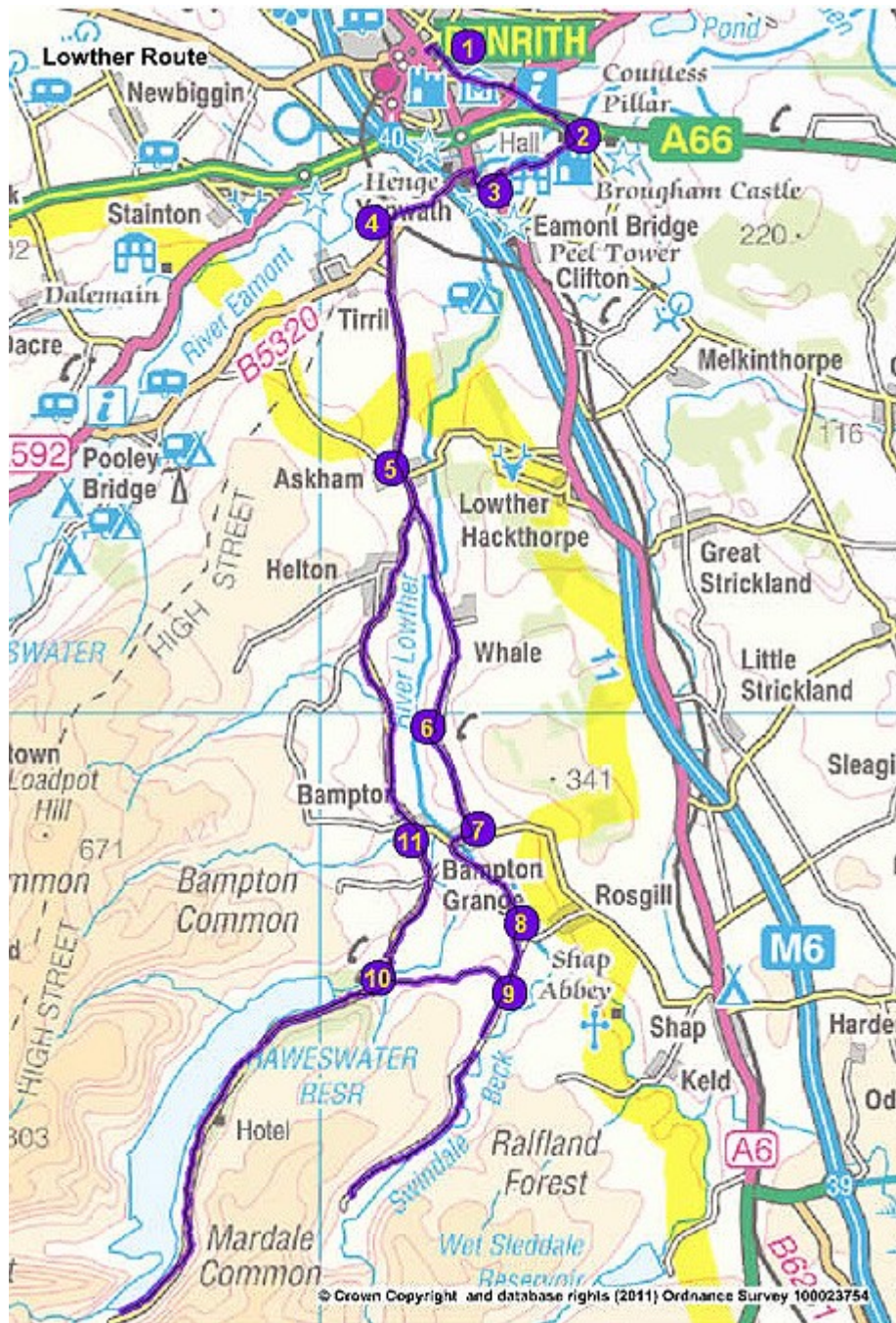


Cycle Route from Penrith: Lowther Valley



Head south into the sheltered valley that lies between the limestone outcrops of the Orton Fells and the rugged granite scenery of the central Lake District. This is largely Lowther Estate land within the Lake District National Park, and the route takes in several attractive small villages close to the river. You can extend your ride to take a closer look at Haweswater Reservoir, created by a dam in the 1930's to provide water for Manchester.

- Start/finish: Sandgate Car Park, Penrith or Brougham Hall
- Distance: 26 miles (41km)
- Grade: Long-Moderate, all on-road except short track under A66
- Refreshments: Cafes: Askham, Bampton, Brougham Hall, Lowther Castle
- Pubs: Askham, Bampton, Bampton Grange, Eamont Bridge
- Shop: Askham
- Public loos: Penrith, Brougham Hall, Lowther Castle

1. Turn L out of the car park, then R and SA at the mini roundabouts to follow the blue 71 signs out of town and under the A66 to Brougham Castle; dating from the early 13th Century.
2. Turn R at the X roads beyond the castle. Follow the road to pass Brougham Hall.
3. Take extra care turning R onto the A6 and turn L at next mini-roundabout.
4. Turn L at primary school after the railway bridge.
5. Follow the road through Askham and bear L at next junction.
6. Turn L uphill after gate by phone box.
7. Turn R at T-junction into Bampton Grange, and bear L after crossing the river.
8. Bear R (signed Swindale) and across a cattle grid.
9. Turn R at offset X roads onto a concrete road, or go SA to explore the quiet valley of Swindale.
10. Either turn L to cycle alongside the reservoir or R to head back down the valley to Bampton.
11. Bear L past the pub and in front of the tearoom. Follow this road back to Askham and retrace your outward route back to Penrith (or Brougham).

You could turn R in Askham and ascend the other side of the Lowther River to see the roofless shell of the once grand Lowther Castle, ancestral home of the Lords Lonsdale.

This map is provided for guidance only. You are strongly advised to take appropriate maps with you on all cycle rides and walks. The OS map covering this area is OL5.

Further information

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