

Mountain Bike Ride

Crosby Fell, Knipe Scar & Lowther Valley from the Lodge

Distance - 52 kilometres

Recommended time – 4 hrs 30 minutes

Take a left immediately from outside the Lodge and head up the hill to St Michael's Church. The graveyard here is where the old Mardale graveyard was relocated to in 1929 when it was flooded by Hawes Water.

Stay left on Haberwain Road and cross the main west coast rail line. There is a stimulating climb out of Shap and the road crosses the M6. A kilometre and a half after the motorway take the right turn on the single track (no through road) to Oddendale. The road follows the route of a Roman Road. At Oddendale village continue on the bridle way which gently climbs towards Crosby Fell summit. After only 50 metres it passes the two concentric Oddendale stone circles.



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Oddendale Stone Circle



The Roman Road on Crosby Fell

At the map reference 601108 there is a track that heads west for a kilometre to the summit cairn, then retrace your steps back to the Roman Road, and continue south on what becomes a stony and fast downhill. The bridle way crosses the B6261 and continues very straight, as Roman Roads did, until it reaches the minor single track road at Sproat Ghyll Farm. Here turn right (or west) underneath the southerly M6 carriageway, and take the single track heading north. This is a pretty unique road, heading 3 kilometres between the two motorway carriageways. After joining the B6261 take a left after just less than a kilometre, signposted Shap Wells Hotel. Descend to the Hotel and Birk Beck (which will become the Lune river), and climb again for a kilometre until the bridle way heading north at 568100. The bridle way heads back towards Shap, joining the A6 at the quarry.

Its about 400 metres along the A6 until an old concrete road at 566121. This will become the old water board road, known locally as the 'concrete road'. It is potholed and private, and used only by farmers and the odd local vehicle. Follow it for just over 6 kilometres to the Swindale intersection. Just after the crossroads there is a track to the left just before the cattle grid. Take this as it climbs south west to Scalebarrow Knott cairn. The track continues to a wall, in which after a couple of hundred metres there is a gate. Go through it and follow the bridle way descent to Naddle Farm and the Lowther Valley road. Head north of this road to the village of Bampton, then Bampton Grange.



Refreshment Stops

The Mardale Inn, Bampton

Bampton Village Store

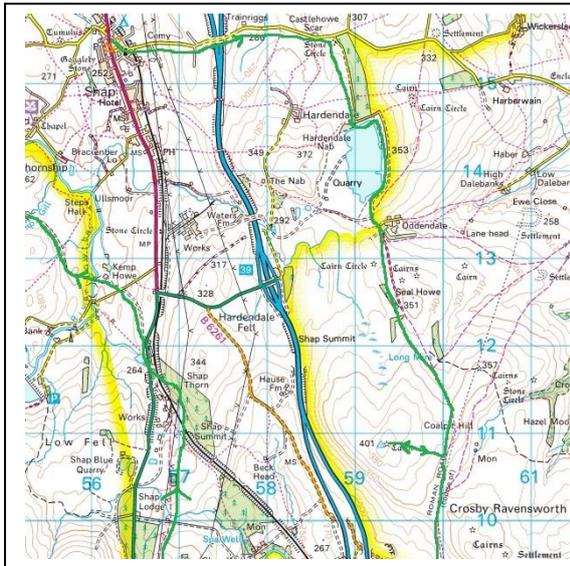
The Crown and Mitre, Bampton

Askham (store and pubs) is just a 3 kilometre detour

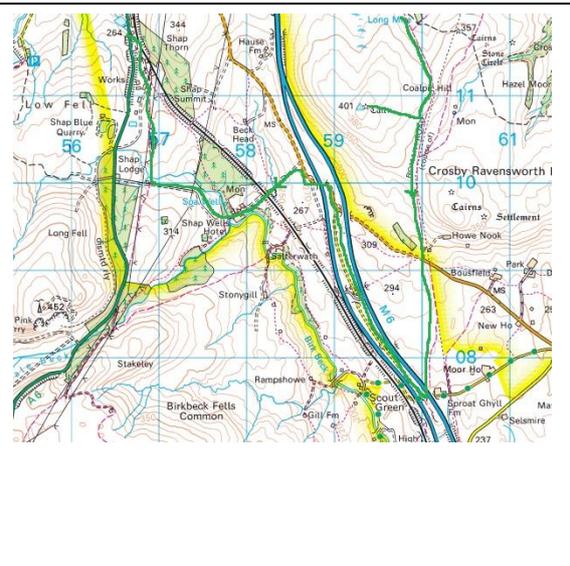


Scalebarrow Knott

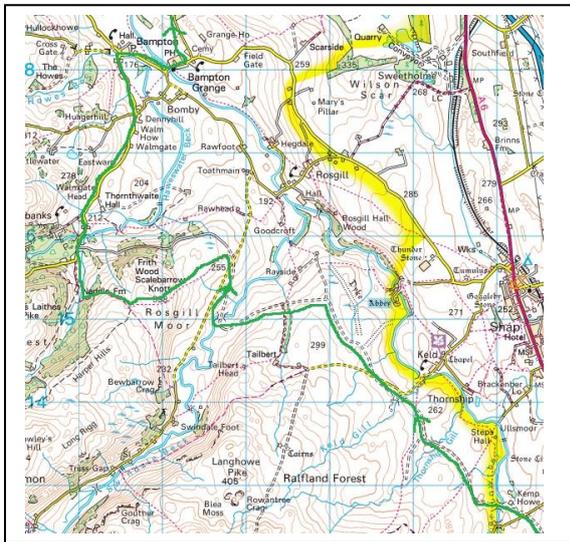
Cross the river and pass the Crown and Mitre pub before taking a left on the single track road just out of the village. After 2 km turn through the gate at the public telephone box to the village of Whale. Turn right into Whale and at the farm there is a bridle way heading south east with a gentle climb of 3 kilometres or so to In Scar. At 539 186 the bridle way goes through a large gate. Immediately after turn right, heading north west along Knipe Scar. Several downhill paths are possible once reaching the top of the Scar, but the best option is probably to continue along the path for another few hundred metres before turning back on yourself and descending. From the road follow the road back the way you came, to Bampton Grange, then left, and up the hill returning to the Lodge and Shap.



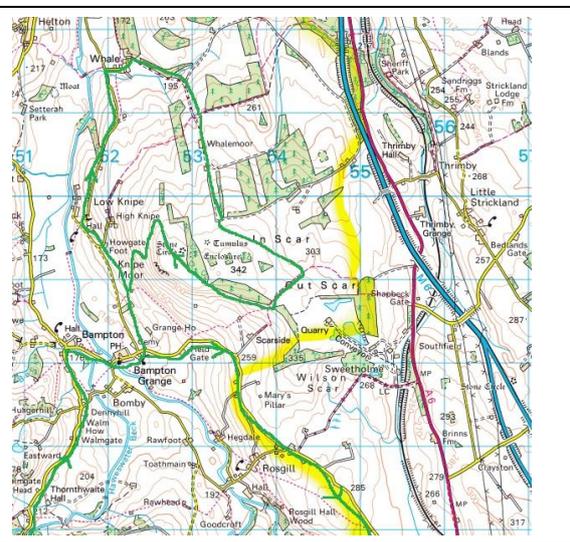
Map 1



Map 2



Map 3



Map 4