

THE LOST VILLAGE



The isolated, pretty little red sandstone church of St Michael and All Angels, Addingham, was built on its present site in the 13th century. But where is its village? Addingham – and its original church – was probably washed away when the River Eden changed course in the 12th Century. Although there is no sign of the lost village today, its original site is passed near Daleraven Bridge on the Little Salkeld walk.

A Norse hogsback tombstone and other artefacts now kept in the church porch were retrieved from the site of the first church during a drought in 1913. A 10th Century wheel-headed Anglican cross in the churchyard is also thought to have come from this earlier site.

WALKING THROUGH A DESERT

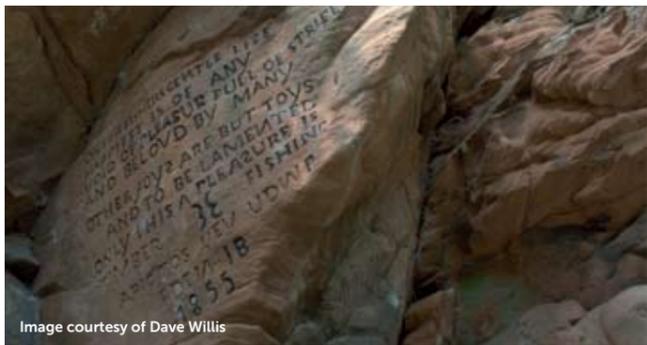


Image courtesy of Dave Willis

The unmistakable red cliffs along the River Eden are formed from new red sandstone. Entire villages as well as countless churches, castles and isolated farmhouses have been built from this distinctive rock. As the sun sets at the end of a long summer evening, this exquisite rock takes on a warm, pink glow.

At times like this, it's easy to imagine the desert conditions that created these rocks between 240 and 280 million years ago. Back then, what we now call Britain was lying just north of the Equator and the Eden Valley was mostly sand dunes.

WILDLIFE ENCOUNTERS



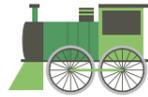
As you explore the River Eden, you'll inevitably encounter some of the valley's wildlife. Badger, hare, roe deer, stoat and even the elusive otter all thrive here; and the area is also one of the last bastions of the rare red squirrel.

Heron, kingfisher and dipper can be spotted from the riverbanks, and the woods are home to wagtails, long-tailed tits, great spotted woodpeckers,

cuckoos, siskin, finches and warblers among others. Buzzards are the most common birds of prey, but small numbers of ospreys, peregrine falcons and, increasingly, red kites can also be seen. In spring and early summer, listen for the long, bubbling call of the curlew. Having wintered on the coast, these and other waders move inland to breed.



PUBLIC TRANSPORT



TRAVELLING BY TRAIN

The easiest way to explore the River Eden is via the famous Settle to Carlisle Railway, one of Britain's most picturesque lines. The railway follows the river's entire route, stopping at 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.

CYCLING

Bikes can be carried on the Settle to Carlisle line, although spaces are limited. Electric bikes can be hired from the Midland Hotel, next to Appleby Railway Station. They must be booked in advance. For details, phone 01768 351524 or visit www.appleby-cumbria.co.uk/electricbikes.



THE RIVER EDEN TRAIL



INTRODUCTION

The River Eden winds its way for 75 wonderful miles through some of the most diverse and fascinating scenery in northern England. It comes tumbling down from lonely Mallerstang Common to carve a route between the North Pennine moorlands and the Lakeland Fells.

What better way to see this beautiful area than from the iconic Settle to Carlisle Railway as it accompanies the Eden

downstream? Hop on and off the train to enjoy bike rides and charming walks beside one of England's cleanest rivers, home to a wealth of wildlife. The outlined routes visit caves, waterfalls, woods and unusual geological formations. You'll also see castles, rock-carved poetry, sculptures, disused railways and more – all within a landscape that changes with the river's every twist and turn.

EDEN BENCHMARKS



As you're travelling along the River Eden keep an eye for a series of carved stone sculptures, which conveniently also function as seats! Commissioned to commemorate the millennium and each by a different artist, they have been installed at various locations beside public paths along the entire length of the River Eden. Sculptures can be found at Mallerstang ('The Watercut' by Mary Bourne), Kirkby Stephen Stenkrith Park

('Passage' by Laura White), Temple Sowerby ('Red River' by Victoria Brailsford), Appleby ('The Primrose Stone' by Joss Smith), Wetheral ('Flight of Fancy' by Tim Shutter), Armathwaite ('Vista' by Graeme Micheson), Bitts Park Carlisle ('Towards the Sea' by Hideo Furuta), Lazonby ('Cypher Piece' by Frances Pelly), Edenhall ('South Rising' by Vivienne Mousdell) and Rockcliffe ('Global Warming' by Anthony Turner).

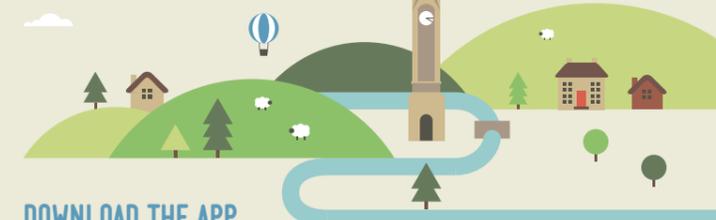
THE RIVER EDEN TRAIL



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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 RIVER EDEN TRAIL

These walks and bike rides take in the historic market towns of Kirkby Stephen and Appleby as well as several gorgeous red sandstone villages. They provide just a taste of what the Eden Valley has to offer: from diverse wildlife to colourful history; from spectacular geology to cultural gems – all within an ever-changing landscape.

1 THE INFANT EDEN

The young River Eden comes rushing down from its birthplace on the wild Mallerstang hills to reach Kirkby Stephen. The bedrock – a combination of limestone and sandstone known as brockram – has been carved into unusual shapes by the tumultuous river. Stand on the Millennium Bridge and look down into the churning cauldrons of water below.

A six-mile walk from Kirkby Stephen Railway Station takes in the highlights. After descending to the river, stroll along the disused Stainmore Railway to Hartley and then drop, via quiet lanes, to a riverside path. Cross the 16th Century Frank's Bridge to visit the town itself, or continue upstream through delightful meadows. The route later crosses to the west bank to follow the fascinating Poetry Path to the Millennium Bridge.

2 APPLEBY: TOWN TRAIL

A two-mile stroll around charming Appleby, built on the banks of the River Eden, visits some of its most interesting historic sites. Dropping from the railway station to the river, turn left along the main road and then descend Mill Hill to cross the river at Bongate. The weir here was probably built by the Romans to deepen the channel, allowing boats to bring supplies for a nearby fort.

From the west bank of the river, the trail heads up and around the castle precincts, with its Norman keep, and then down delightful Boroughgate, home to 17th Century almshouses and the 12th Century Moot Hall. Turning down High Wiend, cross the Eden again to follow a woodland trail to The Sands. This is where Gypsies and travellers attending the world's largest horse fair each June wash their animals in the river.



KEY

- R Railway Station
- H+H+H+H Railway Line
- River
- - - - - Walking Route
- - - - - Cycle Route



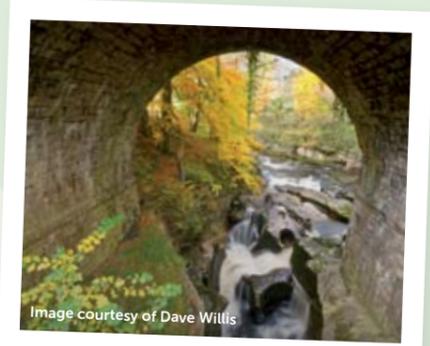
A pleasant bike ride from Appleby leads to Rutter Force.



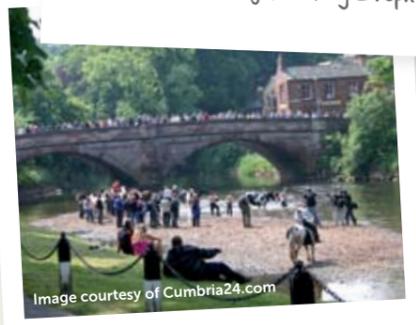
The curious faces carved into the sandstone cliffs below Coombs Wood.



Watermill and tearoom, Little Salkeld



The Millennium Bridge, Kirkby Stephen



Appleby Horse Fair

FISHING ON THE RIVER EDEN

The river offers good game and coarse fishing. Salmon, sea trout, grayling and brown trout can all be found in its waters.

For information on beats and obtaining day tickets, visit fish.edenrivertrust.org.uk.

3 POWERED PEDAL TO WATERFALL

Rutter Force lies on Hoff Beck, a tributary of the River Eden, about four miles south of Appleby. A pleasant bike ride along country lanes leads to this Jekyll and Hyde waterfall: after heavy rain, a powerful torrent comes raging down the cliff in dramatic fashion; in dryer times, a fine curtain of water veils the back wall and then gently flows past the picturesque mill.

4 THE LADIES' WALK

This four-mile stroll uses a riverside path built for the ladies of Eden Hall in the 19th Century. Turn left along the main road from Langwathby Railway Station. Take the riverside trail on the left after the bridge over the River Eden, but then turn right after 300 metres to reach the pretty hamlet of Edenhall and its sandstone church. Head downstream along the Ladies' Walk by dropping back to the river from the ancient Plague Cross. During the plague, a basin of vinegar would be left here for villagers to put their money in to pay for food brought by traders who believed the vinegar disinfected the coins.

5 RIVERSIDE CAVES

The six-mile walk between Langwathby and Lazonby stations is well worth the effort. Heading north from Langwathby along minor roads, your first stop is the working watermill and tearoom in Little Salkeld. You can see how Eden's water power is still used to produce flour.

Picking up a riverside path, the route then heads downstream through woods and meadows that are full of wildlife. One of the highlights is Lacy's Caves: local landowner Colonel Lacy had the five chambers hollowed out of the cliffs to impress his 18th Century guests. He is even said to have employed a man to live here and pretend to be a hermit. Take care at the cave openings.

6 A WOODED GORGE

Further downstream, the River Eden flows through idyllic countryside consisting of steep, wooded gorges and rolling farmland at the base of the Pennines. A four-mile walk starts from Armathwaite Station, crosses the river and heads south along a tree-lined riverside path before climbing through Coombs Wood. As the trees thin, magnificent views of this valley are revealed. Having visited the hamlet of Longdales, a forgotten track descends between hedgerows. A short section of road walking leads back to Armathwaite, where two pubs await...