

Kendal Green and Cunswick Fell

This walk may start from the **War Memorial** in the town centre. It may also be started from Kendal Green (see paragraph [7]) where **street parking** may be found may be found in **Kendal Green** near the school (Grid Reference SD511937) An alternative is also at [4] by A591 (Grid Reference SD496591)
O.S. 1:25,000 Explorer Map OL7 South-eastern area (North sheet)

1. Start. Walk down the main street to the traffic lights and turn right into **All Hallows Lane**. Take the first road to the right (**Low Fellside**) for or ½ mile to its junction with Queens Road. Cross to the well-defined lane opposite Low Fellside and follow the clearly-defined path across three fields, left of some allotments to reach a stile on the left of a ruined barn. Another stile ahead leads to another field. Climb gently with the



wall on the right, across the next two fields via a kissing gate. Then cross the stile in the far corner of the second field, next to a gate, to reach a path going along the bottom of a steep wooded bank, **Helsfell Nab**. Continue to a stile in the corner and across the next field to a stile to the right of a barn. Turn left up the hill to the wall at the top, and follow the wall left, above the trees, to the first of three large wooden stiles leading to a footbridge.

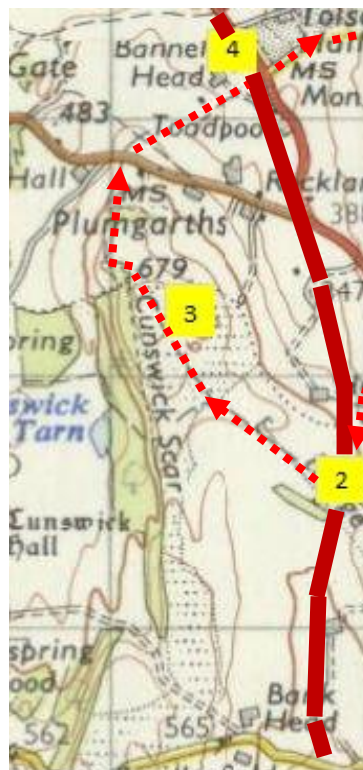


2. Continue over the bridge across the bypass by taking the stile on the right, where a distinct path crosses open pasture. Look for a stile in the far left corner, which gives access to the open fell. Aim diagonally right and make for the highest point, the cairn on **Cunswick Fell**.

3. On leaving the summit continue forward, bearing slightly left to the edge of the escarpment to find a stile

This is the northern extremity of the four-mile limestone escarpment that runs north and south on the west side of Kendal; it is a fine viewpoint for the fells of central Lakeland and the High Street area.

at the junction of a fence with a wall. Over the stile, follow the fence on the left, over one more stile, and bear right down the escarpment through the trees to reach a stile into a field. Cross the field to the main **Kendal-Crook road**, and go over the stile opposite. Continue beside the hedge on the left to another stile by a gate, and then keep the hedge on the right until it turns away at a right angle. Now bear half-left, aiming towards a wooden signpost and an obelisk-like monument just in the distance, (difficult to see until the drive is reached) to find two kissing gates crossing the drive to **Bannel Head**. Beyond the drive cross the field diagonally to a wooden kissing gate and the busy A591.



4. Cross the main road with great care to the lane opposite, passing the **Elba Monument to William Pitt** on the right. (There is another potential parking and starting point in a lay-by here) After about 400m, pass **Eller Green Lodge** on the left. About 100m further on use a stone stile in a wall corner on the right. Follow the wall on the left for a bare 100m to a wall stile into the adjoining field. Then cross the corner of this field to a gap stile. Continue in the same direction to a wall stile, where a hedge abuts the wall opposite. Go straight ahead across the next field, passing between two low hills, to a curious iron ladder stile partly concealed in the hedge.

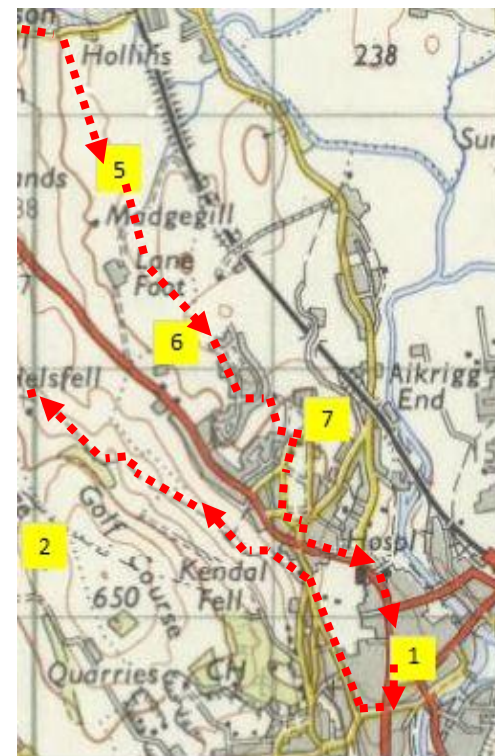
5. Cross the next field, aiming towards the buildings of the old **Lane Foot Farm** (not the house on the right) to find another wall stile in the corner of the field. Continue towards the farm, but do not go right up to the farmyard; instead go straight ahead to the field gate at

the bottom of the farmhouse garden, and cross the corner of the next field to another gate. Now aim diagonally across the bottom of the next field to a stile near the far left corner, leading into a narrow path between two gardens.

6. On emerging from the path, bear slightly left down into **High Garth** and then into **Hallgarth Circle**. Then turn left and follow it past the telephone kiosk and takeaway shop. Just past the shops turn left into **Low Garth** then right, and look for a tarmac path left between the houses **No. 16 and 18**, heading up towards the primary school. Follow the fenced path up the field through kissing gates, and then bear left to reach **Underley and Kendal Green**.

7. Walk down the right (west) side of Kendal Green from in front of the school to **Green Road** to **Windermere Road**, turn left towards the town centre and into **Stramongate** to the **War Memorial**.

If using Kendal Green as a starting point, walk down on the west side (as in paragraph 7) and into **Green Road**, but **continue straight on** into **Queens Road** until the well-defined lane opposite **Low Fellside** is reached. Then proceed as in paragraph 1.



SAFETY INFORMATION

There is no such thing as bad weather! Wear clothes appropriate for the weather on the day
It is always advisable to wear a pair of boots for support and to keep your feet dry
If walking on your own always inform another person where you are going and what time you expect to return
Always take a small amount of food and drink in case you start to feel tired
If possible, carry a mobile phone or some small change in case of an emergency
Carry any personal medication and a first aid kit for blisters and minor cuts.



This walk is derived from one of three books of Walks in South Lakeland and complementary to a set of ten short walks available for purchase from Bookshops or directly from
Kendal Ramblers Website: <http://kendalramblers.weebly.com>



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Maps derived from OS 1" seventh series sheet 89 1955



Prepared by Kendal
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Cunswick Fell and Kendal Green



Distance: from Market Place 8.8km 5.5mils
Height Gain: 160m, 490 feet
Time: allow 2hrs to 2hrs 45 mins
Start: Market Place or Kendal Green
Map ref. SD 514928 or 510936

FOLLOW THE COUNTRYSIDE CODE

- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

A popular walk of moderate severity which offers splendid views of Kendal and the surrounding Lakeland Fells