



## Romans in Tebay

On private land at Low Borrowbridge, south of Tebay, there are the remains of a Roman fort, tucked between the road and the railway.

All that can be seen now to hint of the past importance of the site is a flat rectangular field with earthwork banks where the defensive walls once stood.

Situated on one of the main Roman roads, it would have been a strategically important stop-off, en-route from the south to Hadrian's Wall.

[www.lunesdale.wordpress.com](http://www.lunesdale.wordpress.com)



## Transport through Time

Tebay Gorge has provided a route through the mountainous landscape for many centuries. It was formed as the River Lune carved its way through an ancient fault line between the rugged Lake District fells to the west and the rounded Howgill Fells to the east.

It has been a prehistoric trading route, an important Roman road; routes for drovers and pack horses and in more recent years, the main London to Glasgow railway and M6 have forged their way through the valley.



## Hay Flower Meadows

In late spring and early summer, it is a worthwhile treat to seek out footpaths through the upland hay meadows.

The continued use of traditional farming methods has meant that wildflowers still thrive, leading to much of the area being protected as Sites of Special Scientific Interest (SSSI). High Borrowdale is now protected by the Friends of the Lake District, and is stunning in early June; please enjoy but don't pick the flowers.

[www.fld.org.uk/high-borrowdale](http://www.fld.org.uk/high-borrowdale)



## The Bretherdale Wool Weight

A rare 14th Century shield shaped weight was once found at a farm near the head of Bretherdale. It originated in Wakefield, was perforated with a hole so it could be hung and was decorated with a fleur-de-lis.

The weight of 7lb 9½oz would have originally been used by one of the King's tax collectors as a standard to check the weighing beams assessing the wool tax in each district.

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



## 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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Please scan to visit  
ACT website



## where to get on in the adventure capital

on wheels



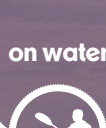
on foot



on course



on water



on ropes

pedal or paddle, hike or climb, conquer your competitive spirit or just get out there and enjoy

for more information visit  
[www.golakes.co.uk/adventure](http://www.golakes.co.uk/adventure)

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“Tebay is positively exploding with fascinating history... from Roman forts to the Motte and Bailey castle. The place where steam trains ruled.”

Tebay Primary School Pupils, Years 4-6



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## tebay walking



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**on foot**



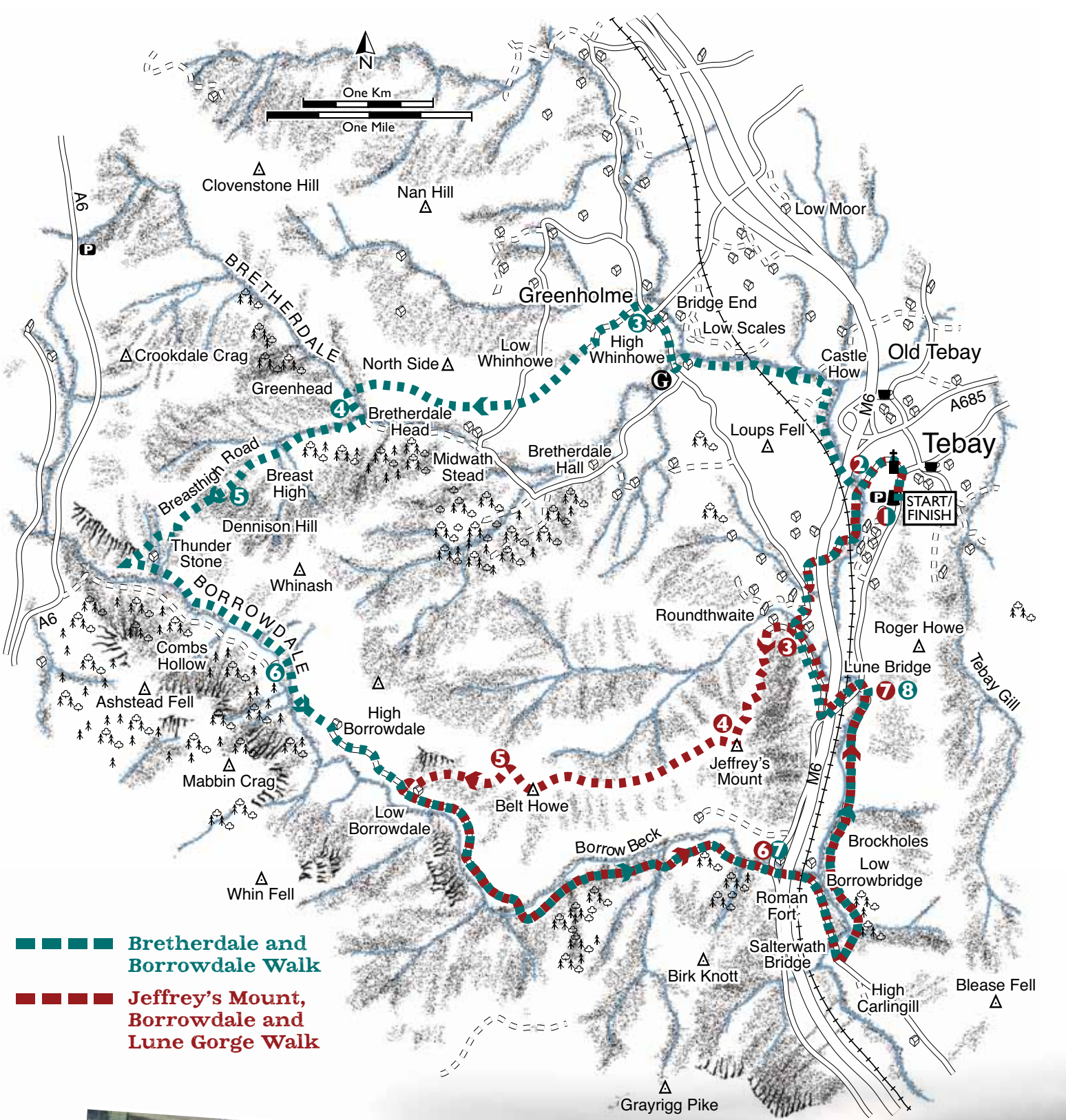
# Bretherdale and Borrowdale via Bresthig Road - Long Valley Walk

Long before the M6, the railway and tarmac roads, communities amongst the Cumbrian fells travelled and traded along packhorse tracks. These ancient routes often took the most direct line over the fells. Bresthig Road crosses a high pass on the side of Whinash and provides a key link between Bretherdale and Borrowdale allowing a circular route to be followed for a full day's adventure from Tebay.

Riverside paths mark the start of the walk and the fells provide a landscape that has changed little since the packhorses plied the same course. The return stretch continues along an even older Roman Road, before turning back towards Tebay, along the banks of the River Lune.

Start/finish:	Cross Keys Inn car park (round back of pub)
Distance:	21.2km (13.2 miles)
Time:	6-7 hours
Height gain:	772m
Terrain:	Roads, riverbank path, fell side bridleways, old packhorse trails, farm access track and one short section of main road
Maps:	OS Landranger 90 & 91. OS Explorer OL7 & OL19

- 1. NY616044** Park in the Cross Keys Inn car park (round back of pub). From the Cross Keys, head uphill and take the first left down Church Street and then left again past St James Church and Tebay Social Club.
- 2. NY614044** From the bottom corner of the Social Club car park, join the footpath down hill, turn left along lane to a footbridge over the River Lune. Cross the viaduct, turn right following the river under the M6, through a copse and across a field to the bank of Birk Beck. Look out for the Castle Howe Motte and Bailey on the other side of the river. Follow the path left along the beck and under the railway viaduct (great place for skimming stones). At Dorothy Bridge, turn right and follow the road to Greenholme.
- 3. NY597057** Just past the road junction in Greenholme beside the phone box is a bridleway. Turn left onto it and follow it as it climbs past Low and High Whinhowe to a fell road. Cross the road and follow the byway on the other side that descends to Bretherdale Head. Turn left a cross the beck to a T-junction.
- 4. NY575048** To the right is Bresthig Road; join it as it makes a long steady climb south west onto the broad col on the west side of Whinash.
- 5. NY563042** Head south west across the col and follow Bresthig Road as it descends steeply down into Borrowdale. Don't follow it all the way to the bottom but instead turn south down the open slopes before the Bresthig Road reaches a gate. This reaches a faint public footpath that traverses open ground on the north side of the valley. Follow it south east through a gate and across slopes above Borrowdale Beck until it descends to meet the valley access track where the latter bridges the beck to run through meadows on its north bank.
- 6. NY569029** Join the track and follow it past the ruined High Borrowdale Farm and then on to Low Borrowdale Farm and along the track, which eventually joins the A685.
- 7. NY606014** Carefully cross the A685, then follow the road opposite under the M6 and the railway. The lane swings south and passes the site of a Roman Fort at Low Borrowbridge Farm on right. Don't follow the road into the farm yard, but turn left down the lane. The road crosses the River Lune at Salterwath Bridge, just over the bridge turn left onto a path through the bluebell woods, follow it north beside the river past Brockholes, to join the access lane north to the A685.
- 8. NY612027** Carefully cross the main road and turn left to cross the railway and the M6 (path on the north side of the bridge) to a turning on the right on the other side. Follow the lane north through Roundthwaite to a fork. NY609035 Take the right branch, which has a 'No through road' sign and follow this lane under the M6 and railway and across a riverside meadow to the Lune footbridge. Re-trace your steps from earlier in the day back over the River Lune to Tebay.



“Skim stones on perfect pebbly beaches on the River Lune”

Tebay Primary School Pupils, Years 4-6

“Let your children play all day. Splish, splash, splosh at Tebay!”

Tebay Primary School Pupils, Years 4-6

# Jeffrey's Mount, Borrowdale and Lune Gorge —Fell and Valley Walk

Jeffrey's Mount is modest in terms of height but has diverse views; situated overlooking the deep gorge cut by the River Lune between the Lake District and the Yorkshire Dales National Parks, it provides fascinating perspectives on these contrasting landscapes and a striking bird's eye view of two sharply contrasting settlements. Roundthwaite is an ancient hamlet of traditional farmhouses and Tebay is a unique late 19th century railway village, whose terraced houses are now painted with distinctive colours.

Borrowdale valley (not to be confused with it's busy namesake near Keswick), is a tranquil almost uninhabited glen described by Wainwright as 'The most beautiful valley in Westmorland, outside the Lake District'. In summer months, has stunning hay flower meadows, recreated by Friends of the Lake District.

Start/finish:	Cross Keys Inn car park (round back of pub)
Distance:	14.8km (9.2 miles)
Time:	5 hours
Height gain:	560m
Terrain:	Roads, riverbank path, open fell, grassy ridge old packhorse trails, farm access track and one short section of main road
Maps:	OS Landranger 90 & 91. OS Explorer OL7 & OL19

- 1. NY616044** Park in the Cross Keys Inn car park (round back of pub). From the Cross Keys, head uphill and take the first left down Church Street and then left again past St James Church and Tebay Social Club.
- 2. NY614044** From the bottom corner of the social club car park, join the footpath down hill, turn left along lane to a footbridge over the River Lune. Cross the bridge, and turn left following the bridleway beside the river to then head under the railway. The lane on the other side is then followed under the M6 to a junction. Turn left and follow the road south to Roundthwaite.
- 3. NY609033** Cross the bridge over the beck and turn right along the beck-side. Follow the vehicle track for about 75m then break off left and climb the vague grassy path, through a gate, with an 'Open Access' information/map panel. Bear left to climb steeply up the fell side to the cairn on the rounded summit of Jeffrey's Mount.
- 4. NY603023** Head west/south west along the rounded ridge to Belt How. After passing a boulder on the right-hand side of the path, turn left at the 'crossroads' of the paths, for the short descent north west to join the bridleway, which at this point just a grassy path, as it crosses the ridge.
- 5. NY587022** Turn left and follow the bridleway west as it descends steeply, through two fields to the farm at Low Borrowdale. Turn left to pass through the farmyard and follow the access track down the dale. This re-crosses the beck and eventually joins the A685.
- 6. NY606014** Carefully cross the A685, then follow the road opposite under the M6 and the railway. The lane swings south and passes the site of a Roman Fort at Low Borrowbridge Farm on right. Don't follow the road into the farm yard, but turn left down the lane. The road crosses the River Lune at Salterwath Bridge, just over the bridge turn left onto a path through the bluebell woods, follow it north beside the river to join the A685.
- 7. NY612027** Carefully cross the main road and turn left to cross the railway and the M6 (path on the north side of the bridge) to a turning on the right on the other side. Follow the lane north through Roundthwaite to a fork. NY609035 Take the right branch, which has a 'No through road' sign and follow this lane under the M6 and railway to the footbridge. Re-trace your steps from earlier in the day back over the River Lune to Tebay, for well deserved refreshments at the Cross Keys Inn or the Old School Tea Room.