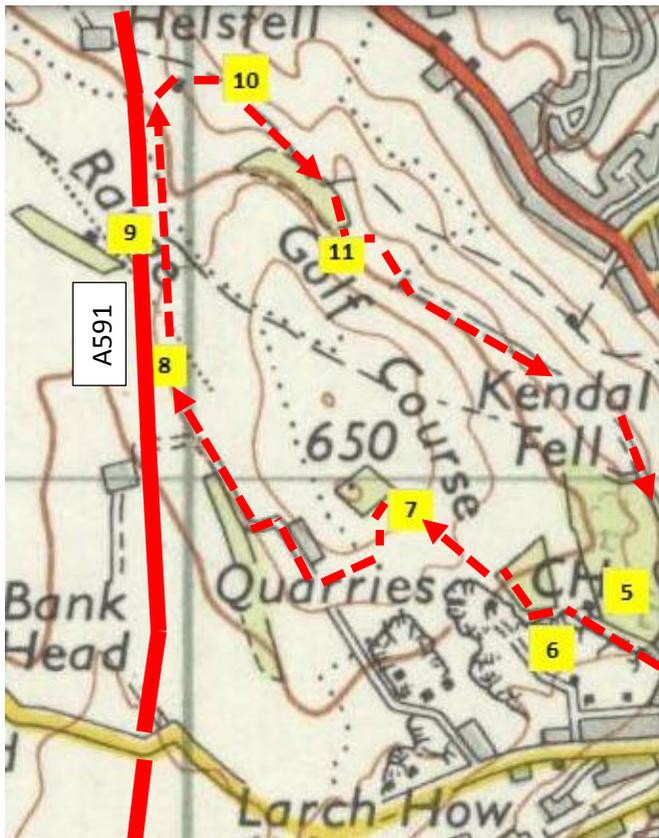


Kendal Fell

Parking: Various town car parks or free car park – see (12) for alternative start

Distance: 5.3km, 3.3 miles **Height Gain:** 225m, 738 feet **Time:** allow 2 hours

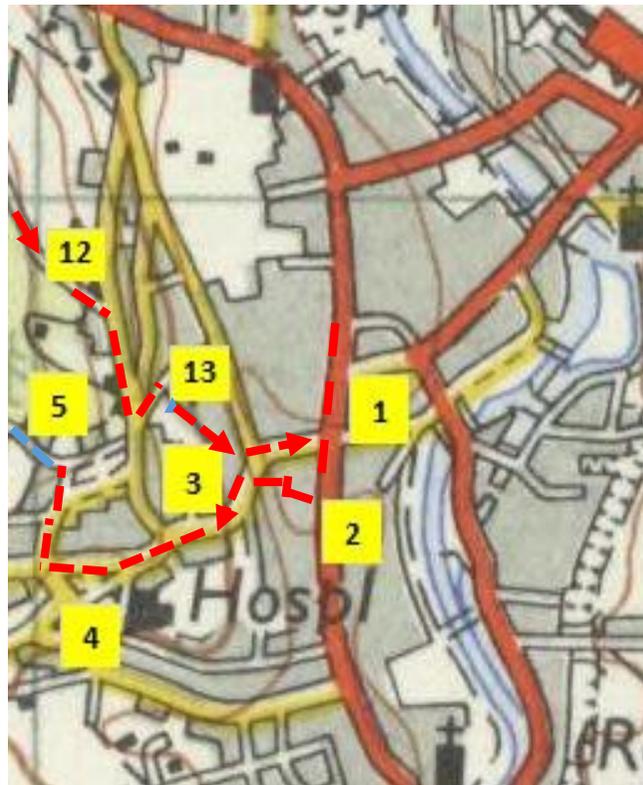
Start at the **War Memorial** in the Market Place .Walk south down the main street against the flow of traffic past the **Town Hall [1]** to the traffic lights. Cross to the opposite corner and continue south for 100m, and turn right into **Colin Croft [2]**, one of Kendal's



many quaint yards. Follow it to the top noting the



informative plaques, to emerge onto **Beast Banks [3]** and turn left. Go uphill, bearing right onto Greenside (signed Underbarrow) passing **Postman Pat's post office now closed [4]** Turn right up High Tenterfell keeping ahead where it goes right and follow the signs for the **golf club [5]** - this is the longest hill on this walk! Continue upwards past the clubhouse on your right and a notice [6] "**Keep to the marked path.**" Pass a big shed on the right and, after another 50m another similar shed. Go between the far side of the second shed and a (usually) **waymarked tree** on the right (with some covering foliage) leading to a woodland pathway uphill. Leave the wood at the top by a stile or a gap in the wall



and **go left and immediately right** along a path ascending the crest of the grassy ridge to arrive at a **well-placed seat [7]**. Enjoy the wonderful view of the Kent Valley. Continue curving first left and then right to reach the **highest point of the walk (194m)** by the corner of the wood. Circle the green around to a wall and a stile close by a shelter. Cross the stile and proceed diagonally down the field to a gate in the wire fence and thence straight downhill to another gate and a lane by **Boundary Bank House**. Now turn right and after

passing several dwellings follow the lane left and then right to a **cattle grid [8]**. Here leave the lane going straight ahead over the middle of the pasture with good views of the Lake District mountains which look spectacular especially when snow-capped in the winter. After 400m approach the **boundary wall of the A591** where it passes



through a cutting in the limestone. Continue alongside the wall passing but **not** using the footbridge (9). Then, after crossing two ladder stiles continue ahead before dropping steeply down through



continue ahead before dropping steeply down through

a wicket gate to pass the newly restored barn (once Helsfell farmhouse) and through a **squeeze stile** just beyond. Next head south east with a **view of Kendal** opening below and, after crossing a step stile, approach the steep north east face of **Helsfell Nab**. Pass through the bushes along the base of the slope and fork right at the **gate [10]** where the track divides. Keeping the wall on the left climb steadily towards **Kettlewell Crag**. Cross



the stile giving access to a wooded area of quarry spoil and ascend left into the abandoned quarry. Here **turn sharp left [11]** and descend gently through a wood on a path with a series of old quarries on your right. Once out of the trees your reward is a wonderful panoramic view of Kendal before the broad track eventually becomes a roadway ("The Tram") by a small area of parking, an **alternative start point [12]** This leads to **Queens Road**. Go right for 100m, **turn sharp left and then immediately right [13]** down a descending path/steps to **Sepulchre Lane**. Turn right and follow down **Low Fellside** going ahead to descend **All Hallows** and return to the Town Hall and left to the War Memorial.

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.

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

This walk is derived from one of a set of ten short walks. These are available together with booklets "Walks in South Lakeland" 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 Ramblers on behalf of Kendal Town Council

Kendal Fell

Distance: 5.3km, 3.3 miles

Height Gain: 225m, 738 feet

Time: allow 2 hours

Start: Kendal Town Hall

Map ref: SD 5148 9263



This is an ideal walk to appreciate the essentials of Kendal's location, a town overflowing from the deep Kent valley on to the surrounding hillsides. Once a major source of building stone, its woods, golf course and miles of public footpaths now serve the leisure interests of Kendal folk.