stoup: post, gatepost, distance marker (milestone), standing stone; -sty: ascent, ascending lane or path, narrow pathway or course; tarn: lake or pond (especially in an upland location); thorp(e)/t(h)rop: village or small settlement; thwait(e): village or small settlement; toft(s): small farmstead with enclosed land, later applied to a village or small settlement; wath: ford; whinny: gorse, furze, thorny vegetation; -wich/wick: village or settlement.

## Notes

### Langwathby

Langwathby lies on the east bank of the River Eden and is named after a former ford ('wath') across the river, which was later replaced by a three-arched sandstone toll bridge. This was washed away in 1968 and a Bailey bridge (a portable, pre-fabricated, truss bridge) was erected as a "temporary" replacement. It is still there, and is now the longest standing temporary bridge in the country.

The railway station on the Settle - Carlisle Railway was built in 1876. The station building is now a café.

### Settle – Carlisle Railway

The Settle – Carlisle line is a 117 km-long (73 mi) railway line in northern England. The route crosses the remote, scenic regions of the Yorkshire Dales and the North Pennines, running between Settle Junction on the Leeds–Morecambe line and Carlisle, near the English-Scottish borders. It was constructed in the 1870s and has several notable tunnels and viaducts. The line was built by the then Midland Railway to be able to run trains to Scotland, as the then London & North Western blocked access to a short bit of track linking Midland's network to the existing line to the North. The works needed over 6,000 navvies, who worked in remote locations, enduring harsh weather conditions. Large camps were established to house the navvies, most of them Irish, with many becoming complete townships with post offices and schools. The main ones were called Inkerman, Sebastopol and Jericho. The remains of one camp – Batty Green – where 2,300 navvies lived and worked, can be seen near Ribbleshead.

In the 1980s, British Rail planned to close the line. This prompted a campaign to save it, led by the Friends of the Settle–Carlisle Line (FoSCL). The campaign uncovered evidence that BR had mounted a dirty tricks campaign, by exaggerating the cost of repairs and diverting traffic away from the line in order to justify its closure plans, a process referred to as 'closure by stealth'. In 1989, the UK government announced the line would be saved from closure. Since then, passenger numbers have grown steadily from less than 93,000 in the 1983 to 1.2 million in 2012. Eight formerly closed stations have been reopened and several quarries have been reconnected to the line and it remains one of the most popular railway routes in the UK for charter trains and specials. The railway's summit at 356m is at Aisgill, just north of Garsdale Station, and is the highest point reached by main-line trains in England. <https://settle-carlisle.co.uk/> <https://www.foscl.org.uk/>

Four of the railway properties are available as holiday lets:

<https://settlecarlisletrust.org.uk/stay-at-a-station/> <http://www.dentstation.co.uk/>

### Eden Valley/River Eden

The River Eden is entirely in Cumbria and is one of the few large rivers in England that flows northwards. The source of the river is on the high limestone fells above Mallerstang Common, between High Seat, Yorkshire Dales and Hugh Seat. Here it forms the boundary between Cumbria and North Yorkshire. Two other rivers arise in the same peat bogs, within a kilometre of each other: the Swale and the Ure.

The Eden makes its way across eastern Cumbria, with the hills of the North Pennines to the East, and the fells of the Lake District to the west, to Carlisle. Here it merges with other rivers to form the great Solway Firth estuary, before reaching the open sea, 145 km (90 mi) from its source.

The river's name derives from the Celtic word *ituna*, meaning *water*, or *rushing*.

The Eden Valley is green and fertile but in medieval times the valley was vulnerable to Scottish raids, and the number of castles and Pele towers (small stone structures with walls from a metre thick, unique to the North of England) in the area are testament to a turbulent and often violent past.

### A Pennine Journey

The Pennine Journey is a 391 km (243 mi) waymarked circular Long-Distance Path from Settle up through North Yorkshire, Durham, Northumberland and over to Cumbria and back to Settle. It was developed by David Pitt of the Wainwright Society and is a recreation of a solitary walk Alfred Wainwright made in 1938 through the Pennines, but adapted for today's roads and rights-of-way, i.e.: taking a route that Wainwright might have chosen today. The route traverses the Yorkshire Dales and Durham moorlands to follow Hadrian's Wall for a while and heading back south along the western Pennines, up the Eden Valley and along the Howgill Fells.

<https://penninejourney.org/>

### Whin Sill

The Whin Sill is a dolerite intrusion of late Carboniferous age which underlies much of the North Pennines and northeast England and is one of its key natural features. A major outcrop is at the High Force waterfall in Teesdale, another one at High Cup Nick on the Pennine ridge; and Bamburgh Castle, Dunstanburgh Castle, Lindisfarne Castle and stretches of Hadrian's Wall all strategically take advantage of high, rocky cliff lines formed by the sill.

It was formed when fresh magma intruded in spaces opened up by tectonic movements of existing crust layers and then – on cooling – crystallised and solidified.

## **Cross Fell**

Cross Fell is the highest point in the Pennines at 893m above sea level and lies within the county of Cumbria and the historic county boundaries of Cumberland. It is located at the northern end of the Pennine moors and has extensive views of the Lake District, to the west coast and also the east coast as well as to the southern uplands of Scotland and the Cheviots. The top is a stony plateau, part of a NW to SE 12.5 km-long ridge, which also incorporates the Dun Fells. The three hills form an escarpment rising steeply out of the Eden Valley and dropping more gently on its NE side into the South Tyne, Tees and Wear Valleys. It is the largest continuous area of high ground in England and snow has been known to lie on Cross Fell for up to 140 days a year.

The rock is mainly limestone, with strata of shale and gritstone, topped by a thin layer of soil and acidic peat. On the westerly and southerly slopes, the rock has been broken by freeze-thaw action into scree, which - together with the wide plateau top - gives Cross Fell its iconic appearance from those directions.

The Pennine Way goes over Cross Fell en route from Dufton to Garrigill and Alston.

The fell is prone to dense hill fog and fierce winds and it is home to the only named wind in Britain, the Helm Wind. This is similar to Föhn, known from the Alps, where moist, cool air (i.e.: north easterly wind) is forced over the hills, producing warmer drier flows on the leeward side (i.e.: in the Eden Valley). Its arrival is usually preceded by a dense line of clouds forming over the fell, this phenomenon being known as the Helm Bar. The wind can reach gale force, produce an almighty noise and last for days. It strikes most commonly in spring. The top of the hill is home to some rare alpine and arctic plants and farmers are required to keep sheep off the tops in order to avoid damaging the natural flora. Much birdlife, including curlews and plovers can be seen.

## **The Pennine Way**

The Pennine Way is a waymarked 429 km (267 mi) National Trail running along the Pennine hills, sometimes described as the 'backbone of England'. It starts in Edale in the Peak District National Park and runs north through the Yorkshire Dales and the Northumberland National Park and ends at Kirk Yetholm, just inside the Scottish border, and features 287 gates, 249 timber stiles, 183 stone stiles and 204 bridges.

## **Dunfell Hush**

Hushing is an ancient mining method using a flood or torrent of water to reveal mineral veins. The method was applied in several ways, both in prospecting for ores, and for their exploitation. Mineral veins are often hidden below soil and sub-soil, which must be stripped away to discover the ore veins. A flood of water is very effective in moving soil as well as working the ore deposits when combined with other methods such as fire-setting.

Hushing was a method of mining especially on steep hillsides used from Roman times or earlier, and up to the 19<sup>th</sup> Century where the cost of explosives was prohibitive. It was also widely used in the United States, but there called 'booming'. The first detailed description is from the 1<sup>st</sup> century AD by Pliny the Elder.

A dam would be built near the top of the area, and filled from rainwater, natural or diverted streams. When there was sufficient water, the dam was broken or a sluice was opened, and the resulting powerful rush of water would wash away the topsoil and small boulders. This would expose veins of lead and other ores, which could then be mined from the surface. Hushes can be seen today as gullies or large scarred areas on hillsides. The remnants of hush gullies are visible at many places in the Pennines and at other locations such as the extensive lead mines at Cwmystwyth in Ceredigion, Wales, and at the Stiperstones in Shropshire. A notable example is the Great Dun Fell hush gully near Cross Fell, Cumbria, probably formed in the Georgian era in the search for lead and silver. It is about 30m deep and is a prominent landmark on the bleak moors.

## **Shake Holes, Swallow Holes and Limestone Pavements**

Shakeholes (or sinkholes or dolines) are a depression or hole in the ground caused by some form of collapse of the surface layer. Some are caused by karst processes, for example, the chemical dissolution of carbonate rocks or suffusion processes. They tend to occur in karst landscapes, which can have up to thousands of sinkholes within a small area, giving the landscape a pock-marked appearance. These sinkholes can drain all the water, so that there are only subterranean rivers in these areas.

## **Appleby-in-Westmorland**

Appleby-in-Westmorland is a market town in Cumbria on the River Eden. It was the county town of Westmorland, and then known as Appleby, but changed its name to retain the name Westmorland in the 1970s after the county was abolished. Appleby is overlooked by the privately owned Appleby Castle, a largely Norman structure that served as home to Lady Anne Clifford in the 17<sup>th</sup> century. Its uncommonly wide main street, Boroughgate, has been described as one of the finest in England.

Appleby was a parliamentary borough from medieval times, electing two MPs. By the 18<sup>th</sup> century though it was a pocket borough, whose members were effectively in the gift of the Lowther family. They included William Pitt the Younger, who was a local MP when he became Prime Minister in 1783, although he stood down in the next general election, preferring to take a Cambridge University seat. A later Appleby member was Viscount Howick, later as Earl Grey the Prime Minister under whom the Great Reform Act of 1832 was passed.

Appleby and nearby villages host old-established events such as the Warcop rushbearing, dating back at least to 1716 and the Appleby Horse Fair, originating in 1685 and held over the first weekend of June. The fair is still held outside the town, where the Roman Road crosses Long Marton Road, not far from Gallows Hill. This was then unenclosed land, for sheep and cattle drovers and horse dealers to sell their stock. By the 1900s it had evolved into a major Gypsies and Travellers occasion, nowadays attracting up to 10,000 people.

## WALK DIRECTIONS

Alighting from the train at **Langwathby Station**, a stop on the **Settle – Carlisle Railway** in the **Eden Valley**, *leave the station from platform 1* (i.e.: go over the bridge if arriving on platform 2 from the direction of Settle) through a wooden gate to the left of a waiting room and follow a tarmac path to the left down to the **A686** and *turn right* uphill along it, without a pavement but with some fast traffic. At the top of the rise, by some houses on the left, you have a walkable margin on the left of the road. Where the road starts to descend, you ignore a left turn signed for a 'Feed Mill' and soon after *turn right*, signed for 'Skirwith 2 ¾' and '**Kirkland 4 ½**'. You follow this quiet country lane **all the way to Kirkland**, crossing just one other road, in the village of Skirwith.

**In more detail:** in 3.6 km you ignore a drive on the right leading to **Abbey Farm** and pass a village sign for **Skirwith**; the lane turns down to the left to cross the **Briggle Beck** and rises into the village (now with the **Skirwith Beck** on the right); at a fork by a sloping triangular green, you *fork left* to cross a road and continue along another lane, signed 'Kirkland 2', 'Appleby 17' and marked as route 68 of the National Cycle Network; in 3.0 km you pass the 'kirk' in Kirkland (**St. Lawrence's Church**), then cross the **Kirkland Beck** and *turn left* at a T-junction, signed '**Ranbeck ½**'.

Follow the tarmac lane gently uphill, with the beck away on the left and in 450m you pass **Kirkland Hall** on the right and continue along gravel. Ignore a signposted footpath to the left to Bank Hall and continue in the same direction signed '**Garrigill**'. You pass an info panel on Public Access Rights in the North Pennines and in 40m ignore a signposted bridleway to the right to 'Ranbeck'. The waymarked Long-Distance Footpath, **A Pennine Journey** (APJ) merges from the bridleway. In another 200m go through a metal field gate into the **Access Land** of the open hillside (at 240m above sea level) and follow a clear track (an old coffin road) almost all the way to a saddle on the Pennines ridge in 4.9 km.

**In more detail:** you have a rock face ahead, this is **Wildboar Nook**, and the top of **Cross Fell** is visible above it. Another rock face is showing away to the left, this is **High Cap**; the route will curve around it to the left. You go through several field gates and gates, with the terrain initially being mainly grassy, then tussocky and bracken, and the track turns to the left at about 320m above sea level. From here you have fine views on the left to the **Lake District Fells**. At about 410m above sea level, a public footpath joins unmarked from the left, up from the **Maiden Way**, which runs on the course of **a Roman Road**. In 250m, at about 450m above sea level, the track turns right, then left, and in another 300m, at about 510m above sea level, it turns hard right then left and left again, passing some **disused mine levels and workings**.

The **High Cap** rock face is now away to the right. The **Man at Edge** on **Brown Hill** is away on the left across **Ardale**, which tops out at **Black Doors**, an outcropping of the **Whin Sill** volcanic rock level, dolerite rocks that form the unique geological feature of High Cup Nick a little to the southeast (SWC Walk High Cup Nick). The track has been a good-to-walk-on grassy one, but continues as a rough bouldery one for a stretch, before continuing on grass. At about 595m above sea level you cross the **Ranscleugh Sike** and broadly follow this stream up to about 710m above sea level. There are often several paths to choose from, and quite often the stream can only be heard but not seen, but a path there usually is. From about 650m above sea level, just after passing some disused limestone workings on the left, you can see the top plateau of **Cross Fell** (clouds permitting). At about 680m above sea level, continue in the same direction across grass, where the track turns to the left, aiming for the first of several more cairns 60m ahead.

The cairns guide you up further, and in another 70m you ford the upper part of the **Ranscleugh Sike**. In 80m you cross a small boggy area and in 130m ford another tributary stream. The gradient eases a little and you commence largely along good grass tracks, but not without having to negotiate a couple of boggy areas (the OS map shows the **Iron Well** here on the right). As the gradient eases, a good gravel track develops for a while, but there are also several **Curricks** (a man-made cairn or storm shelter of ancient origin and unclear purpose) guiding you. You cross the saddle at 786m above sea level and ever so gently descend past more cairns with a notable large cairn just ahead where the descent becomes more pronounced. That is the **Yad Stone** (on the OS map), and it has directional arrows on the far side, showing a bridleway (horseshoe symbol) to 'Kirkland' and a left turn of the **Pennine Way** (PW) up Cross Fell. Some boulders tumble down the slope of **Skirwith Fell** into the catchment of the **Black Burn**, a tributary of the **South Tyne** and the roof of **Greg's Hut**, a famous bothy, is visible below. *Turn right* at the Yad Stone with the PW, up the obvious path towards the obvious scarp of the obvious top plateau of Cross Fell (all this: weather permitting).

You now follow the **Pennine Way** along the coming tops and for part of the descent (on the Main Walk). Initially this is a clear grass path, aiming just to the left of the rock outcrop along the rim of the plateau (150°) for a man-height cairn on the plateau's edge. There are a couple of boggy patches to negotiate and a stream to cross, and eventually, at 860m above sea level, you continue towards a smaller cairn on the previous bearing (150°) 40m away, and in 200m by the next cairn, *bear right* (due S) to a cairn 80m away and then a large cross-shaped storm shelter 90m beyond that. The trig point at 893m above sea level is 20m beyond the storm shelter. This is **the highest point in England** outside of the Lake District and on a clear day **the views are far reaching**: from the Eden Valley and the Howgill Fells and the Lake District to the west, to the Solway Firth and the Galloway and Moffat Hills in the north, to the nascent Tyne, Tees and Wear valleys in the east, and Little and Great Dun Fells along the Pennine Ridge to the south.

From the trig point, *bear left* from the previous direction along a clear path in a south easterly direction (105° to be precise) towards another man-height cairn 300m away and there *veer right a little* (110°) gently downhill towards the next cairn 380m away, located in a small boulder field. You start the descent into the saddle between Cross Fell and the Dun Fells carefully, past a small cairn and through the boulder field, but soon pick up a grass path pointing straight ahead to Little and Great Dun Fells. At about 820m above sea level, pick up an engineered path and follow it through the drop back up **Little Dun Fell**.

**In more detail**: an infant stream shadows the path, this is the highest tributary of the **Crowdundle Beck**, and therefore the **River Eden**, eventually dropping into the valley on the right; at 795m above sea level, a public bridleway crosses the path, marked by a carved boulder on the ground with directional arrows for the PW and the crossing bridleway (horseshoe symbol). You continue the descent and in 250m at the bottom of the drop, at **Crowdundle Head** and 772m above sea level, you pass a sign for the **Moor House – Upper Teesdale Valley National Nature Reserve** (the Tees Head is away on the left, about 300m in a north easterly direction). The engineered path discontinues for about 100m but picks up again where the ground gets more saturated, but at 815m above sea level it ends and you cross grassy ground to a storm shelter 170m away on this side of the top plateau; continue in the same direction for 220m to the hilltop cairn at 842m above sea level on **Little Dun Fell**, with some fine views back to Cross Fell.

Descend in the same direction through a shallow saddle (at about 780m above sea level) and back up to the top of **Great Dun Fell**, partly on an engineered path, else across grassy ground. At the top, stay with the path and skirt the fenced area of the large **Air Traffic Control Radar Station** to its left (with fine views ahead on the left on 100° to **Cow**

**Green Reservoir on the River Tees**). At the far end of the fenced area, you continue to a small cairn, from where you can see a tarmac service road snow poles to the right (this is **the highest asphalted road or track in England**). The walk route will now follow the Pennine Way downhill to a meeting with that tarmac track: continue to a wooden stake 110m away (110°) and *bear right* downhill there (145° initially). The path veers to the right and then to the left and in 250m you cross the disused **Dunfell Hush** via a stepped path and *turn left* with the path to a splendid viewpoint down the hush in 50m, where you *turn right* with the path (130°). In 370m the path merges with the tarmac service track at about 755m above sea level at a bend by a metal car barrier and a redundant wooden field gate and wooden gate as well as a three-way bridleway signpost: Pennine Way backwards to 'Garrigill 9 ¾', onwards to 'Dufton 5 ¾' and a bridleway to the left. *Bear right* along the track (145°) and in 20m you pass a large **Shake Hole** on the right (on the OS map). In 200m – just after passing **snow pole 131** – the signposted PW forks to the left ('Dufton').

**Here you have a choice:**

**For the Short Walk**, continue along the tarmac service track down a steep gully and pick up the direction at the end of this text under **Shortcut**.

**For the Main Walk**, *fork left* with the PW and follow the path gently up to the obvious limestone top ahead (**The Heights** as per the OS map): occasional stakes mark the route and in 130m you pass a fenced area on the right. In 100m a flagged path commences. This is an area of shake holes, some of them water filled, and in 250m you pass a small loch on the right and then follow the path *to the right then left* to pass a larger second loch. In 130m you pass a grassy mound on the right with a circular depression in the middle and in 120m *curve to the left* with the path by a **Currick** at the near end of a limestone boulder field. In 130m the flagged path discontinues and you *veer to the left* along a grass path across **The Heights**, the grassy limestone plateau of **Knock Fell** at 790m above sea level. You cross a field of limestone boulders and 40m further, where the path forks, take either fork as they soon re-join, aiming (assuming visibility) for a **second Currick** 300m away from the fork, on 160° and at 795m above sea level. From here you can see **another Currick** ahead to the left (due E and on the OS map) as well as a more significant man-made structure ahead to the half-right 200m away (on 215°). That is **Knock Old Man** (a **Currick** and on the OS map) and it is a landmark widely visible from the valley below.

**Here you have a choice:**

**For the extended walk** further across the upland and down Threlkeld Side, with some pathless stretches, *fork left* off the Pennine Way (170°) along an intermittent path and pick up the directions below under **Extension via Threlkeld Side**.

**For the Main Walk**, continue along the more prominent path *towards Knock Old Man*. At the currick at 785m above sea level, continue to the right of it in the same direction (245°) with a marker stone with a yellow arrow, initially without a clear path, although you can see one a little ahead. In the valley you can see the **Gypsum Works at Brackenbrough**, Kirby Thore as well as a solitary peak nearer by; this is **Knock Pike**, rising to 398m above sea level. You will now follow the Pennine Way to a crossing of the **Swindale Beck**, at about the same height as the Pike, and 2.7 km away.

**In more detail:** in about 200m you pass some obvious shake holes close to the path and in 70m another upright footpath marker stone and in 60m another one, where the path curves to the right (**Green Fell Spring**, a lively spring, lies just below to the left and forms one of the furthest tributaries of the Swindale Beck). In 50m curve back to the left and then in 50m continue along the previous line. Keep the stream on the left, in 80m in a wide

and deep valley, then often hidden under grass and in 350m cross the stream to quickly re-cross it. In 80m, by a storm shelter 80m to the right in a limestone outcrop, *bear left* with a marker stone and follow the now wide and clear grass path down a deep cut trench with the stream running down it. This is the **Knock Hush**. You follow the hush downhill, in 200m passing a stream joining on the left in a cascade, and then a fenced shaft on the left (on the OS map).

In 270m from the stream joining (at about 615m above sea level and with a ruined storm shelter just ahead), *bear right* with the path, by the confluence of Knock Hush, Waterchannel Sike and Swindale Beck in a dramatic gorge. **Knock Old Man** is clearly visible over the shoulder up on the right (40°). In 200m pass a pile of stones 30m away on the right (on the OS map) and follow the clear and more or less straight path down the gentle mini-ridge between the Swindale Beck on the left and another one of its tributaries on the right for 1.2 km, passing cairns, marker stones and even marker posts. **Brownber Hill** is to the left across the beck and late on **Dufton Pike** is visible to the right of its flank. At 390m above sea level, near a drystone wall and just after passing a Moor House NNR sign and a marker stone, a faint path joins from the right. This is the easier descent route.

\*) You stay on high ground to the wall, and there *turn hard left* down an engineered path to the bridge over **Swindale Beck**. Just before the bridge, a public footpath joins from the right over a ladder stile. Over the bridge, follow a flagged path for 20m and at the end of it, *turn right* along a grass path to a gated stone slab stile in the drystone wall. Follow a path along the right-hand wall initially, in 25m along a flagged path along a fence. You have a steep hillside on the left, as the path winds its way through moss and heather, with fine views back up the valley just descended, and with a boulder-filled valley on the right. In 40m the fence bears to the right away from the flagged path and in 75m you cross a drystone wall over a stone slab stile. Follow a clear grass path gently down the hillside, in 100m along flagstones. In 120m you pass a PW signpost where a broad grass track joins from the left and *bear right* down the track. In 150m *bear left* with the track to an earth bridge crossing of the **Small Burn** 100m away. *Turn right* on the far side with the now gravel track, along a drystone wall on the left.

In 150m go through a wooden kissing gate to the left of a metal field gate, where a spring-fed stream crosses audibly from the left in a culvert. You have **left the Access Land** and continue along a dead straight, wide rutted earth track between drystone walls initially. In 850m *turn left* with the track to ford the **Great Rundale Beck** (with a clapper bridge to the right of it) and through a metal field gate. The beck drains **Threlkeld Side**, the valley the extended walk descends through. Continue along the track, which turns right gently uphill (an unmarked footpath crosses here out of the valley on the left). You have a drystone wall on the right and in 220m *turn left* with the track around **Cosca Hill**. In 200m go through a metal field gate and continue to the left of **Halsteads Farm** and in 30m through another one. With **Dufton Pike** to the left, follow a clear track (**Hurning Lane** as per the OS map), always walled, fenced or tree-lined, for 1.1 km to **Coatsike Farm**.

Past the farm, you cross a stream on the track and in 110m *bear left* with the track, where a public footpath (and the APJ with it) joins from the right through a wooden gate. In 100m **[!]** *bear right* downhill with the farm drive and the APJ, ignoring the continuation of the signposted PW ahead along a grassy track then a gravel path. In 130m you cross the **Eller Beck** on the drive and in 180m a smaller stream. In 70m *turn left* along a road at a bend into **Dufton** and in 40m ignore a right turning lane, signed for Long Marton and Penrith and in 50m pass the first houses of the village. In 50m, where the tree-lined road turns left further into the picturesque village, and with **The Stag Inn** and the **Post Box Pantry** about 100m and 140m away to the left along the main road, **[!]** you continue in the same



direction along a residential road towards a pink house 50m away. At the house, continue along a car wide track to the left of it with a footpath signpost ('Wood Lane to Brampton').

**\*\***) In 50m continue along a narrow path downhill into **Dufton Ghyll Wood** (Woodland Trust, watch out for **red squirrels!**) and in 110m cross the **Dufton Gill** on a two-railed footbridge and reascend steeply through the wood (ignore a right turn). In 90m you cross a marked footpath and continue in the same direction at a gentler gradient. In 80m go through a wooden field gate and continue in the same direction along a car wide farm track between drystone walls. In 650m at the bottom of the drop with pastures ahead, *turn left* with the track (mud-prone at most times) between a drystone wall and a barbed wire fence (**Wood Lane** as per the OS map).

In 280m by a large farm away on the left, *bear right* with the track, and in 60m *turn left* with it, again between drystone wall and barbed wire fence and with rising pastures on either side. In about 400m you get to a signposted three-way footpath junction, and *turn left* in the direction of '**Espland Hill**'. In 100m (now in an **Access Land** wood), ignore a right turning car wide track and continue in the same direction along a narrower track to in 70m cross the **Brampton Beck** on a two-railed footbridge and *turn right* and in another 10m cross a minor tributary. *Turn left* over a stile **out of the Access Land** wood into a pasture. Follow the right-hand field boundary uphill and in 240m leave the field through a stepped gap in a drystone wall onto a tarmac lane and *turn left* along it. In 50m *turn right* through a gap between a drystone wall and a field gate into a small pasture ('**Croft End** 500 yds') and go up it towards its top right-hand corner.

In 65m go across or under a barbed wire fence (a stile should surely be here but isn't) and continue in the same direction through a larger pasture. In 220m go through a wooden kissing gate in between some bushes in the middle of the narrow field and continue in the same direction along a gravel car wide drive through a campsite, eventually walking to the right of a high brick wall and to the left of a farmhouse. In 80m by a footpath signpost ('Brampton' backwards) at a road junction, *turn left* along the road. In 110m ignore a signposted footpath to the right ('Crackenthorpe' and 'Long Marton'). In another 350m cross a main road to continue in the same direction to the right of **Clickham Cottage** along a signposted footpath through a wooden gate. In 40m go over a stile with a yellow marker and continue along a grassy path and in 120m go over another stile and continue in the same direction along a car wide gravel track (**Lime Lane** on the OS map), mostly between hedges but often with grand views to the Pennines Ridge on the left.

In 700m you go over a metal stile into a rough tussocky sloping pasture, with a stream along the lower left boundary. This is **Fair Hill or Gallows Hill, the site of the annual Horse Fair at Appleby**. Find your way through this rough pasture close to the bottom-left boundary and in 270m in the far-left corner ignore a metal field gate on the left and go over a metal stile to *veer right* through the next field towards its top far-right corner. In 140m go over a stile to the right of a metal field gate and in 50m over another stile to the right of a metal field gate and follow a right-hand field boundary. In 150m *turn right* over a stile to the left of a metal field gate and *turn left* to continue in the previous direction along a car wide farm track. In 50m go over a stile to the left of a metal field gate and continue in the same direction along a tarmac lane, joining from the left from **Hungriggs Farm**, just before a signposted footpath joins from the left.

In 160m *turn right* with a signposted footpath through a wooden kissing gate and cross an arable field towards a hedge gap 100m away. Go over a stile in the hedge and cross a tarmac lane (on the course of a **Roman Road**) and go over a stile and down some steps to cross the dual carriageway **A66** utilising the protective space between steel ropes in the middle reservation. You go up some steps on the far side and over a ladder stile by a

signpost ('Town Centre') and cross a track to continue along a tarmac path under trees. In 50m continue downhill along **Station Road**, in 90m with a pavement on the left. In 120m, this side of the railway bridge, *turn left* up a tarmac path to the Settle and Leeds bound platform 1 at **Appleby-in-Westmorland Station**.

Carlisle bound trains depart from platform 2 across the overbridge. **The Midland Hotel Freehouse** is on the far side of the station, 40m to the right of the car park.

## Shortcut

In 250m you have the beginning of a rock outcrop up above on the right ('Green Castle' (Crag) on the OS map) and a stream and a small waterfall on the left. In 320m, just after passing **snow pole 194**, ignore a right forking marked bridleway along a car wide gravel track. In 70m the track crosses the infant but already lively **Knock Ore Gill** and in 550m, at 580m above sea level, you pass **snow pole 247**, the last for a while as there now is a crash barrier on the right. The track runs on the level for a longer stretch, while the valley drops away steeply, and there are a few fenced shake holes up on the left. There are fine views back up the tight gorge just walked through and up to **Great Dun Fell**. Where the track turns left to stay along the rim of the widening valley, you also get first views back to **Cross Fell**. The **snow poles** recommence with number **248**. At 545m above sea level, just after **snow pole 267**, a grass track joins from the left above, flanked by metal stakes.

In another 90m, at 530m above sea level just after **snow pole 274**, a signposted footpath ('Dufton') forks left over a couple of concrete slabs over a ditch and then across the open grassy hillside. [Note that this fork is further down the hill than the OS map suggests.] Ignore the footpath and continue along the track and in 240m, where it turns hard right, **[!]** continue in the same direction with a signposted footpath ('Knock') down the open grassy hillside, on a general bearing of 220°. Lower down, you stay to the right of some fenced plantations. Lower down still, you aim for a ladder stile in a drystone wall. **[!]** 30m before the wall and the ladder stile, *turn left* with a clear path parallel to the wall. In 210m you cross the **Sink Beck** on the path and in 320m cross another stream, and follow the path to the right, gently descending. In 270m you reach a T-junction with another path, with the **Swindale Beck** ahead in a deep valley and the drystone wall away to the right. This is the Pennine Way and the Main Walk joins down along it from the left.

*Turn right* and pick up the directions above in the main text at the asterisk \*).

## Extension via Threlkeld Side

You now **cross the upland moor for 2.4 km** to a Shooting Box by the **Great Rundale Tarn**, where you pick up a track downhill. This is **largely pathless** but in fair weather it should not pose any navigational problems. Nevertheless, the route described makes use of landmarks or features to walk past or along where possible, for easier navigation.

Follow the bearing gently downhill, with intermittent faint paths or tracks, for 1.0 km to an obvious (in most weathers) infant shallow valley in a deep peat cutting. Initially this is still limestone dominated scenery, with occasional peaty areas. In 260m, at 780m above sea level, you pass a limestone heap, on the map as a **Currick**, and (in fair weather) can see the roof of the **Shooting box and Great Rundale Tarn** about 2 km away (on 155°). From the coming descent, you should (in fair weather) see a cairn some way ahead, in a large green area within the otherwise dark and foreboding moor, somewhat to the left of a limestone boulder field. This is the next landmark to aim for beyond the shallow valley. Close to the valley, at about 740m above sea level, peat hags now dominate the scenery and the ground is a little soggy, and then, at **Swindale Head** at 713m above sea level, you cross first a smaller stream and then **Middle Grain**, the furthest tributary of the infant **Swindale Beck**.

In 60m there is a faint path turning left towards a stake about 80m away. Go there for an evocative out-and-back, as this is the **site of a deadly plane crash in 1954**, where two men lost their lives. A small plaque gives details (please don't touch or move the remaining aircraft debris). Return to the 'path' just left and *turn left* to continue on a bearing of 160°, more or less on the level and on dry ground, but crossing another less prominent stream (**East Grain**), towards the cairn 250m away. This is on the OS map as a '**Pile of Stones**' and **close to Point 716m** above sea level on the map. From the pile of stones *veer right* (170°) towards another one 170m away. From the **second pile of stones**, if not earlier, you should be able to **spot the roof of the Shooting Box and the tarn** again, about 550m away as the crow flies, on a bearing of 140°.

You could stumble through the peat hags, tussock and heather on a direct line, but it makes for a little easier walking to *bear left* here and in about 240m *turn right* along a small stream (this may look like just another boggy depression and may not have much water in it, but is shown on the map as one the tributaries to Great Rundale Tarn). Then follow the stream for 450m to the **Shooting Box**. From the Shooting Box, at 675m above sea level, ignore a track to the tarn and follow the main track downhill through a grass, heather and boulder-dominated scenery, soon with higher ground to both sides, the beginning of the valley you will descend through. En route you find some man-made structures, a couple of disused mine entrances as well as small spoil heaps. They are a precursor of what's to come.

In 1.1 km, at about 570m above sea level, you reach the upper end of the concentrated area of disused mine workings, with some fine framed views down the narrow V-shaped valley. Follow the obvious track through the mine works (note: this track seems to run on a different line from the right-of-way on the OS map) steeply downhill through this relatively recently still heavily worked area of extra-wide tracks for heavy machinery, with spoil heaps and small industrial rubbish strewn about, some mine entrances but also naturally occurring limestone boulder tumbles on the hillsides and some small streams here and there (forming the **Great Rundale Beck**). In 720m, where the valley deepens and widens a little, you *turn hard left* with the track and in 60m *turn hard right* with it at a lower level.

You now follow this track further down the valley, with views of **Dufton Pike** ahead, and with many more shafts, mine entrances and spoil heaps visible, mainly on the right on

**Threlkeld Side**, as well as a large hush on the left on **White Rake**. The valley widens out, with **Brownber Hill** on the right and the lower **Bluethwaite Hill** on the left. In 700m you go through a metal field gate in a drystone wall and in another 650m reach a left turn of the track, where a scenic valley turns away to the right. You have fine views down this valley of the **Great Rundale Beck** towards **Knock Pike**. The Main Walk runs along the far end of this valley. [!] *Turn left* with the track and immediately ignore a public footpath turning right down the valley to the right (there is a marker post beyond the drystone wall), and continue with **Dufton Pike** on the right and the lower slopes of **Dufton Fell** across the valley on the left.

You go over a brow after which the views open out and in 650m from the left turn you **leave the Access Land** through a metal field gate and *bear right* with the track, initially still along the drystone wall on the right (ignore all gates and stiles to the right into the Access Land of **Dufton Pike**). You have the **Pus Gill** down on the left and in 650m, where the track bears to the left, go through a set of three field gates by a sheepfold and a shack and follow the track more steeply downhill. In 300m pass **Pusgill House** and in 200m *turn left* with the track, immediately crossing the **Eller Beck** on the track. In 200m you cross a spring-fed tributary of the Eller Beck and ascend along the track between trees to go over a brow and then descend to cross another stream in 300m (not on the OS map) by a two-way PW signpost where the PW joins from the right behind along a track.

In 140m the track levels out and you continue between farm buildings into **Dufton** village. In 40m you continue in the same direction along a road at a bend. In 60m *turn right* with the road, soon passing a caravan site on the left, then a toilet block and a car park. In another 20m, the area widens out to a long grassy tree-lined green and in 40m you reach the **Post Box Pantry** on the left. [!] *Fork left* off the tree-lined main road along a drive in front of houses, and in 40m you can see **The Stag Inn** away on the right on the other side of the main road. In 100m you reach a left turning car wide track by a pink house with a signposted footpath ('Wood Lane to Brampton') turning left along it. The Main Walk joins from the right along another car wide drive. *Turn left* with the footpath and pick up the directions above at the double asterisk \*\*).