

Explore more

We have created some additional routes as offshoots of the Fellfoot 40 and these can be accessed on the North Pennines National Landscape website. You can also meander along six slow trails or venture into the hills on five high level walks.

<https://bit.ly/Fellfoot40cycling>



Map Key:

- | | |
|--|---|
| R1 Brampton railway station (please note this is a short distance outside of the town) | R3 Armathwaite railway station |
| C1 Brampton: Co-op, Spar, independent shops, cafés | C5 Kirkoswald: community shop, The Crown Inn, Featherstone Arms - water refill |
| R2 Wetheral railway station | R4 Lazonby railway station |
| C2 Talkin Tarn: tearoom - water refill, bike parking, e-bike charge with orders over £10 | C6 Lazonby: Co-op, Midland Hotel, outdoor swimming pool |
| C3 Hallbankgate Hub: shop & cafe - water refill, bike parking, e-bike charge | C7 Langwathby: shop, Shepherd's Inn pub |
| C4 Armathwaite - Fox & Pheasant pub and Duke's Head Inn - water refill, bike parking, e-bike charge with food purchase. Eden Stores | R5 Langwathby railway station |
| | C8 Melmerby: old village bakery - water refill, bike parking. Shepherd's Inn |
| | C9 Newbiggin: Bluebell Inn - water refill |
| | C10 Castle Carrock: Duke of Cumberland Inn - water refill, bike parking, e-bike charge |

About Fellfoot Forward

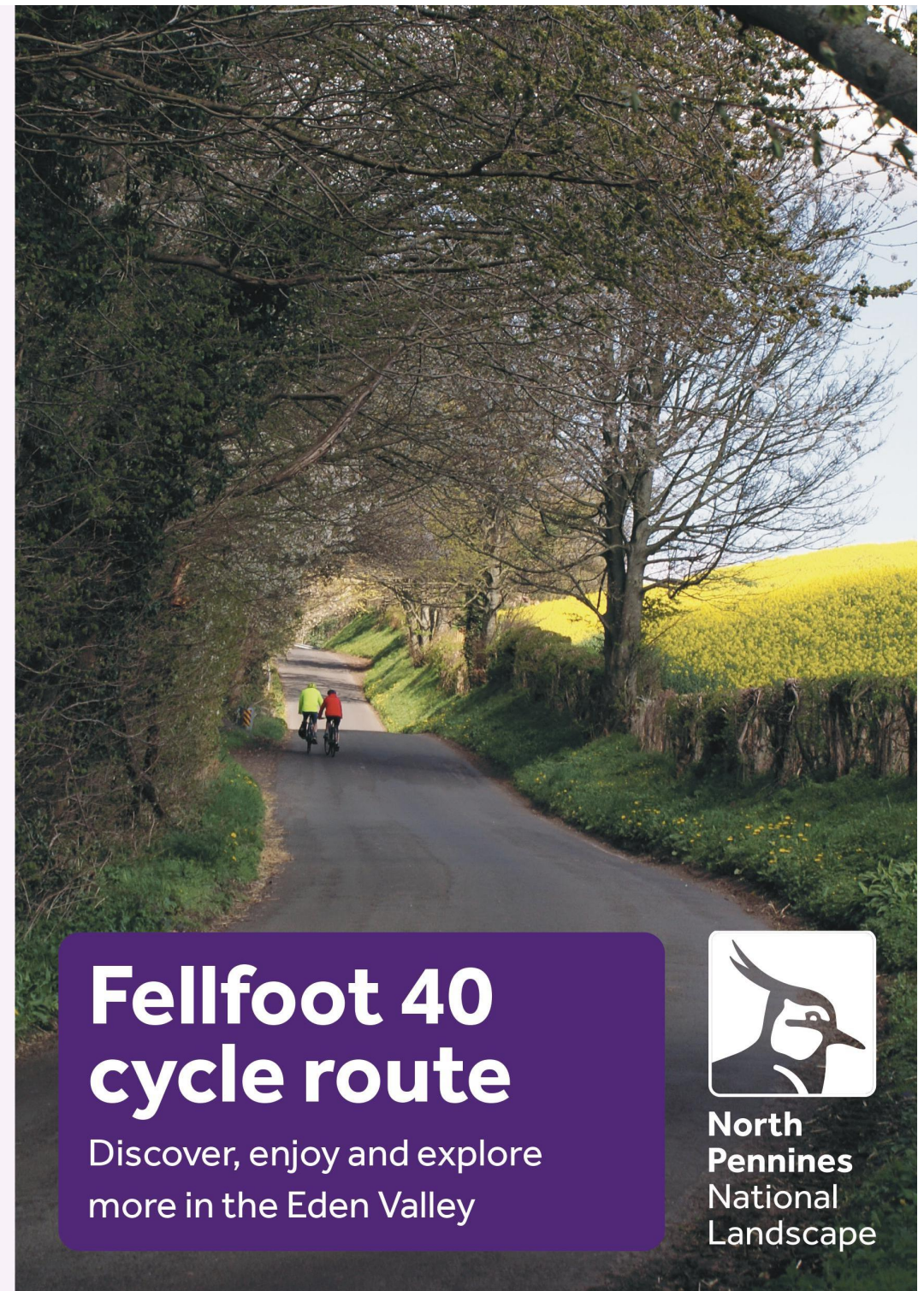
The Fellfoot Forward Landscape Partnership Scheme was led by the North Pennines National Landscape team and funded by The National Lottery Heritage Fund.

Content and illustrated map by Janet Swailes

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northpennines.org.uk



Fellfoot 40 cycle route

Discover, enjoy and explore
more in the Eden Valley



North
Pennines
National
Landscape



North
Pennines
National
Landscape



North Pennines
Global Geopark



Made possible with

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Travel: take the train to Armathwaite, Lazonby or Langwathby stations on the Settle-Carlisle line, or to Brampton on the Tyne Valley line.

Refreshments: stop off at local cafés and village pubs. Please plan your visit.

Accommodation: there is a range available, including camping and caravanning, glamping pods, B&Bs, self-catering holiday cottages, and village pubs. More information at: <https://www.visiteden.co.uk/>

Maps: OS Landranger 86, 90 & 91 / OS Explorer OL05, OL31 & 315

The Fellfoot Forward Landscape Scheme area lies in the lower Eden Valley, with the River Eden to the west, the fellside of the North Pennines to the east, and runs from Melmerby north to Hallbankgate.

The Fellfoot 40 cycle route is an invitation to spend time gently exploring this area on a figure-of-eight, 40-mile route. A network of beautiful lanes, punctuated with traditional villages, give you quiet roads, stunning scenery, and diverse heritage to enjoy.

Fellfoot 40 north and south loops

These loops offer the option of cycling the Fellfoot 40 route over two shorter circuits, giving you the options of riding on consecutive days, or returning to an area again to complete a loop.

Along the way

The fellside villages of Castle Carrock, Cumrew, Newbiggin, Croglin, Renwick, Gamblesby, Melmerby, Ousby, Row and Townhead, punctuate the fellside road that bisects the Fellfoot Forward area, dividing wild fells from pastoral farmlands.

Melmerby

Stroll around the historic village green; a natural meadow and woodland space, at the meeting of fast becks flowing from the fells. Discover an ancient cockpit, a wash-fold restored by landscape artist, Andy Goldsworthy, and a wildlife pond. Drovers' routes passed through the village and are still used by travellers to Appleby Horse Fair. The Old Village Bakery serves meals and refreshments.

St Luke's Church

From Ousby, divert to visit the tiny traditional hamlets of Row and

Townhead, with St Luke's Church perched under the imposing flanks of Cross Fell. You will also be rewarded by some exceptional views out over the Eden Valley to the Lake District fells.

Long Meg Neolithic stone circle

This ancient site is a good place to wander and rest amongst the stones, wonder about the people that came before, and enjoy the tranquillity. There are views south to Wild Boar Fell in the Upper Eden Valley, west to Blencathra, and east to Cross Fell.

Kirkoswald

Take in the beautiful old sandstone buildings, the nearby medieval castle, and historic mill harnessing the waters of the Raven Beck as it flows fast through natural cascades and engineered weir. This is a lively village with pubs and an excellent community shop.

Armathwaite

Stop here to take in the beautiful River Eden, cutting through deep gorges and meandering across flood plain meadows. Attractive parkland trees invite you to sit and picnic by the river. Armathwaite is a lovely village which has two pubs and a village shop.

Cumwhitton

The village green makes an ideal pause point. Set back from the road on a small mound, St Mary's Church dates back to at least the twelfth century. It has a visibly long history; with an Anglo-Saxon east window, a Norman south wall, the north arcade of three bays built in the twelfth century, and an eleventh-century head of a Maltese Cross.



● Railway station
● Parking
● Amenities
● Viewpoint



- - - Main Fell foot Forward routes N and S Loops
- - - Alternative routes:
 - Armathwaite + Holmwangle
 - Talkin Tarn + Fell Head + Holmwangle
 - St Lukes, Row + Townhead