

REACH BEYOND ADVENTURE



If you fancy something really special and a little different, why not try your hand at fire-starting, tool making and bivvying on a really memorable bush-craft course with 'Reach Beyond Adventure'. Learn how to construct your own woodland shelter and acquire the art of flint fire-starting to cook your own camp meal then...settle down under the stars and dream away all night long.

Find out more at www.reachbeyondadventure.co.uk

LAZONBY AND KIRKOSWALD



Lazonby, also on the Carlisle-Settle line is a great place to try your hand at fly-fishing for salmon, trout and grayling from the pristine banks of the River Eden (day pass needed). Cumbria fly fishing and the The Tufton Arms both offer tuition on this productive yet tranquil river. If you need cooling off after catching your first 30 pounder then head for Lazonby's outdoor swimming pool on the banks of the River Eden and if you're finding it

hard to pull yourself away from paradise then simply pitch your tent on the pool's campsites and enjoy the Eden Valley's starlit skies. Riverside walks are aplenty from here and nearby is Kirkoswald with its lovely cobbled market place. You can wander through meadows and quiet country lanes past the once monumental Kirkoswald Castle to Glassonby and then head back along the river to the stunning Eden bridge.



Image courtesy of Dave Willis

WONDERFUL WALKS



Smardale Gill nature walk follows a disused railway track through a delightful hidden valley, showing glimpses of 90 foot viaducts, old limestone kilns and embankments packed full of rare and diverse wildlife. Circular routes of around 4 miles start from Ravenstonedale and Newbiggin-on-Lune.

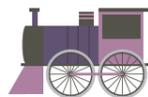
From Kirkby Stephen there are a multitude of unique walks; the popular poetry path which utilises a section of viaduct between the

dramatic Stenkrith bridge and Hartley village is a real treasure.

If you fancy a full day out, take the bracing 10 mile hike up to High Cup Nick from Dufton. The circular walk through the Nick itself with its huge columns of volcanic Dolerite and dramatic U-shaped chasms is a real window into the geological past.



GETTING AROUND



PUBLIC TRANSPORT

The Settle-Carlisle Railway, one of Britain's most picturesque routes, runs through Eden connecting Kirkby Stephen, Appleby, Langwathby, Lazonby and Armathwaite. There are car parks at each of the stations. For timetables and fares, visit www.settle-carlisle.co.uk. The 680 bus runs from Carlisle to Alston daily. There are also



regular buses along the A66 from Penrith to Kirkby Stephen via Appleby and Brough, route number 563. See www.traveline.info.

CYCLING

Bikes can be carried on the Settle to Carlisle and the West Coast lines, although spaces are limited and you may need to book in advance. Electric bikes can be hired from the Electric Cycle Centre in Penrith. Bike hire is also available from Arragon's Cycle Centre, Penrith. For more info visit www.electriccyclecentrepnrith.co.uk and www.arragons.com.



Electric bikes can also be hired from the Midland Hotel, next to Appleby Railway Station. For details, phone 01768 351524 or visit www.appleby-cumbria.co.uk/electricbikes.

THE GREAT OUTDOORS TRAIL



INTRODUCTION

Discover the spectacular and diverse range of outdoor adventures the Eden Valley has to offer through a variety of thrilling and captivating experiences. Rock climb above the sparkling water of the River Eden, ride on horseback through the heather clad fells, have a game of golf on England's highest course or even go ghyll scrambling up breathtaking waterfalls.

Whether it is more serene walking you are after or a really adrenaline-packed day, the unique Eden Valley (one of Britain's best hidden gems) has it all.

PENRITH



Image courtesy of Dave Willis

Spend the day leisurely cycling through this spectacular part of the Eden valley exploring its many hidden gems and an array of pretty villages on the way. Sustrans National cycle routes 7, 71 and 68 circumnavigate the area between Penrith and Appleby but it's well worth detouring to visit Brougham Hall, Brougham Castle and the delightful Acorn Bank watermill

and mansion with its walled garden and pretty riverside walks.

If you are based in the town centre a great local vantage point is Beacon hill; this 2km stroll winds up-hill on sandstone trails through peaceful forest plantations to the monument at the top. The views towards the Eden valley and the Lake District fells are magnificent.

THE GREAT OUTDOORS TRAIL



nurture eden
paradise for explorers

nurtureden.org

WHAT'S IT ALL ABOUT?



DOWNLOAD THE APP



For more information on the walks, rides, and experiences mentioned in this trail, and for more inspiring days out in Eden, download the **Explore More Eden** or **Cycle More Eden** apps. Have fun exploring!



ABOUT NURTURE EDEN

We have made a set of 6 trails to inspire more people to explore the hidden gems of Eden. You can also access great ideas for days out and travel information at www.nurtureden.org and on our mobile apps 'Explore More Eden' and 'Cycle More Eden'.

Nurture Eden aims to help Eden become a leading destination for sustainable tourism, growing local tourism businesses, whilst also protecting the environment.

This project is supported by the Rural Development Programme for England (RDPE) for which Defra is the Managing Authority, part funded by the European Agricultural Fund for Rural Development: Europe investing in rural areas.



nurture eden
paradise for explorers



THE GREAT OUTDOORS TRAIL

Spectacular canoe journeys, unrivalled bike routes and walking country described as England's hidden paradise. The Eden Valley certainly has it all for anyone who is inspired by our great outdoors.

1 KIRKBY STEPHEN: SOAR HIGH, GALLOP AND GET CREATIVE

The areas around Kirkby Stephen and Ravenstonedale at the head of the Eden valley are a real haven for outdoor enthusiasts. From tranquil walking in the Mallerstang valley to adrenaline packed high-speed adventures; this area has it all.

If you fancy something really spectacular and unforgettable...then give paragliding a go, with a 'Sunsoar' taster day. Flying over the spectacular Eden countryside would definitely be a memorable trip!

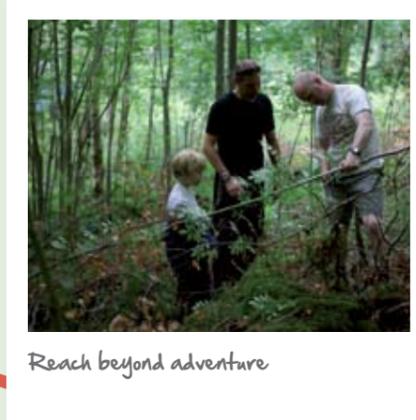
Perhaps a four-legged friend is more up your street? If so, saddle up and take part in a fabulous trek through the beautiful Mallerstang valley. Stonetrail Riding Centre also offer multi-day treks through the Eden Valley or shorter one hour treks near Ravenstonedale. You can also hire mountain bikes here and explore the many trails through spectacular scenery, under your own steam.

2 ARMATHWAITE AND LAZONBY: LIDOS AND SOMETHING FISHY

Climb, canoe and take in the Eden Valley rays around the beautiful village of Armathwaite on the iconic Carlisle-Settle railway line; explore Coombs Wood and find an Eden Benchmark sculpture above the sparkling waters of the River Eden. Canoe trips on the mighty Eden and other local rivers can be organised through 'Eden Outdoor Adventures'. If you are more of a land creature then hire a local climbing guide and have a climb on the fantastic sandstone outcrops; when you need a rest have a sunbathe on one of the little sandy, cove-like beaches at the bottom of the crag. 'Reach beyond adventure' offer climbing sessions in the local area.



Walking north of Alston is spectacular



Reach beyond adventure



Take part in a fabulous trek through Mallerstang valley



Appleby primrose benchmark sculpture

BLUE BADGE GUIDE

To learn about the fascinating Eden landscape in as much detail as you like, a Blue Badge Guide will really bring this wondrous place and its history alive. See www.cumbriatouristguides.org for more details.

3 ALSTON AND GARRIGILL: GOLF AT ALTITUDE, DIZZY HEIGHTS AND PEDLARS GALORE

Alston and the surrounding area offer a great variety of activities for the outdoor enthusiast. If golf is your game, try for a 'hole in one' on England's highest golf course, 'The Hermitage'. The views are simply spectacular and you will often have the whole course to yourself. Explore the 132 acres of parkland and high meadows after popping £15 into the honesty box!

Another great way of exploring the Pennines is to complete the 'Garrigill Round', an 8.5 mile trail that winds next to the South Tyne River through heather-clad moorlands. Walking north of Alston is also spectacular, the Pennine Way passes Roman forts and Sky Lark skies to Lintley where you can catch the delightful narrow gauge railway back into town.

4 DUFTON: BLUEBELLS AND BRACING HIKES

Dufton is a quaint village nestled beneath the Pennines with a glorious diversity of things to do. From Dufton you can stroll in the bluebell filled Dufton Ghyll nature reserve, have a full day out on the fells with a scramble up to High Cup Nick or if you want a really memorable challenge, get on your bike and try England's longest hill climb up to the weather station on Great Dunn Fell; a real leg burner but well worth it!

Dufton Ghyll Wood is a tranquil and fascinating area of ancient woodland where you will find red squirrels, ancient geology and a carpet of bluebells during the spring time. The woodland contains a mixture of rare elm trees, mighty oak trees and brightly coloured blossoms; this along with the sounds of the babbling brook create a real haven where you can soak up the glory of the natural environment.

5 APPLEBY-IN-WESTMORLAND: SPOOKY TRAILS AND STEPPING STONES TO ADVENTURE

Take in the stunning scenery and picturesque villages dotted around Appleby-in-Westmorland by electric bike, available from the Midland Hotel (booked in advance). This lovely cobbled town set within a loop of the River Eden was once the home of the renowned Lady Anne Clifford and also plays host to the well-known Appleby Horse Fair in June. Pick up a 'Town Trail' leaflet from the TIC and savour both the rich heritage and culinary delights of Appleby whilst you explore.

Just a short walk along the river banks lies the delightful Ormside Mill. The mill is accessed by stepping stones and is a great secluded spot to stay if you fancy an adventure packed break. You can hire this historic mill, cosy up at night by the log-burning stove and choose an array of outdoor activities from archery to geocaching or ghyll scrambling to entertain you during the day.