

## Road Ride of the Month – May 2018

### The Lowther and Eden Valleys from New Ing

*Distance 38 kilometres with 28 kilometres possible to add-on*

Leave Shap on Pow Lane headed towards Bampton, but take the first left on the narrow walled road to Keld (Keld Lane). After 2 kilometres heading south the road meets the private concrete road maintained by United Utilities. This road was originally constructed at the time Hawes Water was dammed and is rarely used by motorised vehicles these days, just a few local farmers and United Utilities staff. Despite the occasional pot hole, it is wonderful cycling. The road undulates along passing Shap Abbey to the right before descending to Swindale Beck, and climbing back up to the Swindale junction.



**NEW ING  
LODGE**



*Keld Village*



*Swindale*



*Hawes Water*

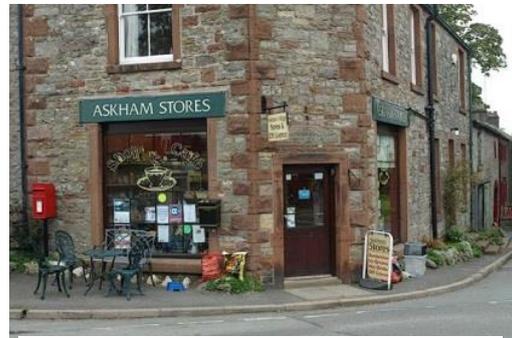
At the junction is the first optional extra. The picturesque Swindale valley is accessed by the sharp left turn, heading south for 4 kilometres until it runs out. A bridle way continues from here into the magnificent amphitheatre of rock and up into Mosedale. On a cross or mountain bike this is a rewarding extra couple of kilometres with great views and even the option of a dip in the waterfall pools. Its possible also to leave your bike and walk in.

Back at the junction it's a short downhill ride to Burnbanks where the UU road finishes and joins the Lowther Valley road. To the left is Hawes Water the spectacular southern end of it almost 7 kilometres where the road finishes overlooked by the spectacular mountains of Harter, Mardale Ill Bell and High Street.

Heading north from Burnbanks its 2.5 kilometres to the village of Bampton. In season and with luck, the Mardale Inn will be open, or the Village Store, for refreshment. There is a public telephobex box on the way out of the village heading north made famous in the cult movie 'Withnail and I'. The tougher option for this ride takes the road that climbs steeply on the left here. It runs out after 2 kilometres at Carhullan, a great spot for a picnic. Just before the road ends, and above the award-winning environmental home of Vaugh Steil (with a windmill), there is a gated lane heading north. Though it is rarely used and rough in places it is fairly flat for a kilometre and a half until it passes again through a gate and its surface improves. It descends, with vistas of Loadpot and Askham fells to the left, and rejoins the main valley road headed north through Helton village to Askham where there is refreshment; the village store, Askham Hall café, and the Queen's Head and Punchbowl pubs.



***The Mardale Inn, Bampton***



***Askham Village Store***



***Typical cycling through the Eden Valley***



***Oddendale Stone Circle***

Turn right in Askham village headed down the hill and across the river to the north east. The road then climbs gently and passes Lowther Castle to the right. Stay left at any junctions of minor roads and join the A6 a kilometre past the Castle. It's a very brief stay on the A6, left (north) and under the motorway bridge then right (after just 300 metres). Lose some height, and take the first right (south) after a kilometre towards Great Strickland. This is sustrans route 71. Follow it through Great Strickland village, as it turns left (north east) then just over 3 kilometres to Morland. This is now the Eden Valley. Follow route 71 for another kilometre but then continue straight ahead at the crossroads (rather than following 71 left). After 2 kilometres turn right up the hill to the hamlet of Reagill and continue south for two kilometres until the road comes to a T junction, and it's a right turn here (west) across the M6 and down the hill to Shap.

### Refreshment stops

The Mardale Inn, Bampton

Bampton Village Store

The Queen's Head, Askham

The Punchbowl, Askham,

Askham Village Store

The Strickland Arms, Great Strickland

The Crown Inn, Morland

Pubs, Café, Fish and Chip Shop, supermarket in Shap



### Places of Interest

Keld Chapel

Shap Abbey – 12<sup>th</sup> century ruin

Swindale - magnificent amphitheatre, and the curves are back in the Beck bringing the salmon back to spawn

The Corpse Road – from the 1700s

Hawes Water reservoir and dramatic views

Bampton Village telephone box (from the cult movie, Withnail and I)

Askham Hall Gardens and Café

Lowther Castle and Gardens

Bird of Prey Centre

Stone Circles - from Neolithic period, around 2800 BC

### Possible add-ons

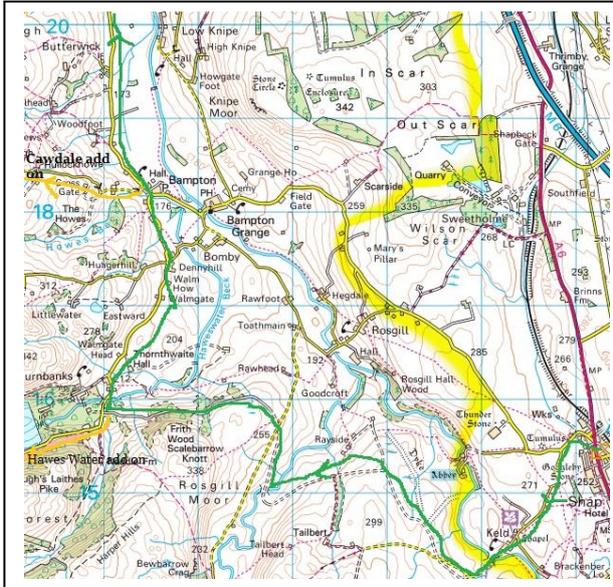
Shap Abbey (extra 2 km, but a steep hill...)

Swindale (extra 8 km)

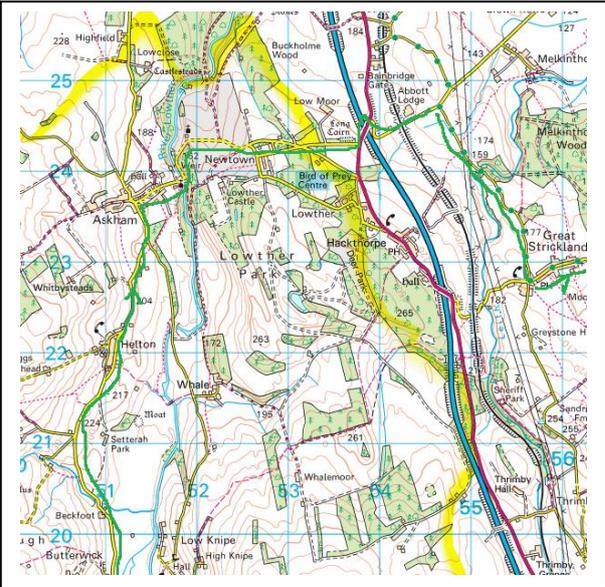
Hawes Water (extra 12 km) – dramatic landscape of the Eastern Fells

Cawdale (extra 1 km) – spectacular view to Loadpot and High Kop fells

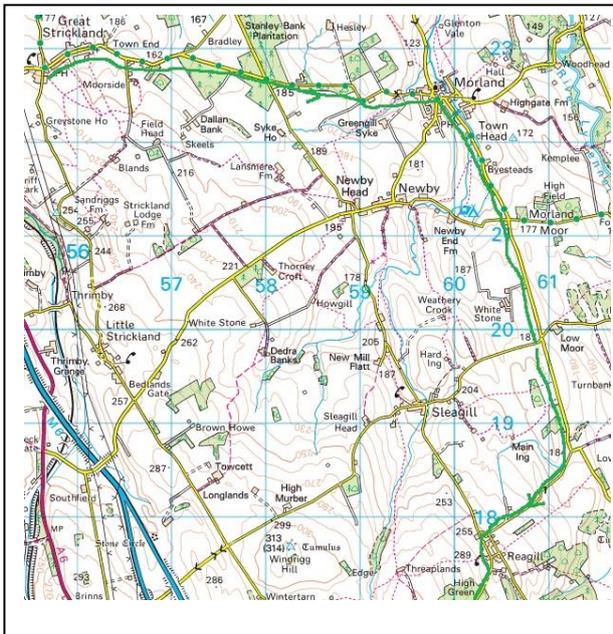
Oddendale Stone Circle (extra 5 km)



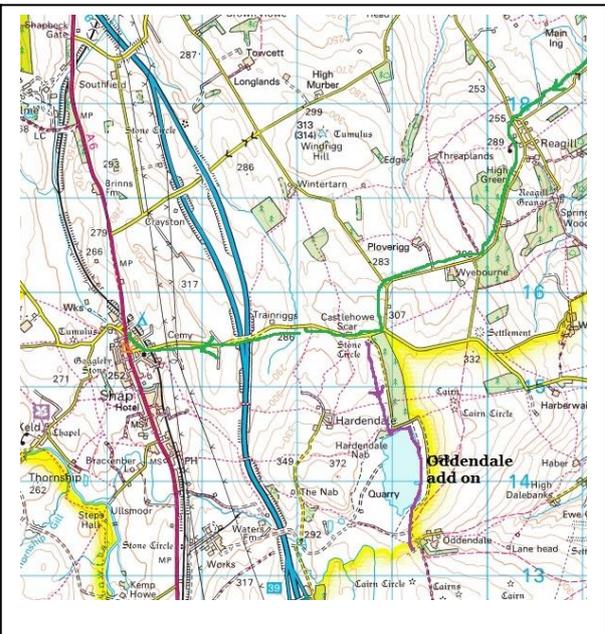
Map 1



Map 2



Map 3



Map 4