

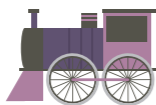
VIKING GODS AND PINFOLDS



Kirkby Stephen is bursting with hidden artworks to explore. In the Parish Church, the "Cathedral of the Dales" is the Loki Stone, dating back from the 9-10th century when the area was settled by Vikings. The piece depicts the mischievous Norse God Loki and is one of only two such pieces in Europe. South of Kirkby Stephen, in the Mallerstang valley, is Lady Anne's Way where you will find 'The Water Cut' by Mary Bourne, one of a series of

contemporary stone sculptures situated along the River Eden (OS ref SD 786 986). At Outhgill, also in the Mallerstang Valley, is one of internationally renowned artist Andy Goldsworthy's 'Pinfold' sculptures, a hidden gem waiting to be discovered! (OS ref NY 7836 0158)

GETTING AROUND



PUBLIC TRANSPORT

Penrith is on the main West Coast railway line with connections to Carlisle and Oxenholme, Kendal, Manchester and London. 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.



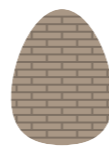
For timetables and fares, visit www.nationalrail.co.uk and www.settle-carlisle.co.uk.

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.



WITHNAIL AND GOLDSWORTHY



'Withnail and I', the cult 1980's film starring Richard E Grant, Paul McGann and Richard Griffiths was filmed at Shap and Bampton, becoming a site of pilgrimage for many film buffs over the years. In the film, the two 'resting' actors leave behind the squalor of London to rejuvenate at Uncle Monty's remote Shap cottage, soon realising they had 'gone on holiday by mistake.'



Andy Goldsworthy, one of the world's foremost contemporary artists, began a series of sculptures in the landscape called 'Sheepfolds' in 1996. He worked with existing stone sheep pens (folds) to create new shapes and structures, responding to the environment. The works were left in situ to weather over time, with many still standing to explore at sites across the Eden valley. For more information visit www.sheepfoldscumbria.co.uk.

THE ART AND CULTURE TRAIL



INTRODUCTION

The Eden Valley is home to a wealth of talented artists, makers and designers who characterise its reputation for being one of the most beautiful and yet most undiscovered regions in Cumbria.

Eden's breathtaking Pennine vistas, moorland grass swaying in the breeze, the tumbling River Eden and dramatic skies coupled with a rich cultural

heritage make the perfect recipe for artistic inspiration. This has culminated in works of art as varied as the rich Eden landscape itself. The outlined routes in this trail will guide you around a selection of the Eden Valley's studios, galleries, museums and cultural attractions to help you discover a vibrant arts scene and unique rural culture.

EVENTS CALENDAR



The Eden Valley has a thriving arts scene, with many events happening throughout the year that celebrate Eden's unique rural culture.

JANUARY

Cumbrian Artists Open Exhibition
Upfront Gallery, Skelton near Penrith.
www.up-front.com

JULY AND AUGUST

Potfest
Britain's largest ceramics and pottery festival.
www.potfest.co.uk

SEPTEMBER

C-Art Artists' Open Studios
Month-long festival across Eden and Cumbria.
www.c-art.org.uk

DECEMBER

Lake Artists Winter Exhibition
www.rhedged.com

Highlights Rural Touring

Theatre and Remote Rural Touring Cinema - throughout the year at village halls across Eden.
www.highlightsnorth.co.uk

A FULL WHAT'S ON GUIDE CAN BE FOUND ON THE EDEN ARTS WEBSITE AT EDENARTS.CO.UK

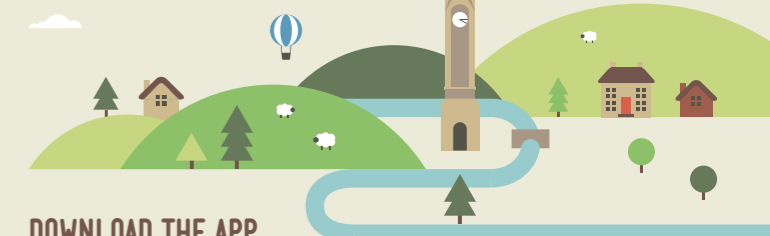
THE ART AND CULTURE TRAIL



nurture eden
paradise for explorers

nurtureeden.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.nurtureeden.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 ART AND CULTURE TRAIL

Eden is home to a wealth of talented artists, makers and designers who characterise its reputation for being one of the most beautiful and yet most undiscovered regions in Cumbria. This map will guide you around an inspiring selection of the Eden Valley's studios, galleries, museums and cultural attractions to help you experience Eden's vibrant arts scene.

BROUGHAM TO TEMPLE SOWERBY

BLUE 71 CYCLE ROUTE
BIKE HIRE FROM PENRITH

1 (YAN*) BROUGHAM HALL ARTISTS' STUDIOS

Follow the blue 71 cycle route signs out of Penrith and under the A66, turning right at the cross roads. Your first stop is the atmospheric 14th Century Brougham Hall, home to a community of local artists and designers. Explore the photography gallery and working pottery studios, where wheel-thrown stoneware and hand-built porcelain ware are produced, drawing a diverse range of inspiration from the colours of Cumbrian seasons to the lavish colour palettes of Elizabethan times and retro styles of the 1950s and 60s. Grab a coffee at the Fusion Café.

2 (TYAN*) RED BARN GALLERY

Head out left onto the A6 turning left then immediately right toward Clifton Dykes. Follow the road turning right towards Melkinthorpe, then right for Larch Cottage Nurseries. Explore Red Barn Gallery, which exhibits the work of quality British and European artists, local-grown talent, ceramicists, jewellers and sculptors. Stop for lunch in the terraced restaurant next door, overlooking the Romanesque style ruined walls and nursery Gardens.

3 (TETHERA*) PHOENIX ANTIQUES BARN

Retrace route out of Melkinthorpe and follow signs for Cliburn. At the crossroads, turn left and cycle up through Salter Wood, past the converted railway station. Turn left just before the A66 for the Phoenix Antiques Barn, an exciting and lively space full of quality antiques with an interesting mix of vintage items and 20th century design, alongside artwork by local artists.



Brougham Hall



Watermill at Little Salkeld



A saddle - break at the Fetherston Arms



Red Barn Gallery at Larch Cottage Nurseries



KEY

- Railway Station
- Railway Line
- River
- 'A' Road
- Motorway

LANGWATHBY TO ARMATHWAITE

BIKE HIRE FROM PENRITH
SETTLE-CARLISLE RAILWAY

1 (YAN*) LITTLE SALKELD WATERMILL

Follow the blue C2C cycle route 71 out of Penrith to Langwathby, turn left off the main road and across the village green to Little Salkeld. Little Salkeld Watermill is on the right as you enter the village. This organic and biodynamic flour mill has an award-winning organic vegetarian café, featuring beautiful artwork and crafts from local producers.

2 (TYAN*) LACY'S CAVES (OS ref NY 565 382)

Continue into the village and follow the track alongside the railway, signposted Lacy's Caves & Daleraven Bridge. Bear left for Daleraven and follow the bank of the river until Lacy's Caves appear through the trees. The caves were excavated from the soft sandstone cliffs in the 18th Century by Colonel Samuel Lacy as a folly for his country estate, often using the caves for lavish dinner parties.

3 (TETHERA*) EDEN BENCHMARKS - SCULPTURE IN THE LANDSCAPE

Follow the path along the river to Daleraven, then take the road into Kirkoswald. Stop for lunch at the Fetherston Arms, before carrying on towards Lazonby. Just after the bridge, stop in the small car park to have a look at a sculpture by artist Frances Pelly called 'Cypher Piece'. (OS ref NY 549 543).

4 (METHERA*) THE CHURCH OF CHRIST AND ST MARY

Head into Lazonby and check the train times or cycle back through Kirkoswald to Armathwaite. In Lazonby, stop at Croglins Designs to admire their unique woodworking (Main Street, call 01768 870 100 for opening times). Visit the Church of Christ and St Mary in Armathwaite to look at the exquisite stained glass windows designed by William Morris' workshop, a renowned 19th Century artist and textile designer.

*Traditional Cumbrian sheep counting rhyme system - yan, tyan, tethera, methera, pimp, sethera, lethera, hovera, dovera, dick, yan-a-dick, tyan-a-dick, tethera-dick, methera-dick, bumfit (1-15).