

CLIBURN MOSS AND ABBOTT LODGE



If you fancy something a little different, visit the fabulous Cliburn Moss nature reserve near Cliburn where you might be lucky enough to spot the Grumbletrog! Step back into Cumbria's past and explore this atmospheric moss-land formed in a hollow after the last ice age.

Board-walks and bridges criss-cross the reserve where an elusive creature is said to live! Pop into Abbott Lodge ice cream farm to purchase a Grumbletrog Tale Trail map of the reserve first, and of course sample some scrumptious Jersey ice cream!

PENRITH AND BROUGHAM CASTLE



Penrith is a bustling sandstone market town with a great selection of traditional shops and arcades. The heritage here is engrossing, from hogback gravestones to hill-top beacons. The nearby Brougham Castle with its twisty staircases and fascinating history will make a great addition to your visit.



Image courtesy of Dave Willis



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THE EDEN HERITAGE TRAIL



INTRODUCTION

Explore the awe-inspiring heritage of the Eden Valley in Cumbria, shrouded in myths and legends from the past 3000 years. This window into the past will take you from Neolithic stone circles to majestic Norman castles and hidden Victorian gardens. This memorable trail captures the imagination at every turn and will leave you with a sense of mystery and wonder for the unique Eden valley; one of Britain's best hidden gems.

THE EDEN HERITAGE TRAIL



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MALLERSTANG CASTLE WALK

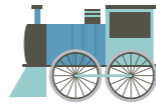


Mallerstang is a quiet valley shrouded in mystery and Arthurian legend. A 7 mile circuit starts from the Kirkby Stephen railway station on the Settle-Carlisle, one of the finest train journeys in England. Start by tracking the River Eden south to Lammerside Castle. This 12th Century relic provided protection against Scottish raiders and still holds a real air of mystery. Continue along the riverside bridleway to

Pendragon Castle. According to local legend, King Arthur's father, Uther Pendragon, built the castle and attempted, unsuccessfully, to divert the river to provide the moat. Return to Kirkby Stephen by following the footpaths and country lanes on the east side of the river; the views across to Wild Boar Fell (apparently where the last wild boar roamed) are stunning.



GETTING AROUND



PUBLIC TRANSPORT

The Settle-Carlisle Railway, one of Britain's most picturesque routes, runs through Eden connecting Kirkby Stephen, Appleby, Langwathby, Lazonby and Armathwaite. There are car parks at each of the stations. For timetables and fares, visit www.settle-carlisle.co.uk. The 680 bus runs from Carlisle to Alston daily. There are also



regular buses along the A66 from Penrith to Kirkby Stephen via Appleby and Brough, route number 563. See www.traveline.info.

CYCLING

Bikes can be carried on the Settle to Carlisle and the West Coast lines, although spaces are limited and you may need to book in advance. Electric bikes can be hired from the Electric Cycle Centre in Penrith. Bike hire is also available from Arragon's Cycle Centre, Penrith. For more info visit www.electriccyclecentrepnrith.co.uk and www.arragons.com.



Electric bikes can also be hired from the Midland Hotel, next to Appleby Railway Station. For details, phone 01768 351524 or visit www.appleby-cumbria.co.uk/electricbikes.

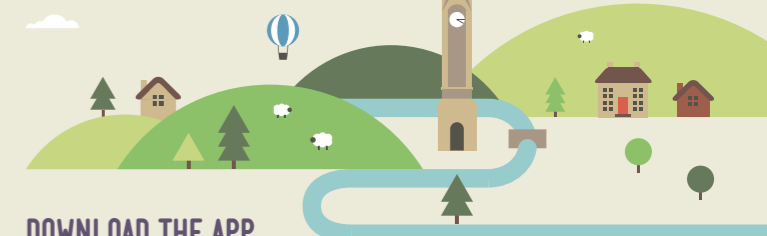
MINING HISTORY



Five miles south east of Alston lies Nenthead, once a productive mining area with mine workings stretching for miles in all directions beneath the surrounding moors. The mines centre car park is an atmospheric place to explore above ground and if you fancy braving the deep mine shafts you can book a guided tour through 'Go Cave'.

Some great walks and bike rides start from this car park along the historic bridleways; you've then earned award winning refreshments at the Miners Arms pub!

WHAT'S IT ALL ABOUT?



DOWNLOAD THE APP



For more information on the walks, rides, and experiences mentioned in this trail, and for more inspiring days out in Eden, download the **Explore More Eden** or **Cycle More Eden** apps. Have fun exploring!



ABOUT NURTURE EDEN

We have made a set of 6 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.nurtreeden.org and on our mobile apps 'Explore More Eden' and 'Cycle More Eden'.

Nurtre 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.



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THE EDEN HERITAGE TRAIL

Explore the awe-inspiring heritage of the Eden valley, shrouded in myths and legends from the past 3000 years. Neolithic stone circles, majestic Norman castles and hidden Victorian gardens are some of the highlights to discover on this memorable trail.

1 BROUGH: FOLLIES, FRENCHIES AND ROMANS

Discover the dramatic Norman castle at Brough and treat yourself to delicious luxury Ice cream. From here you could take a stroll to the pretty sandstone church of St Michael's, built in the 1100s.

Brough castle was constructed on Verteris Roman fort and it's easy to see from the commanding views why this strategic position was chosen. The castle you see now was constructed shortly after the Norman conquest along with the nearby village of Church Brough. From here you can walk by the riverside of Swindale beck then return to the pretty village of Brough Sowerby; a selection of footpaths complete the circuit past Augill Castle and then back into Brough.

2 KIRKBY STEPHEN: WILD BOARS AND ARTHURIAN LEGEND

Visit the stunning Pendragon and Lammerside Castles and the 'Devil's mustard stones' in this delightful cobbled market town.

Heritage walks in the area include Lady Anne's Highway, which follows the River Ure, up Cotter End to Hawes, and the Stenkrith bridge viaduct walk which includes the famous 'Devil's mustard stones', huge cylindrical cauldrons gorged out of the bedrock, perhaps by Druid priests or just the rapids of time!

Also check out the fabulous 'Castle walk' on the back of the map...



Image courtesy of Dave Willis

Kirkby Stephen



Pendragon Castle



Appleby churchyard

KEY

- Railway Station
- Railway Line
- River
- 'A' Road
- Motorway



3 LITTLE SALKELD: VIKINGS, WITCHES, HIDEY HOLES

Explore Britain's third largest stone circle, the Neolithic 'Long Meg and Her Daughters', a coven of witches turned to stone by a wizard. This atmospheric plateau makes a perfect picnic spot to fuel-up before exploring the river terrace paths and Lacy's caves, precariously carved into the sandstone cliffs above the River Eden. There are five 18th Century chambers to be found, possibly constructed as a wine store for Colonel Lacy of Salkeld Hall or perhaps a romantic getaway; either way they are a fascinating place to explore and definitely worth the trip.

If formidable long-haired invaders are more your thing then stop off at St Michael's church in Addingham (just south of Glassonby) en route. You will find an Anglo-Saxon hammer-head cross and Viking hogback tombstones here. Once an Anglo-Saxon village, Addingham was somewhat altered when the River Eden changed its course and washed the village away during the 14th Century!

4 ALSTON AND NENTHEAD: SHAFTS, STEAM AND A BIT OF BRONTE

It's all about altitude in Alston; welcome to England's highest town and Britain's highest Roman stone built fort, Whitley castle. The fort is a substantial one and may have housed a garrison of 500 men! It is still possible to make out the impressive defensive ramparts. To explore this breathtaking Area of Outstanding Natural Beauty take a 3km stroll north along the Pennine Way to the remains of the fort, with a return journey on the delightful South Tynedale railway from Kirkhaugh station.... "all aboard!" If you want to experience more high altitude action then continue on England's highest narrow-gauge railway through to Lintley Station, with stunning countryside views and cracking picnic spots.

5 PENRITH AND THE VALE OF LYVENNET: BETWIXT ANCIENTS AND HOGBACKS

From the River Lyvennet's source high on Crosby Ravensworth fell, by what is known as Robin Hood's grave, you can really step back in time exploring Bronze Age relics set amidst purple, heather clad moorlands. The walk to Black Dub memorial along ancient bridleways marks the spot where Charles II rested with his army in the 1600s, whilst marching south. This remote area offers both unrivalled antiquity and a real sense of Brontë-like moorland romance.

Heading north you will pass through the picture perfect villages of Kings Meaburn and Maulds Meaburn where sheep still peacefully graze free on the village greens. A real little gem is the nearby village of Morland, nestled into the heavenly Lyvennet valley. Here you will find the hidden Victorian gardens of Morland house and unexpected Saxon grandeur of the village church.

BLUE BADGE GUIDE

To learn about the fascinating Eden heritage in as much detail as you like, a Blue Badge Guide will really bring this wondrous place and its history alive. See www.cumbriotouristsguides.org for more details.