



NEW ING
LODGE

Walks from the door

SHAP ABBEY AND KELD CHAPEL

DISTANCE: 4 KM; TIME: 90 MINS; GRADE: EASY

From the Lodge (564157) head south on the A6 until the first road on the right (by the fire station), take the first left and join the footpath heading south west and pass the Goggleby Stone.

The Goggleby stone is a high slab of Shap granite tapering slightly down its length. Kemp Howe stone circle is at the end of what seems to be an avenue of standing stones called the Shap stones, or Carls Lofts, of which the Goggleby stone is the most impressive.

Continue south on Keld Lane to the village of Keld.

This picturesque and rustic stone chapel is thought to have been the chantry for Shap Abbey originally. It was built around the sixteenth-century and has been used as a cottage and meeting house during its long history. The key to open the chapel door is hanging by the front door of the house opposite.

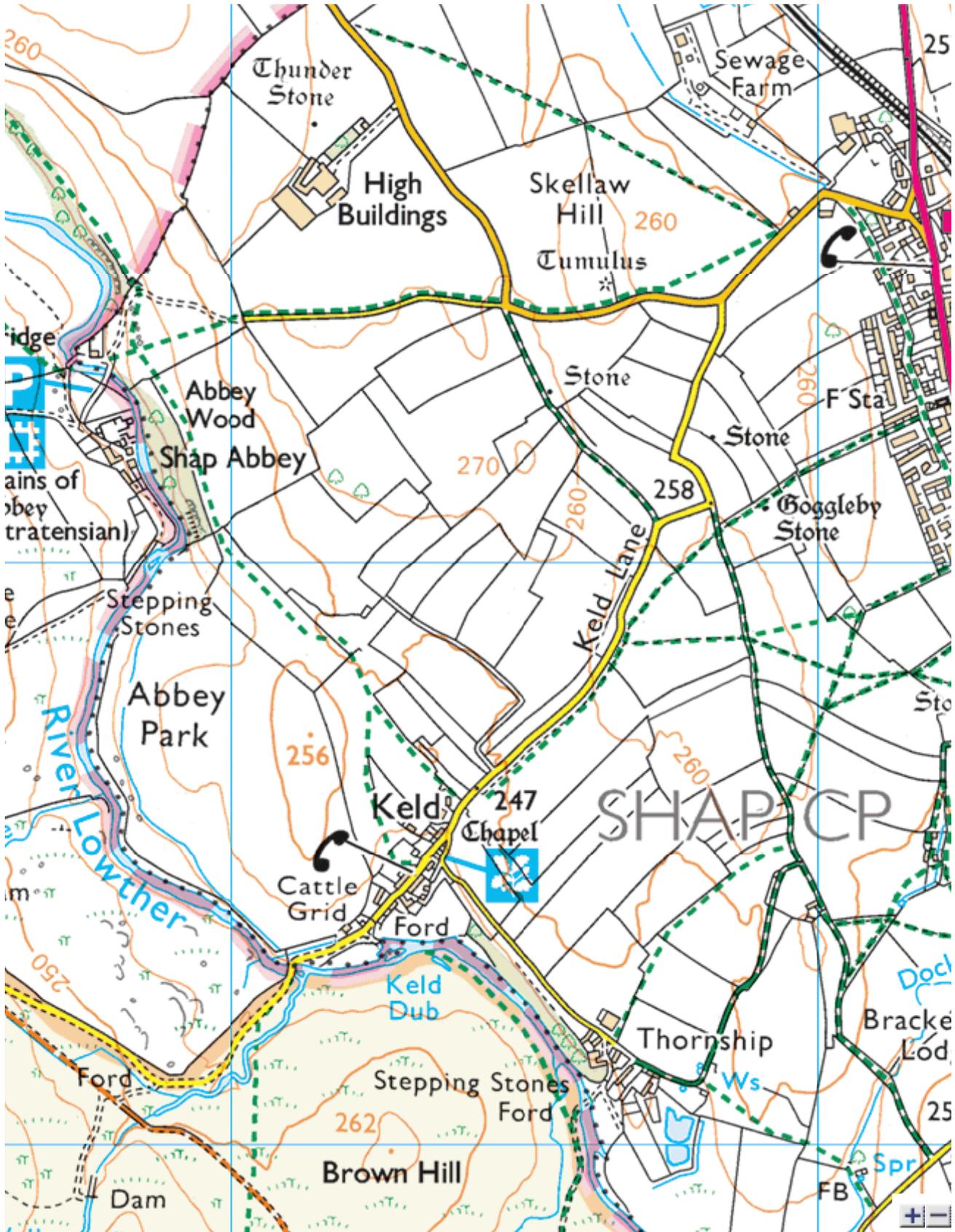


Take the footpath opposite the Chapel now heading north west (at 194556). The path follows the Lowther river downstream and it is just over a kilometre until it reaches the abbey. Founded in the late 12th century Shap Abbey was one of 32 religious houses in Britain belonging to the Premonstratensian order of canons. Today the impressive 15th century tower and other remains can be explored with the help of information panels that guide you around the abbey and illustrate daily monastic life.



This secluded and beautiful valley of the river Lowther is a great place for a paddle or swim, especially for dogs.

Take the steep Abbey road heading back to the north east with the best option being the footpath over the wall to the left of it and return to the Lodge.



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