After Cumrew House with its monkey puzzle tree, pass into the lane leading to the parish church of St Mary's, re-built in 1890. Go through the entrance gate and pass to the right of the tower to find the wicketgate at the far end of the churchyard. Descend the bank planted with trees, going through two galvanised kissinggoing through two galvanised kissingtrack, and turn left to join a farm track. At the road turn left, taking care of traffic, walk for approximately track. Turn left at a gate and bridleway sign.

which heads to Cumrew. forward along the gated field road, access road. At a crossways, continue being careful of livestock, along the Continue through the farmyard, again Danish settlement known as Aldby). belonging to the old - and now lost to Albyfield (cultivated ground the next field to the barn access the pasture to a gate and across the gate, signed Albyfield. Head up the right-hand bend, turn left at walk on along the access road. At for livestock and machinery, and via a series of gates, watching out S Pass the main farm entrance



Notice the vernacular barn to the right with a lintel stone dated 1700.

bridleway to the end of the reservoir, signed right immediately after Sid's Fields and marked in green on the map. The main route is further along the road, right through a field gate and along the track to Tottergill and the reservoir's end.

There is an optional route along a

look 100m up the track for a very old

Where the track from Tottergill (fox

hill stream) joins your track on the left

Start the walk at the village green and follow the lane, passing The Duke of Cumberland pub on your left.

the road left by the gate to Roughet Hill (rough clearing hill). Watch for the footpath sign right to Brackenthwaite. Roughet Hill farm stands further up the hill. Go through the gate and, after 25m, a second field gate at the barn end with the hedge on your left. Continue to a kissing-gate, then to a gate in a wall. Cross the next field to a wall with a waymark post guiding right to a gate, enter the yard at Brackenthwaite (bracken filled clearing).

oak tree. This tree has been here for centuries and is one of the oldest of this species in Cumbria.

wollof the end of the reservoir, follow

Rating: hard - steep, heather in places
Parking: roadside parking available in the village
Public transport: Castle Carrock has a limited bus service - route 680 Brampton/Carlisle (https://legacy.cumberland.gov.uk/bus-legacy.cumberland.gov.uk/bus-es/680/)

Distance: 11miles / 17.5kilometres **Time:** approximately 6hrs

Elevation gain: 1725ft/525metres

Postcode: CA8 9LU

W3W: ///durations.tower.magic

Start point: Duke of Cumberland pub, Castle Carrock (NY 542 553)



the slope to the limestone quarry, the route is marked in green on the map. Visit the cairn on the little top, then go through the gate in the wall and enter the old quarry enclosure, where stone was extracted and burnt in lime kilns. Turn right and, as you walk through the old quarry, you will see that the bedrock was subjected to considerable pressure, shown by the convex contortion. Head left over the brow to follow the wall down to a gate to join the shorter route at the Open Access sign.

Go through three gates then turn right by the wall. Cross a stile at the wall junction, then follow the track down to another stile to reach the minor road opposite Garth Head Farm. Turn left down the hill to reenter Castle Carrock. The place name suggests an actual castle but there is only a vague outline of a moat in the pasture behind the church to mark the original defended site. The number

of Celtic names in the area suggest that 'Carrock' derives from the Welsh careg meaning 'the defended rock'.

Guide to walking

Mostly on good tracks, with short stretches on heather and some steep grass while descending Hespeck Raise. Part of this route crosses open access land on a managed grouse moor, over which dogs are not allowed, unless on a public right of way. This area is coloured red on the accompanying map. Access may be further restricted during the nesting season and at other times of the year. To avoid disappointment, please visit www. countrysideaccess.gov.uk to get the latest information before you set out.

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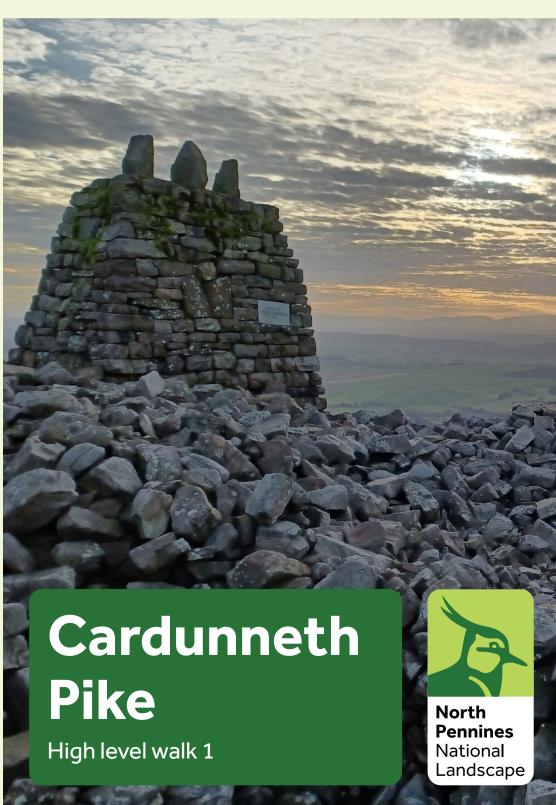
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northpennines.org.uk









S Walk along the rutted track to a gate beneath Foulsike Wood. Follow the stream to the end of the field and ford the gill. Head on under the bank to a gate at the foot of Bovewood, now clear-felled. Continue by three further gates, passing a reedy pond, to reach the field at Newbiggin Townhead. Keep close to the fence on your left to reach the gate which joins the road.

6 A diversion right will take you to The Bluebell Inn for food and refreshments.

7 Turn left, go through the gate (Open Access information sign) where a bridleway track climbs steadily. In the wooded gill below the track, Eden Rivers Trust have installed several 'leaky dams': wooden structures designed to slow the flow of water and reduce the likelihood of flood events in Newbiggin. After two more gates enter Open Access land, part of the Croglin estate and a grouse moor. Pass between two old lime kilns on either side of the opening valley, confirmation of the underlying geology of carboniferous limestone.

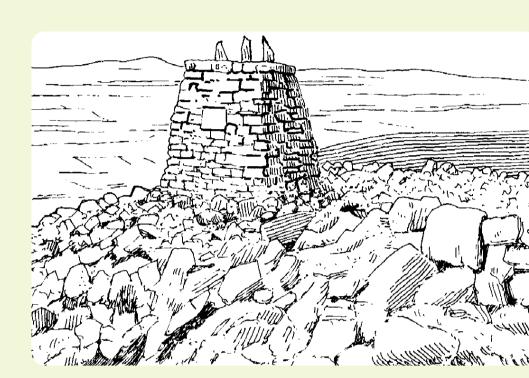
(3) Continue until the track starts to descend and, at the fork, take the left-hand track which winds gradually uphill onto the level fell top. Note the tumulus on the brow to the left. It is not marked as a monument on maps but to the untrained eye it has all the right characteristics.

The ridge-top track passes several limestone sink hollows to the right. Go through two walls to a gate at a wall junction. While the track continues along the ridge, it is worth visiting the main scarp edge and Cardunneth Pike. To do so, turn left keeping close to the wall. Shooting butts have been integrated into the wall, and they

look like window boxes. On reaching the scarp edge bear right along the evident path to the tumulus mound.

9 The great heap of stones has a family cairn on top, re-built in 1961 by Thomas Armstrong. The name, Cardunneth Pike, derives from the earthworks of a Dark Age defended site above Cumrew, called Dunwalloght Castle, and meant the pike of Dunwalloght. The mass of stones, some 25m in diameter, though re-modelled in places to create wind shelters, is a Bronze Age burial site (circa 2000 BCE). A Victorian excavation revealed several cremation urns. Enjoy the breath-taking view





which reveals the far-off Lakeland Fells, the Scottish hills to the northwest, and on a sunny day a glistening Solway Firth.

10 Follow the path along the edge to meet the next wall. Turn right, follow this wall to reach the Ordnance Survey column beside the ridge-top gate. Go through the gate and follow the quad-bike track along the ridge to a corner of wall. Keep the wall to your right. Cross the two stiles at the double fence, some 20m past the wall junction. Continue along the ridge, with the wall and fence to your left, on a single trod path, descending towards Hespeck Raise (the second word means burial tumulus). There is a stile and gate in the dip but it is worth making a brief detour to the prominent slender cairn on the eastern-most point of the knoll.

Hespeck Raise is an excellent viewpoint for Geltsdale, with Talkin Fell ahead and Cold Fell on the right, rising above Tarnmonath Fell. Right of this is the wild valley of Old Water and further to the right New Water. The city of Carlisle has drawn water from the Gelt, via a subterranean aqueduct running down to Castle Carrock Reservoir, constructed in 1909. The name, Gelt, means 'magical or wild water', confirming this river's habit of rapidly rising in spate.

Until the 1930s, the Gairs Colliery, on the east side of the River Gelt, was the Earl of Carlisle's coal mine, exploiting the seam beneath Tarnmonath Fell. It was here that George Stephenson's famous locomotive, The Rocket, ended its working life. In the woodland of Knotts Wood and Binney Banks, close to the mine, the site of an Iron Age settlement has been discovered. The RSPB's Geltsdale Reserve is the haven of the hen harrier. The equally rare black grouse has a lek site in the cattle-grazed slopes under Talkin Fell and the red squirrel has a perilous hold in the valley too.

12 Return to the stile and gate and follow the wall right. Where the wall ends, continue straight ahead on pathless ground, passing a cairn to cross through the broken wall. Descend to the large cairn on the lower brink of the hill. Bear right to the smaller cairn, then head down the slope bearing half-left over the brow into heather. At the wall, turn left and continue to a double stile. The broken wall is defended by stock fences on both sides. Descend to the gate in the depression below. You can go through and slant down through a gap in the wall to reach the green track at the Open Access entry gate at the lowest corner of the field (Open Access signboard).

