



### Responsible visiting

This walk takes you through fields with cows. Please keep dogs on a lead at all times. Respect everyone and share the space, co-operating with people working in the countryside. Follow local signs and keep to marked paths.

Protect the environment, livestock and wildlife by keeping dogs under control, taking litter home and disposing of dog waste responsibly. Check the weather and enjoy the outdoors.

**Always follow the countryside code.**



### Guide to walking

A reasonably flat route on a mixture of road and track, with an easier out-and-back from the car park to the stone circle. Muddy in places and you may encounter cattle.

### About Fellfoot Forward

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

[northpennines.org.uk](http://northpennines.org.uk)



# Long Meg

Walk 6: a step back in time on a circular walk steeped in history and folklore



**North Pennines**  
National Landscape



**North Pennines**  
National Landscape



Made possible with  
**Heritage Fund**

**Connect with the landscape on one of our six slow trails. Take a rest and listen to the sounds that make these places so special, slow your steps and relax, or reflect on the people that have come before.**

**Start point:** Long Meg car park, near Little Salkeld.  
A single accessible car parking space at Long Meg.

**W3W:** ///submitted.peanut.templates

**Postcode:** CA10 1FE

**Elevation gain:** 125ft approx.

**Distance:** 2.4 miles

**Time:** approximately 1hr 20 mins

**Rating:** easy - muddy, you may encounter farm animals

### 1 Enjoy the vista

Standing in the car park, take in the superb view of the distant Lake District fells to the west. Leave the car park through the pedestrian access and turn right onto the lane. As you leave the car park, look right to the Pennine ridge and the conical 'pikes' of Knock, Dufton and Murton. Follow the lane, through the gate by the cattle grid, to enter the field with woodland on your right and the stone circle ahead.

### 2 Long Meg stone circle

Long Meg and Her Daughters dates back to the Neolithic and Bronze Ages. Long Meg, the largest stone at 3.4m tall, is made from red sandstone, most likely quarried from the nearby banks of the River Eden. Long Meg is decorated with carved cup and ring symbols and spirals which are up to 4,500 years old.

People have gathered here for thousands of years, just as you have today.

### 3 The Daughters

The surrounding 'daughters' consist of sixty-eight Lake District boulders, deposited by glaciers in the Eden Valley.

Local folklore claims that the stone circle is a coven of witches turned to stone by a wizard. It is said that if anyone counts the same number of stones clockwise and anticlockwise then the stones will turn back into witches. Others suggest that the same number of stones can never be counted twice. Dare to try?

### 4 Badger sett

Head left along the track, through the farm gates into pine woods. As you walk along the track you will have to navigate your way around the entrance to a huge badger sett, home to generations of badgers for hundreds of years.

### 5 St. Michael's Church

Turning right at a crossroad in the path, at point five on the map, head up a gentle slope along the lane, and arrive at the church.

The nave of St. Michael's Church, Addingham dates back to the 13th century, with additions in 1512 and major alterations in 1898.

### 6 Viking gravestone

The church houses a number of historic gravestones of note. In the porch is a fine Viking 'hogsback' tombstone retrieved from the River Eden.

Outside the church you will see an ornate 10th century stone cross. Departing through the far side of the church yard, follow the path through the fields and back towards Long Meg. Note: There may be young cows in the last field.

### Little Meg

Little Meg is all that remains of a burial mound, or round cairn. The central cist (a small stone-built box), now destroyed, contained a cremation urn. Today, all that remains are the outer kerbstones. Two stones at Little Meg had carved spiral symbols, one stone is now in Penrith Museum, but the other still remains in the circle.



Content, photography and cartography by Sara Hayes, The Public Art Company.

OS Ref: © Crown copyright. All rights reserved. Durham County Council. LA 100019779. 2024.

**No one knows exactly why people built stone circles.**

**We believe Neolithic people celebrated the winter solstice to mark the coming of spring.**