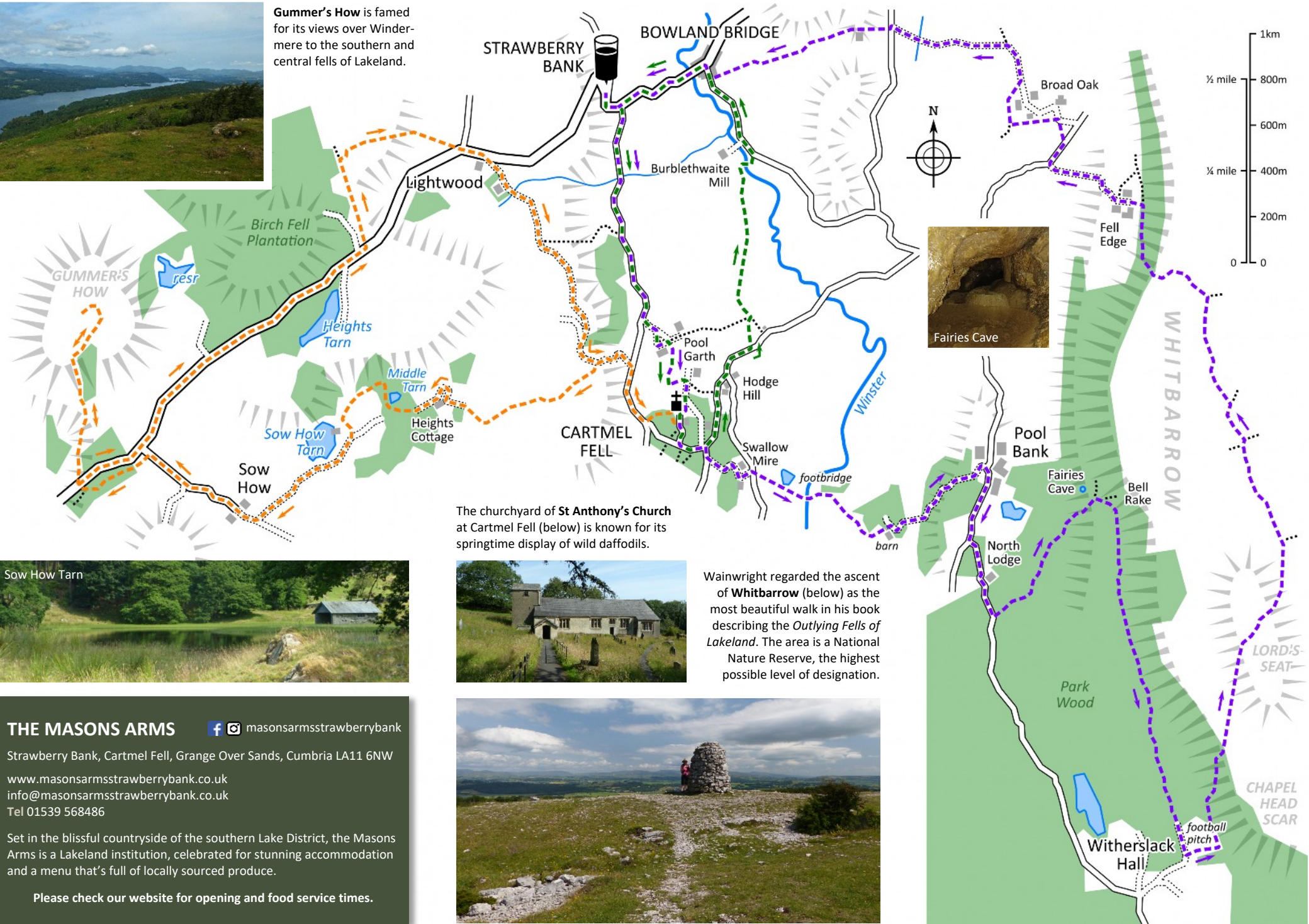




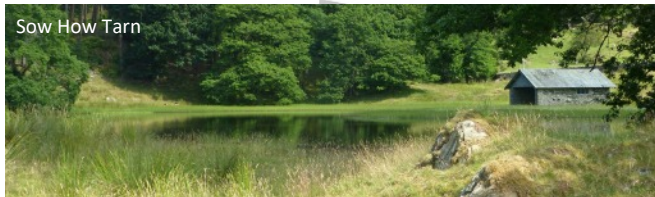
Gummer's How is famed for its views over Windermere to the southern and central fells of Lakeland.



The churchyard of **St Anthony's Church** at Cartmel Fell (below) is known for its springtime display of wild daffodils.



Wainwright regarded the ascent of **Whitbarrow** (below) as the most beautiful walk in his book describing the *Outlying Fells of Lakeland*. The area is a National Nature Reserve, the highest possible level of designation.



THE MASONS ARMS [masonsarmsstrawberrybank](https://www.masonsarmsstrawberrybank.co.uk)

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three circular walks from the

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 STRAWBERRY BANK, CUMBRIA



St Anthony's Church
 2 miles: Fairly easy
 A medieval church, a fine historic house and a pretty hamlet on the River Winster.

Gummer's How
 6 miles: Moderate
 A walk from Cartmel Fell church via a scenic tarn to a wonderful Windermere viewpoint.

Whitbarrow
 8 miles: Strenuous
 Woodland and striking limestone scenery with wildlife galore and outstanding views.

St Anthony's Church

2¼ miles: Fairly easy

Allow 1½ hours. Wet grass after rain. One climb from Bowland Bridge, and some road walking en route. Cattle and sheep likely.

1 From the front door of the pub, follow the road in front of you, downhill round a left-hand bend towards Bowland Bridge. **2** Take the first right, signposted to High Newton and the Church at Cartmel Fell. **3** Pass the entrance to Burblethwaite Hall on the left after 300m or so, and then a house called Greenthorn Barn on the same side. **4** After further houses to right and left, and shortly beyond a phone box, turn left into the entrance of Pool Garth. Follow the driveway round the hillside and when the track divides take the right-hand fork. **5** Turn left and walk in front of the house, then turn right to a gate. Cross the top of the field to another gate, then follow the left-hand edge of the next field, below some small rocky outcrops. **6** Go through a field gate on your left, and walk down to meet a track to the right of a farm. **7** Turn right through a gate and walk up the track beyond, then bear right to St Anthony's Church. **8** Exit the graveyard via the lych-gate and walk past the old school on the left (notice the natural slide on a rock outcrop on the bank to the right). **9** At the end of the church drive, turn left down the lane, to a junction. **10** Turn left along another metalled lane (ignoring the track on the left). **11** Walk below a white-painted house to the next road junction at Hodge Hill, a house dating from the late 1500s. **12** Take the road to the left (signposted to Kendal) and follow it for about 170 metres. **13** Just beyond a rocky knoll on the left, turn left at a gate and follow a footpath along a hedge. **14** Towards the end of the field, go through a gate on the right and continue in the same direction, on the other side of the wall. **15** After a short track, turn right through a squeeze stile by a gate and turn left to a gate in the corner of the next field. Follow the right-hand hedge then go through a narrow, gated squeeze stile on the right. **16** The path runs along the next field below a rise on the left, to a stile in the fence on the left, then continues in the same direction to a through-stile in a crossing wall, left of a field gate. **17** Head towards the white-painted house in the distance then bear right to the footbridge over the River Winster. Turn left to a through-stile over a wall into a lane. **18** Follow the lane left for 450m to Bowland Bridge, a cluster of white-painted cottages. **19** Turn left ("Newby Bridge and Ulverston") down to the river. **20** Once over the bridge, follow the road beyond uphill back to the Masons Arms.

Gummer's How (6¼ miles: Moderate)

Allow 3 hours. Several climbs and descents, and significant road walking. Rocky ground in places. Livestock likely.

The walk as described begins at the church at Cartmel Fell, a five-minute drive from the Masons Arms. For a slightly longer walk starting from the pub but with more road walking, follow the St Anthony's Church walk above as far as the church (step 7), then

return to the Masons Arms directly via the road from Lightwood (step 22 below) – see map.

To reach the church by car, drive downhill from the Masons Arms and take the first right. After a little under a mile, turn left at a junction. The driveway to the church is on the left partway down the hill. Park by the former school (now village hall).

1 Facing the lych-gate and church with the old school behind you, turn left onto a path that winds round the churchyard and heads uphill along a wall to a road junction. **2** Turn right along the upper road and follow it for 260m, then turn left onto a rough track heading up the hillside. **3** At a fork with a fingerpost, take the left turn to a gate in a wall. **4** The track forks; take the less prominent track on the right, which continues uphill then gradually levels off. **5** After descending past some bracken-covered outcrops on the right, the path turns right to a gate in a wall and continues to Heights Cottage. **6** Pass to the right of the building and follow a track to the right, which then bends sharp left along the woodland edge to a gate into the trees. **7** Follow the track beyond a gate through the wood, passing below a reedy tarn just off the path to the right. **8** After leaving the wood at another gate, walk past a couple of rocky knolls to a gate. **9** Before a second gate that leads to the boathouse on Sow How Tarn (private) bear left along the fence below the tarn and cross a stream. **10** Follow the track through another gate and continue up the hill towards Sow How Farm. **11** Turn right at a junction of tracks and walk through the farmyard. **12** Beyond the farmhouse, follow the road ahead. **13** Just before a junction with a larger road, turn left through a hand-gate onto a footpath which winds through open woodland and bracken and then starts to descend. **14** At a path junction, turn right to the road. **15** Cross and follow the path opposite past an interpretation notice. Initially fairly level, this path starts to climb over rocky ground. It's possible to scramble up the rocks directly ahead to the summit, but the official (and easier) path bears right before swinging left up to the pillar at the top. **16** Having enjoyed the views over Windermere, return to the road by the same route. **17** On regaining the road, turn left (uphill). Beyond the brow of the hill, pass the turning to Sow How on the right, continuing on the larger road. The road descends then climbs again past a gated forestry track on the left, before resuming its descent, passing hidden Heights Tarn on the right. **18** Ignore another forestry track on the left, then shortly afterwards climb a through-stile over the wall on the left and follow a path across the open hillside beyond. **19** Follow the path along the foot of a slope on the left, then turn right past a ruined building to a squeeze stile into open fields. **20** Bear left round a rocky outcrop then turn right along the wall and start to descend. **21** The path leaves the wall and descends diagonally between occasional hawthorns to a gate by a road junction. Turn right to the road junction, where you turn left, past Lightwood on the right. **22** Below the farm, there is a driveway on the right. *If returning to the Masons Arms on foot, stay on the metalled road and follow it back down to the pub, otherwise to return to Cartmel Fell church, turn right and follow the drive past another*

farmhouse set among trees. **23** Cross a stream and climb to a gate, then follow the track beyond as it winds across the hillside with alternating slight ascents and descents. **24** Eventually the path passes a series of rocky outcrops and begins its final, winding descent, passing the bridleway you followed earlier. **25** On reaching the gate into the lane, turn right. **26** At the junction, turn left onto the path you followed earlier, which leads down the woodland edge back to the church and former school.

Whitbarrow (8¼ miles: Strenuous)

Allow 4–5 hours. One steep climb and descent, plus rocky or uneven ground in some sections. May be muddy after rain, and cattle are likely to be encountered throughout.

Follow the **St Anthony's Church** walk as far as the church (step 7).

8 Exit the graveyard via the lych-gate and walk past the old school on the left (notice the natural slide on a rock outcrop on the bank to the right). **9** At the end of the church drive, turn left down the lane, to a junction. **10** Turn right and follow this lane for 50m, before turning left through a gate onto a track that descends along the edge of a wood then swings left by a barn, then right down to a farmhouse. **11** Turn left through the farmyard and out to a lane. **12** Go through a gate opposite and walk down the side of the field. Head to the right of a shallow muddy pool and walk down to a gate and a footbridge over the River Winster. **13** Walk up the left-hand side of the field ahead then go through a gate on the left. Bear right across a field to a gate in a hedge and continue across another field with a reedy area to the right. **14** At the end of the field, go through a gateway and bear left through a third field to a gate into the wood. **15** On meeting a track, turn right past a barn and follow it left through the trees and across a valley bottom into more woodland, where the path bears left again and climbs to Pool Bank. Bear left through a gate and past a barn out to the road, among a cluster of old houses. **16** Turn right, uphill, past a converted barn on the left. Descend then climb to a road junction, where you take the left fork. The road winds past North Lodge on your left and continues through trees. **17** Ignore a footpath sign on the left, but just afterwards turn left at a layby on a bend onto the obvious path. **18** This path winds through the woodland for 630m then climbs to meet a wall and then a crossing track. *(The intrepid and nimble can seek out Fairies' Cave from here: turn left through a gateway and then immediately left again onto a vague, muddy track. There is no obvious path from here down through the trees to the small gorge, and the entrance is reached via an awkward scramble up a mossy boulder choke. A torch is required to explore the cave entrance. Return the same way.)* **19** Cross the track and follow a permitted (diverted) path that bears right at a path junction and continues through the woods below and parallel to the unseen slopes of Whitbarrow. **20** After a mile, the path meets a track near Witherslack Hall; bear left and right to continue in the same direction as before to a gate into a field. **21** Turn left towards the cliffs of Chapel Head Scar and, after a gate,

follow the fence beside a football pitch. **22** Turn left over a stile and walk behind the goalposts to pick up a path back into the trees. **23** Keep right at a fork and follow the path up the wooded slopes of Whitbarrow. **24** As it climbs obliquely, the path becomes steeper and rockier, with occasional views, until you finally reach a wall and wooden stile at the top. **25** Turn left, parallel with the wall; the trees gradually thin out as you follow the path along the edge. **26** By a couple of cairns, the path bears right, away from the edge, and further cairns lead between scattered limestone to Lord's Seat, where there is a domed cairn with views in all directions. **27** Turn left here and walk down the ridge, before following the path as it drops down to the right towards a long, low limestone scar. **28** When you reach the scar, follow it left until it ends, to be replaced by a wall. **29** Ignore a squeeze stile, continuing ahead with the wall still on your right. **30** After some open birch woodland, go through a gate and continue through open grassland with intermittent limestone outcrops. **31** In a shallow valley, turn left onto a less obvious path and follow a low limestone scar on the right. **32** In another slight dip, turn left and follow a minor grassy path down a shallow valley and through bracken to a wall. **33** Climb a through-stile and follow the narrow path beyond as it descends through scrub woodland with occasionally rocky sections. **34** The path leads through hazel and yew woodland, ever downhill, passing a fenced-off water tank on the right, to reach a fence at the bottom of the wood. **35** Follow the fence and then turn left over a stile in the wall directly above Fell Edge Farm. **36** Walk down to the farm and between the barns and farmhouse, exiting via the cattle grid onto the drive, which you follow as it winds downhill to a road via two further cattle grids. **37** Turn right along the lane and then left over a stile after 125m. Follow the fence to a farm drive. **38** Turn left then immediately leave the drive for a footpath on the left that drops down the field below a house. At the bottom of the field, find a gate in the right-hand corner and continue along the edge of the next field, ignoring a gate on the left. **39** Another gate ahead leads below the farm, beyond which you leave the hedge and bear right to a gate into a farm track beyond the last of the buildings. **40** Turn left along the track for 150m to a gate, then follow the wall on the left. Go through another gate and continue along the wall towards the valley bottom. **41** Cross the valley floor through a series of gates and walk up to a road. **42** Take a few steps to the left, then take a footpath over a stile on the right that climbs to a stone barn. Keep to the right of the barn and descend between two rocky knolls to a gorsy bank, below which is a ladder stile. **43** Follow the wall beyond and continue over another rise to another ladder stile. Continue in the same direction (now with the wall on your left) to a gate and walk down the side of the last field to a through-stile into a lane. **44** Turn right and walk into Bowland Bridge. **45** Turn left and descend to the river. **46** Beyond the bridge, follow the road ahead uphill and back to the Masons Arms.



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