

# PARK & STRIDE

with Mark Richards  
on BBC Radio Cumbria

## 45 Dales Way

a linear walk from Staveley



**6 miles — four hours**

**NATURE OF THE WALK :** Minor roads, green tracks and lovely soft-turfed field-paths, with negligible gradient - nonetheless, stout footwear, as always, is recommended on these back-country ways.

**STRIDE & RIDE** The very best way to engage in this crescendo leg of the Dales Way is to forego all thought of the your car and use the 555 bus, a regular service running from Kendal to Windermere. This stops by the village hall in Staveley. Once the walk is complete board the 599 service and head up through Bowness and Windermere town to the Railway Station/Booths car park, where the connection home on the 555 can efficiently be made.

**TWO-CAR TRICK** One may undertake the walk with a friend, as I did, and park one car at the Headland car park in Bowness-on-Windermere GR 397966 and the second car in Staveley (either the Millyard or the small recycling compound park GR 470983). One might also ponder using the train as there are stations in both Windermere and Staveley.

**MAP** Ordnance Survey OL7  
The English Lakes - South-eastern area

**Your suspicions will be raised when a linear walk is suggested, is this a bus walk? Well, yes it is, but what a fabulous combination. The final leg of the Dales Way provides a real feeling of arrival with the best of all English mountain environments, the Lake District spread out to feast your eyes. Furthermore, by using**



the very regular 599 buses running between Bowness and Windermere Station and the perennially regular 555 service one has every reason to relax and walk in complete confidence that a homeward journey by public transport is assured.

The style and character of the 81-mile long Dales Way is sustained all the way from Ilkley up Wharfedale and on over the watershed via Dentdale to Sedbergh, then by the Lune to the Kent at Burneside. From Staveley the route traverses an undulating pastoral upland with only the gentlest of gradients and idyllic rural scenery, culminating upon the most stunning of viewpoints, School Knott, where witness the grandest parade of Lakeland fells imaginable (see captioned photo on the following page).

### The WALK

From the village hall follow the village street footway south-east passing the Millyard (location of a range of artisan businesses including Hawkshead Brewery and Wilf's Cafe), after the Duke William spot the remains of the old parish church of St Margaret's a free-standing tower, its oldest parts built c.1388. After the CAMRA accoladed Eagle & Child the roadside footway runs beside a low wall and the River Kent to meet up with the Dales Way. Take guidance from the fingerpost and carefully cross the village road into the side estate of Caldrigg Fold. Keep to the lane which leads through and under the railway embankment at a kissing-gate entering a short lane leading into a pasture, from the next kissing-gate follow on to a wall-stile on the right entering Moss Side.



Showing due deference to the private dwellings in Moss Side, exit to reach the minor road where bear left (south) crossing the A591 Staveley by-pass. Almost immediately bear off right into the parallel side road leading to Field Close, guided left by the novel milk-churn 'DW'. From the lane-end wicket-gate ascend the pasture via two kissing-gates in passing up by a walled spinney, striding onto the open road short of New Hall Farm. Go right via the field-gate keeping to the part open roadway rising via a gate, here becoming a walled lane, traversing the saddle of Brackenthwaite.

Descending to the T-junction turn right passing up by Fell Plain, to bear off left into the green lane heading west. Just as the lane ends go through the metal gate right into a pasture, from where blue bridlemay waymark posts guide on through a gateway to skirt right, in rounding a conifer coppice on a tangible, if possibly muddy, path leading by gorse to a kissing-gate. Now on by golden gorse bushes to a wall-stile left of a field-gate. Cross a spring and follow the wall on an old trackway rising to a field-gate and then below Crag House Farm buildings, keeping the wall right in passing below an outcrop to go through a wooden field-gate. Enjoy the long views NE towards the Kentmere fells over a tree-laced middle ground. The path curves round to a kissing-gate onto the roadway at the very tidy Outrun Nook. The place-name 'Outrun' has undergone outrageous corruption, for it was originally Tofi's Tarn. Follow the road right by the gate and at the junction bear left for Hagg End Farm and the Troffers Tearoom (only trail-focused cafe on the entire Dales Way). Take a look at the blood-thirsty graphic hanging in the tearoom. The Dales Way marches on by a gate beyond the barn and then a kissing-gate onto the Grandsire open access land. Keep forward to a further kissing-gate to see School Knott come into view half-right ahead. The footpath bears down the pasture half-left to a gate by two matching larches.



*The Dales Way strides by Toffer's Tearoom at Hagg End*

At this point one may deviate from the Dales Way on a spur route to visit the top of School Knott. Go right with the wall to reach

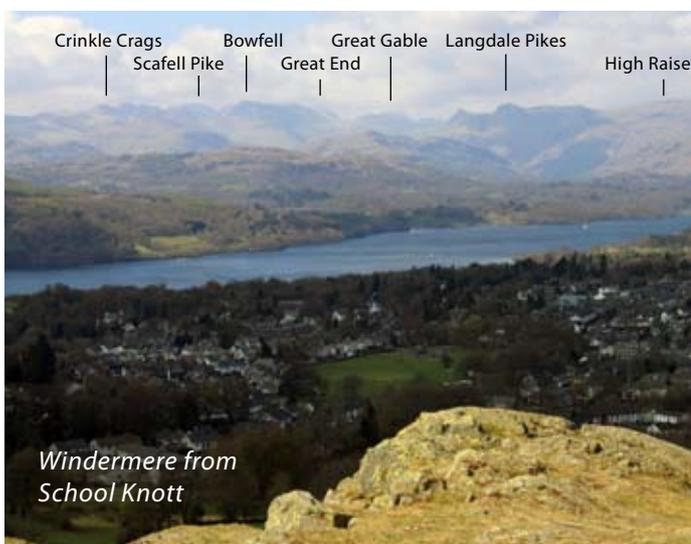
School Knott Tarn and then follow the evident path veering left up to a gate continuing the easy climb to the open top knot. The view over Windermere town and lake merits a prolonged contemplation, for the low fell wanderer this is one of the English Lake District's most comprehensive and rewarding views. Backtrack to the gate by the two larch trees.

Now follow the track down to an oblique track junction. A right-hand turn would lead one to the town of Windermere and the railway station direct. The Dales Way has the great lake objective, so veer acutely left and follow the track and lane via gates passing a tarn to reach the B5284 opposite Windermere Golf Club. Turn right using the wall passage and at the end veer right into a lane with a blue sign 'Low Cleabarrow'. Heed the footpath sign guiding left for 'Matson Ground' via kissing-gates and traversing parkland pasture and a pond keeping one's eye keenly intent on the Dales Way signs as they lead down by a stone bench "for those who have walked the Dalesway". At the foot of the slope enter Brantfell Road leading down to the parish church and left to the bustling fore-shore of hire boats and cruisers, loafing swans and chattering folk, far removed from the quiet rambling thus partaken.

### After-walk refreshment

Bowness must have the highest proportion of eating establishments in any one Lakeland town. While Staveley runs it a close second in terms of village facilities, who can quibble with Wilf's Cafe and the Eagle & Child as prime refreshment attractions.

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*Windermere from School Knott*



*Returning cruise - Bowness-on-Windermere*