



## Myths and Legends

Local legends still abound, such as the Viking Great Bo, who fell to his death in Borrowdale when butted by a goat belonging to local lass Agitha and also the 'Orton Boggle', a poltergeist who haunted a local farmhouse.

Most infamous of all was the Tebay witch, Mary Baynes, who predicted horseless carriages many years before the railway arrived and cursed the Cross Keys Inn landlord after his dog killed her cat, causing him to lose an eye.

[www.otlhs.ukme.com/Legends.html](http://www.otlhs.ukme.com/Legends.html)



## Fell Ponies

For hundreds of years, a hardy breed of native Fell Pony has roamed in herds on the open Fells above Tebay. In the past they would have been used as pack-horses, the HGV's of the day, transporting panniers of goods such as fleeces, metal ore and salt over mountain passes.

Today, a herd is famously owned by the Queen for carriage driving races and recently they have been used to carry equipment up the Lake District Fells for footpath repairs.

[www.fellponysociety.org](http://www.fellponysociety.org)



## ACTION with communities in cumbria

These leaflets were produced by **ACTION with Communities in Cumbria** and **Adventure Capital**, working with local tourism businesses and the community.

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[www.cumbriaaction.org.uk](http://www.cumbriaaction.org.uk)

**ACTION with communities in cumbria**  
champions community and rural issues



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## The Railway Church

Until the railways arrived in the 1846, Tebay was a small hamlet in the Southwest of Orton Parish.

Tebay station became the junction between the London to Glasgow line and a route to the North East. The terraces were built to house the growing population and a corner of Orton parish was divided off to create Tebay.

St James Church interior was built in the London and North Western Railway colours, with pews to the same design as their station waiting rooms.

Visit the free 'Tebay in Steam' Exhibition at the Church.



## Tebay Village

Tebay village boasts two pubs and an excellent tea room. The Cross Keys Inn where the walking routes begin is an old coaching Inn dating back to the 16th century, providing Real Ale, welcoming coal fires and a beer garden.

On request you can also book a fishing permit for the picturesque River Lune when you book your room.

The cycling routes set off from the Old School Tea Room, where scrumptious cakes a well stocked local shop and comfortable accommodation can also be found.



**adventurecapital**  
**the lake district**  
Cumbria



## tebay cycling



## Ravenstonedale

This picturesque village boasts two award winning pubs, a village shop at the Black Swan, and the 9-hole, 3par Riverside Golf Club (no need to book, just turn up with your clubs and pay at the honesty box, or hire clubs from the Kings Head).

St Oswald Church has an interesting interior where rows of box pews face a central aisle in the collegiate style. In the church yard you can view remains of a 12th century Gilbertine priory.



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# The Calf via Bowderdale - Mountain Bike Ride

Cutting deep into the northern flanks of the Howgill Fells is the long valley of Bowderdale, which has become a rewarding test piece amongst local riders in 'the know'! One option is to tackle a huge loop crossing the main summits of the Howgills from south to north. This though, is a bit of an epic and requires pristine weather. A more reliable way is as an 'out and back' route from the north, if the weather deteriorates, an easy escape is to simply turn around.

Quiet back roads and bridleways from Tebay on either side of the River Lune can be used to gain the start of the ascent at the mouth of Bowderdale. This route includes considerable climbing and technical off road riding in both ascent and descent, and is therefore most suited to experienced riders.

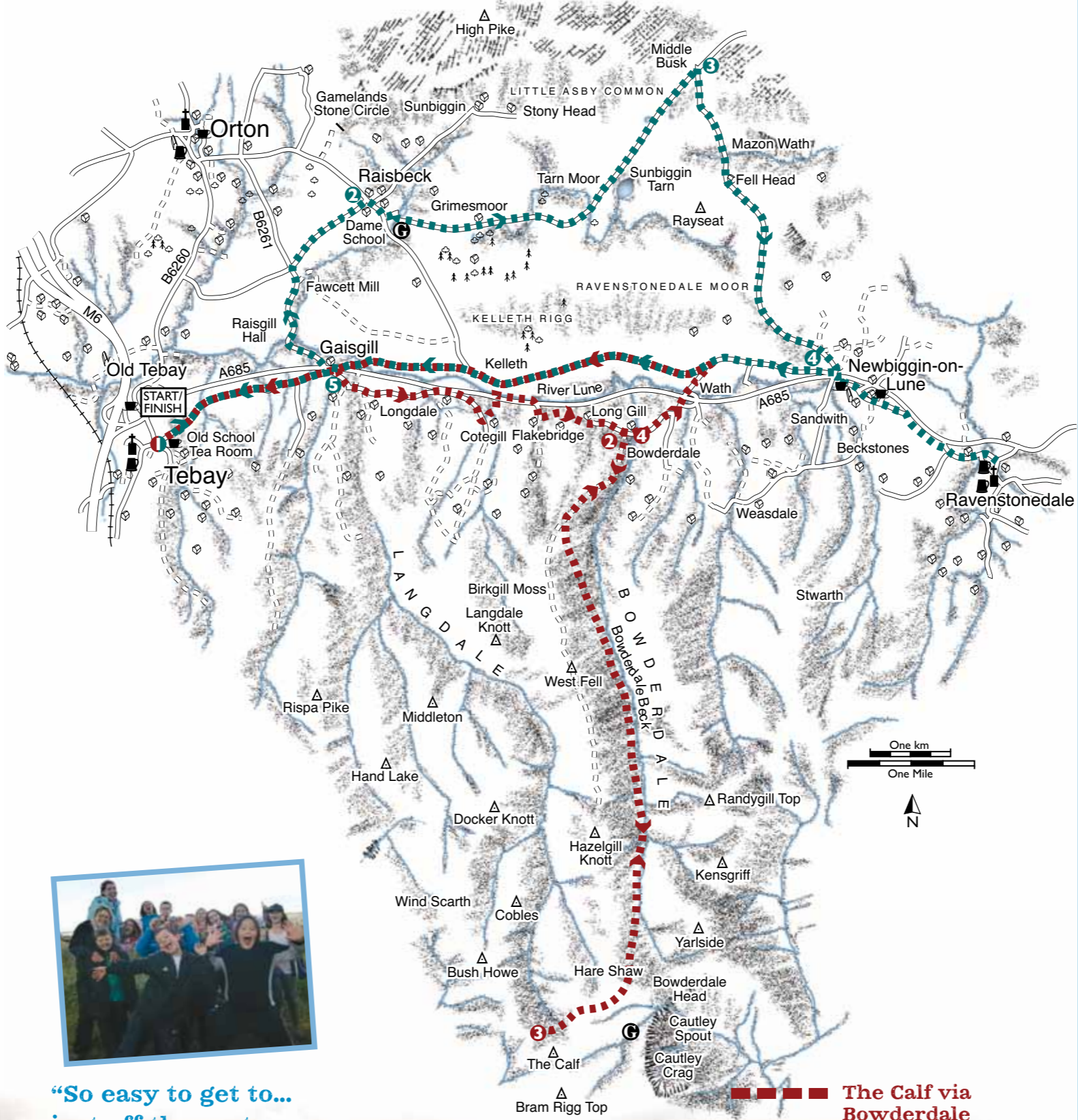
Start/finish:	The Old School Tea Room, Tebay
Distance:	33.4km (20.8 miles)
Time:	5 hours
Height gain:	860m
Terrain:	Roads, riverside bridleways, valley and fell-side single-track, broad col, and rounded grassy summits
Maps:	OS Landranger 91, OS Explorer OL19

- 1. NY619045** Head out from the Old School Tea Room and follow the minor road to Gaisgill. Turn R along lane and continue for 1.5km past Longdale to a bridleway on the left, take it and VERY CAREFULLY cross the A685 to join its continuation on the other side. Turn right and follow the bridleway between the River Lune and the A685 for 600m until it re-crosses the A685. It now heads east to Flakebridge and then L to Long Gill after which it joins a narrow road. Follow the road for about 500m to cross a cattle grid.
- 2. NY676046** On the right just after the cattle grid is the Bowderdale bridleway. Join it and follow it south then south-west up a ridge to a fork. Take the left branch and traverse to the side of Bowderdale Beck. The bridleway follows the valley bottom until it splits at a fork at GR SD677988. Take the right branch and follow it as it climbs steeply on to the shoulder of Hare Shaw. It then swings south-west and climbs across the flanks of Great Force Gill Rigg onto The Calf. The bridleway passes the summit by a few meters so to reach the trig point you will need to leave your bike and head up the last 50m on foot.
- 3. SD667970** Now the fun begins! Re-trace your steps and head back the same way into and along Bowderdale!
- 4. NY676046** Back at the road turn right and follow the lane down to the A685. Head under the underpass and at the next junction turn left. Follow the lane through Kelleth to Gaisgill.
- 5. NY640054** VERY CAREFULLY cross the A685 again and re-join the minor road on the other side to right, directly back to Tebay, for well earned refreshments in the Old School Tea Room or Cross Keys Inn.



“So easy to get to...  
just off the motorway,  
there’s a Tea Room  
and two pubs, all to tempt you”

Tebay Primary School Pupils, Years 4-6



# Sunbiggin Tarn and Ravenstonedale via Newbiggin - Cycle Ride

Sunbiggin Tarn, part owned by Friends of the Lake District, at the heart of Tarn Moor is a SSSI and a haven for a wide range of stunning flora and water fowl. As you make your way across the area, far reaching views of the Howgill Fells and the Pennines open up. In contrast the route then drops down into the Lune Valley to explore two local villages.

Newbiggin-on-Lune boasts two fabulous tea rooms, at Bessy Beck Fishery and Lune Spring Garden Centre. Ravenstonedale is a quaint gem, with two award winning pubs and the unusual St Oswald’s Church, complete with collegiate pews and archaeological ruins.

Return to Tebay along country lanes which were once the main route through the valley, before the former railway branch was converted into the A685.

Start/finish:	The Old School Tea Room, Tebay
Distance:	30.3km (18.8 miles)
Time:	3 hours
Height gain:	390m
Terrain:	Open moorland and quiet valley roads
Maps:	OS Landranger 91, OS Explorer OL19

- 1. NY619045** Head out from the Old School Tea Rooms and follow the minor road until you reach the hamlet of Gaisgill. At the crossroads, turn left and CAREFULLY cross the A685, follow the B6261 for about 1.6km towards Orton (past Raisgill Hall farm shop), up-hill, follow the road round to left then turn right at crossroads towards Raisbeck.
- 2. NY644075** Turn right, past the Dame School (the small building on right) then left at the fork (or take right fork in road to visit the Goldsworthy 'Pinfold' Sculpture, set back on left just before the bridge, then retrace your steps to the fork in the road and continue to left). Follow the road up on to Tarn Moor, passing Sunbiggin Tarn, head uphill to the junction at Middle Busk, crossing Little Asby Common, owned by Friends of the Lake District.
- 3. NY685091** Turn right and follow the road as it heads south towards Newbiggin-on-Lune.
- 4. NY702053** VERY CAREFULLY cross the A685, from here you have the option of stopping for a cuppa at the garden centre, or the fishery, before heading a little further east to visit Ravenstonedale. Take the old road through Newbiggin-on-Lune and then the new cycle-path on the south side of the A685 to Ravenstonedale village, where you could stop for refreshments in either the Black Swan or Kings Head. Return along the cycle path to Newbiggin-on Lune. CAREFULLY re-cross the A685 (at waypoint 4) take the lane on left that heads west through Kelleth to Gaisgill.
- 5. NY640054** CAREFULLY cross the A685 again and follow the minor road on the other side right through Gaisgill, directly back to Tebay, for well earned refreshments in the Old School Tea Room or Cross Keys Inn.

