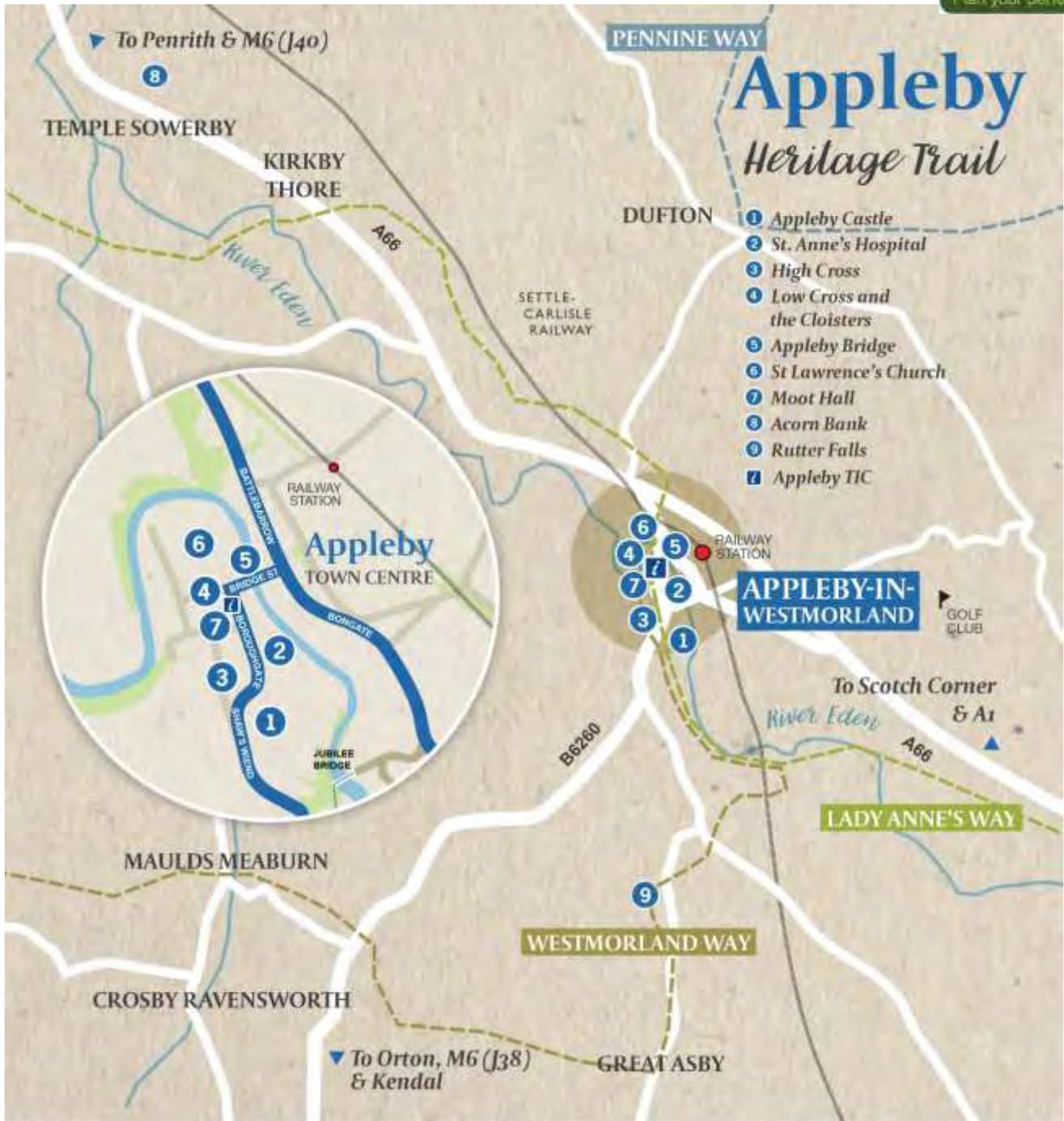


Appleby Heritage Trail



This Trail is taken from the Appleby Heritage Trail leaflet which we produced in partnership and with funding from Historic England.

All the places mentioned here are open to the public, and most are easy to access by car, public transport or on foot. Some sites are free to visit; whilst others have an admission fee. The map indicates the locations of all the key sites. The wording next to each entry indicates the facilities available. If an asterisk* is shown after a symbol it means that the facilities could have restrictions, eg limited wheelchair accessibility, parking nearby or dogs only allowed in certain areas. There is no suggested start point or trail to follow; rather the aim is for you to explore Eden's historic attractions at your leisure.

Explore Appleby's Heritage

How appropriate that Appleby ('the place of apple trees') should be in the heart of the Eden Valley. This ancient royal borough was the county town of Westmorland - a status reflected in the broad avenue of Boroughgate that sweeps uphill from St Lawrence's Church to the castle. High Cross and Low Cross mark the upper and lower limits of the market area.



Most of Appleby's historic buildings front Boroughgate, the broad tree-lined road linking St Lawrence's Church with the castle. To find out more, pick up an Historic Town Guide or read the interpretation panels located at key sites around the town.

This attractive town, set within a loop of the River Eden, was planned with defence in mind. The castle guarded the town, and around Boroughgate you will find narrow-angled approaches called wiends that could be quickly closed off in times of attack. Even the main bridge once had a gatehouse with the inscription 'Porta patens esto nulli claudatur honesto' ('Gate, be open! Let it be closed to no honest man'). Products such as butter, cheese and meat were sold at markets held in Boroughgate under the supervision of the centrally-placed Moot Hall (a place where the Town Council met to discuss local business).



By the 13th century, the Cliffords were the dominant family in Appleby and residing at the castle. The influence of Lady Anne Clifford, the great restorer of her properties in the 1650s, can be seen at Appleby Castle, St Anne's Hospital and in St Lawrence's Church.

Beyond Appleby, attractive red sandstone villages can be found tucked into the folds of the Eden Valley. Nearby Acorn Bank (a National Trust property) has associations with the Knights Templar and to the south lies Rutter Falls - a picturesque waterfall next to a corn mill.

Appleby Heritage Trail

1. Appleby Castle: This impressive castle was built by a Norman baron (Ranulf le Meschin) to guard an important fording point over the River Eden. The powerful Clifford family took up residence in the 13th century and held it for much of the next 400 years, during which time the castle was rebuilt and extended, and the stone keep given a new name: Caesar's Tower. Appleby Castle was one of Lady Anne Clifford's five castles that were restored by her



in the 1650s and described as “this most ancient seat of mine inheritance”. Guided tours available.

(Parking, accessible*, refreshments, WC, dogs on a lead welcome*, family friendly)

Lady Anne Clifford, born at Skipton Castle in 1590, was a remarkable and determined woman. After being disinherited of her estates following the death of her father, she eventually acquired her inheritance at the age of 53 and immediately set about restoring her five castles, nine churches and several medieval halls. Follow the Lady Anne Clifford Trail to find out more.

Bongate is a shortened version of ‘bonded gate’ and refers to the place where the castle’s bondsmen (or serfs) lived. The settlement is pre-Norman, and may have been the original site of Appleby. In this area you can see St Michael’s Church and Bongate Mill (both now private homes) and cross the River Eden at Jubilee Bridge, a lovely picnic area. Look out for the Primrose Stone, one of ten sculptures known as Eden Benchmarks, along the River Eden.

2. St Anne's Hospital: In 1653, Lady Anne Clifford established these almshouses for ‘twelve sisters and a mother’ to help poor widows in Appleby. There are 13 almshouses set around a cobbled courtyard with a tiny chapel tucked into one corner. Free to visit between 10am and 4pm, but you may have to ask one of the residents to open the chapel for you.

(Accessible*, dogs on a lead welcome*, family friendly)

3. High Cross: The two tall crosses at either end of Boroughgate delineated the extent of the market area. High Cross has the motto: Retain your Loyalty, Preserve your Rights. A cheese market was held here every week, and during Whitsuntide it was the site of the hiring fair where people would seek paid work.

(Accessible, dogs on a lead welcome, family friendly)



4. Low Cross and The Cloisters: The Low Cross was built to celebrate the restoration of the monarchy in 1660. Butter was sold from the base before the market moved to the covered canopy of the cloisters around 1670. The original cloisters were built to ‘beautify’ the approach to the church and replaced in 1811 by the present structure designed by Robert Smirke (who also designed nearby Lowther Castle and the British Museum in London).

(Accessible, dogs on a lead welcome, family friendly)



The **White House** on Boroughgate is a palatial Georgian house, built by Sir James Lowther for his agent John Robinson. Robinson later became an MP and Secretary to the Treasury. He was a key figure in the British government during the American War of Independence and in the rise to power of William Pitt in 1783-4.

5. Appleby Bridge: Today's handsome double-arched bridge dates from 1889. The earlier bridge had a gatehouse on one end to regulate the passage of people and goods, and to collect tolls. There was also a chantry chapel here where a priest would pray for your safe passage.

(Accessible, dogs on a lead welcome, family friendly)

The colourful spectacle of **Appleby Fair** is held in early June every year at Fair Hill. It is a cultural gathering for travelling people from all over the country and attracts a huge numbers of visitors who come to witness horse sales and the tradition of washing horses in the river.

6. St Lawrence's Church: The parish church was founded shortly after the castle. Although badly damaged by the Scots in 1388, it was rebuilt and later restored by Lady Anne Clifford in the mid-17th century. When she died in 1676, her coffin was laid in a vault near to a handsome monument that proudly proclaims her Clifford family lineage. Adjacent is a magnificent marble memorial to her beloved mother, Margaret (Countess of Cumberland).

(Accessible*, family friendly)



Did you know that the father and half-brothers of **George Washington** (first President of the United States) attended Appleby Grammar School?

7. Moot Hall: 'Moot' means 'to meet' and the Moot Hall, dating from 1596, was where the town council would gather to discuss local affairs, a practice that continues to this very day. This is one of only two Moot Halls in England still used for its original purpose.

(Parking nearby, accessible*, family friendly)

The royal 'lions' on Appleby's **armorial shield** are really leopards, and represent the town's former status as a Crown possession.



The **bull ring** was where bulls were baited with dogs prior to being slaughtered in the belief that this tenderised the meat. Bullbaiting ceased in 1812 after one animal broke free and stampeded through the town. The bull ring is no longer in the ground but in a display case in Appleby TIC.

Settle to Carlisle Railway: The much-loved Settle to Carlisle Railway was saved from closure in the 1980s and now provides one of the most popular excursion trips in the country. Over its 72-mile (117 km) course, the railway cuts through the splendid scenery of the Yorkshire Dales and Pennines through 14 tunnels and over 20 viaducts. Appleby is one of the principal stations on the line. There are also unstaffed stations at Kirkby Stephen, Langwathby, Lazonby and Armathwaite.

8. Acorn Bank: Historically associated with the Knights Templar, Acorn Bank is known for its glorious gardens, a productive fruit orchard and the largest collection of culinary and medicinal herbs in the north of England. Wander along Crowdundle Beck to the restored watermill (which mills flour for use in the tearoom), take a guided tour and learn about the

fascinating history of the house and its occupants. Afterwards, savour the tranquillity over a hot drink and homemade cake in the courtyard. Owned by the National Trust.

(Parking, accessible*, refreshments, WC, dogs on a lead welcome*, family friendly)



Every October, Acorn Bank hosts its famous **Apple Day** with an abundance of all things apple. Spot snakes and ladders in the trees, have a go at apple bobbing or the longest peel competition, learn about pruning fruit trees and sample a variety of heritage apples with curious names such as Forty Shilling and Lemon Square.

9. Rutter Falls: This impressive cascade once provided power for the adjacent corn mill. In 1928, a turbine was installed to supply electricity to the village of Great Asby some two miles away, but proved unreliable at times. Rutter Falls was the only source of electricity for Great Asby until the national grid arrived in 1952. Private but easily viewed from the road.

(Parking*, accessible*, dogs on a lead welcome, family friendly)

The limestone uplands to the southwest of Appleby abound in **prehistoric monuments**. Ancient cairns, stone circles and mysterious 'Thunder Stones' are dotted throughout the landscape. Traces of Romano-British settlements can be seen at **Castle Folds** on Asby Scar and **Ewe Close** near Crosby Ravensworth (one of the best examples in northwest England).

Further information

Appleby Tourist Information Centre, Moot Hall, Appleby

Telephone: 017683 51177

Email: tic@applebytown.org.uk

A copy of the Appleby Heritage Trail and Heritage Trails for Kirkby Stephen, Alston and Penrith are available from Eden's Tourist Information Centres.



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