

LAKELAND LEISURE WALKS: Brougham Castle, Penrith

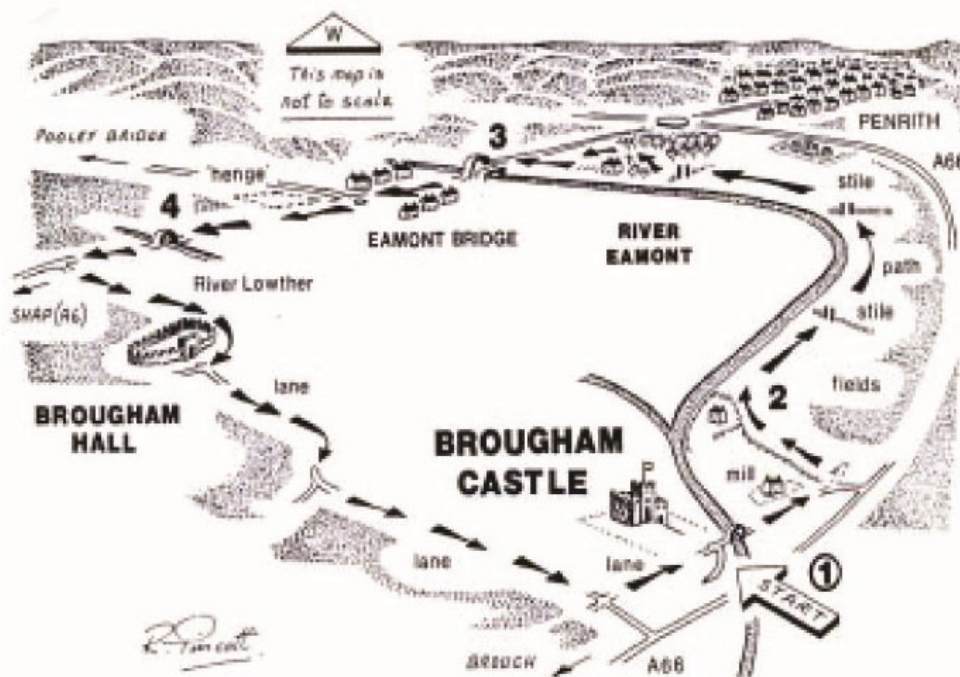
3 miles (4.8 kms): Allow 1 - 2 hours. With the addition of extra time if visiting the various places of historical interest.

A very relaxing river walk which encompasses the very spectacular medieval stronghold of Brougham Castle and the venerable fortified residence of Brougham Hall.

Start from: Brougham Castle near Penrith.

Directions: At the roundabout with the A6 and A66 south of Penrith, turn towards [Brough]. After 1 mile, turn right signposted [Brougham Castle]. Proceed for 0.2 mile, then turn right, to reach a parking area opposite the main entrance to Brougham Castle. Start here.

Safety: Sturdy waterproof footwear with a good grip on the soles is essential.



1-2 With the main entrance to Brougham Castle on your left, cross the bridge over the River Eamont, then follow the lane for 250 yds, to approach the A66 dual-carriageway. DO NOT join onto the dual-carriageway, but **TURN LEFT (20 yds prior to the main road)** and **join onto a short lane forming a cul-de-sac**. Proceed for 100 yds, then **turn left again** signposted [Public Footpath, Eamont Bridge] and go through a swing gate. Walk parallel to the wire fence on your left and after 200 yds, reach the banks of the River Eamont.

2-3 With the river on your left, follow the grassy path for 3 mile, to cross over a stile. Continue alongside the river bank for another 3 mile, to reach a footbridge over a stream with a gate at each end. Cross over the bridge and follow the riverside footpath for a further 2 mile, to reach a stile on the edge of a wood. Cross over the stile and proceed between the trees for 200 yds, then cross over another stile to enter a field. **Immediately turn left** and within 20 yds, climb over yet another stile, to link up with a hard-surfaced track. **Turn right** and after 200 yds, this track will terminate at the main A6 road in the village of Eamont Bridge.

3-4 Turn left and walk across the footbridge spanning the River Eamont, then follow the roadside footpath through the village for approximately 350 yds, to reach a mini-roundabout. **Of Interest:** *On your right, at this road junction, are the remains of a prehistoric monument known as Arthur's Round Table. Despite its name, the earthworks probably date back to a period over 3,000 years ago but, unfortunately, more pressing civic requirements since then has meant that it originally covered a much larger site than is seen today.*

Continue straight on, signposted [Shap A6] and after 250 yds, cross the road bridge over the River Lowther.

4-1 Take the next **turning left**, signposted [Brougham Hall & Castle], and after 4 mile, arrive at the main entrance to Brougham Hall.

Of interest: *Written on both sides of a large display board in front of the entrance to the Hall, is a fascinating account of historical events appertaining to this area.*

With the entrance gate of Brougham Hall directly behind you, walk down the lane for 3 mile, to reach a Y-junction. **Bear left** signposted [Brougham Castle] and continue along the lane for a further 2 mile, to arrive at a set of crossroads. **Turn left**, to return to Brougham Castle and the start of the walk.

Further information

Penrith Tourist Information Centre, Middlegate, Penrith
Telephone: 01768 867466

NOTE: These routes were correct at the time of printing, and the author cannot be held responsible for any eventualities outside his control.

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