

John Peel Trail

Background notes

The John Peel Trail links the final resting places of two men, both called John Peel. The first of these is the famous huntsman, buried at Caldbeck; the other is his great great great grandson, buried at Whicham. The latter lived at Silecroft, on the south west corner of the Lake District. He moved there with his family following retirement from the Army. They lived in the house built by John's parents, which they named 'Greenrigg' after the childhood home of their famous ancestor.

John was a gifted sportsman, on the athletics field and the golf course, and on moving back to the Lake District he developed a passion for running, both on the roads and on the fells. It was natural, therefore, that he became one of the first members of the local running club, Black Combe Runners, when it was formed in 1981. With the club he gained many achievements and supported others in achieving their goals, so it was fitting that he was given the honour of being the club President for the last 9 years of his life. He died in 2010 and this trail has been created as a memorial to him.

The trail has been designed to link places associated with John Peel of Caldbeck and John Peel of Silecroft. A detailed route description is provided to facilitate the trail being done in either direction. However, the aim is not so much to follow the route description as to visit the places mentioned in these background notes, and so remind ourselves of the lives of these two men who roamed the Cumbrian countryside. There is a badge and certificate available to anyone who completes the trail. There is no time limit or requirement to do it in single outing.

The history surrounding John Peel of Caldbeck is confusing, with different versions of events abounding and even contradictions within the same publication. These notes are intended only to point out the significance of the various landmarks, and thus avoid contentious details.

Although John Peel normally did his hunting on horseback, there were times when the terrain demanded that he dismount and walk, and there were some people that normally hunted on foot. It was these that prompted the writer and broadcaster Melvyn Bragg to make the following comment¹: "And even I can look at the fells and be impressed by the endurance of somebody who would trudge and trot over them day after day in pursuit of the uneatable. The foot hunting aspect always caught my imagination. A man on foot against nature – that is a fine image. Moreover, as it was on foot, anybody could join in. You did not need to be able to keep a horse. That democratic quality plays an important part in the potency of the John Peel Legend." Thus, anyone who follows the John Peel Trail is following the traditions represented by both John Peels.

*Then here's to John Peel with my heart and soul
Come fill – fill to him another strong bowl,
And we'll follow John Peel through fair and through foul
While we're waked by his horn in the morning.²*

¹ From the introduction to the book 'John Peel: the man, the myth and the song', published by Cumbria Weekly Digest, 1977

² John Woodcock Graves, alt. George Coward

These notes and the route descriptions were written by Peter Grayson, who would like to thank those who have assisted in this project: members of Black Combe Runners, especially Keith Nixon for his help with surveying the route and Penny Moreton for helping to publicise the project, Stuart Barnard for assisting with the design of the certificate, and the family of John Peel for providing information and for their enthusiastic support. For more information see the website of the Long Distance Walkers Association – www.ldwa.org.uk.

The John Peel lineage



John Peel



Jonathan Peel

Youngest son of
John Peel



John Peel

Son of Jonathan Peel

John Peel

Son of John Peel. A horse dealer, making regular trips between Silloth and the Isle of Man. Died on a ship returning from Russia.



John Peel

Son of John Peel. Began a banking career in Keswick before becoming bank manager in Millom and retiring to Silecroft

John Peel

Son of
John Peel



In notes 1 to 6 the name 'John Peel' refers to John Peel of Silecroft.

1

St Mary's Church, Whicham, where John Peel was Church Warden for 25 years



2

John Peel's grave



3

John Peel's parents' grave



4

Black Combe



Its close proximity to Silecroft made Black Combe John Peel's favourite training ground. On a clear day it offers extensive views, including Scotland, Wales and Ireland, as well as an aerial view of the village of Silecroft and, beyond it, Silecroft Golf Course, where the author of these notes first got to know John.

5

Whitfell summit lies on the route of the 'Bull to Bull', a mountainous challenge run linking the Black Bull Inn, Coniston, with the (now closed) John Bull Inn, Whicham. John Peel completed this challenge twice in 1996.

To the north north east can be seen Scafell Pike, which is the objective of the 'Stopwatch Challenge'. The challenge is to run from sea level at Haverigg beach to the summit of the Pike and back. John has also done this challenge twice, in 1989 and 1997.

John Peel on the Stopwatch Challenge in 1989



6

The bridge at Greendale marks the end of the Joss Naylor Lakeland Challenge, a challenge devised by legendary fell runner, Joss Naylor, covering 48 miles between Pooley Bridge and here. In 1995, at the age of 66, John Peel completed the challenge in 21 hours 24 minutes. The picture shows John at the end of his run, with Joss Naylor by the wall on the left. Also in the picture are John's wife Jill, his niece Moira, her daughter Nicola, and two members of Black Combe Runners.



In notes 7 to 19 the name 'John Peel' refers to John Peel of Caldbeck.

7

Armathwaite Hall



For a time John Peel was employed as huntsman here by the owner, Sir Frederick Fletcher-Vane. Today there is a conference room named after him.

8

It is said that Messenger Mire was the location one of John Peel's favourite meets. Thus he must have frequently been seen riding through the fields around here.

9

The summit of Binsey offers one of the best views of John Peel's hunting grounds, which include Lorton Vale to the south west, the coastal plain up to the Solway Firth in the north west, the rolling countryside stretching beyond Caldbeck to the Eden Valley in the east, and the Skiddaw group of hills to the south east.

10

700 m along the road south of Binsey Cottage is Troutbeck Lodge, where John Peel and wife, Mary, lived when they were first married. Today the house is obscured by a tall hedge, suggesting that the current occupants don't want people looking at it.

11

John Peel Cottage, where John Peel lived with his wife, Mary, for the last 30 years of his life



12

Uldale, the home of Mary White before she married John Peel.



13

Low Greenrigg, where John Peel spent most of his childhood



14

Parkend, where John Peel was born



The exact location of his birth is unclear, but it is not in any of the currently occupied houses. He was taken to live at Greenrigg when only a few weeks old.

15

Greenways



This bungalow is situated next to Upton Parish Hall, 100 m south of the road junction at the north end of Upton. It is on the site of the house where John Peel and wife, Mary, lived before moving to Ruthwaite.

The Gatehouse, home of John Woodcock Graves



It is said that John Peel was at this house after a hunt when Graves heard his children's grandmother lulling the children to sleep with an old nursery rhyme known as 'Bonnie Annie'. Graves was taken with the tune and wrote a song in honour of his friend. He completed a version there and then and joked to John "By Jove, Peel, you'll be sung when we are both run to earth!"

The song was written in broad Cumberland dialect and was subsequently altered to make it intelligible to a wider audience. It was also set to a different tune, so giving us the song we now know as 'D'ye ken John Peel'.

The Oddfellows Arms



In John Peel's time this was called the Rising Sun. He and his companions would sometimes meet here for a lengthy celebration after a day's hunting, and it was here that 'D'ye ken John Peel' was first sung in public.

St Kentigern's Church, Caldbeck



At the age of twenty John Peel fell in love with Mary White, the eighteen-year-old daughter of a neighbouring yeoman. He put up the banns in this Church but the would-be bride's mother interrupted by exclaiming, "I forbid the banns; they're far ower young". So, they eloped at midnight and got married at Greta Green. The marriage later received the Church's blessing here at Caldbeck.

John Peel's grave



John Peel Trail

Route Description – Whicham to Caldbeck

Numbers in brackets and bold type () refer to the background notes. Other numbers in brackets () are grid references.

Whicham to Corney Fell – 8.9 Km

The route starts from John Peel's grave (134826). To reach the grave from the car park at Whicham Church (1) go through the gate into the churchyard, follow the path round the back of the church, go through a gate in the wall, turn left and follow the path almost to the end. John Peel's grave is on the left (2). His parents are also buried in the churchyard¹ (3).

From the grave take the path back towards the church and continue past the Garden of Remembrance, down the slope and through a metal gate into the lane. Turn left and follow the lane past a farm on your left. When the lane levels out take the wide track going uphill to the right, signposted 'Black Combe', go through a gate (130828) and follow the track uphill. After 2.7 Km the track goes slightly downhill and then bends left as it starts to ascend again (134853). Leave the track here and go straight uphill onto the summit plateau of Black Combe (4). The official summit is marked by a triangulation column surrounded by a shelter (135854).

Leave the summit in a north-easterly direction and follow the path, with Black Combe Screes on your right, for 1.8 Km down to a col where the path forks (145869). Keep left here. After 400 m the path crosses another path (148872). Turn left here and follow the path for 250 m, then take a path branching off to the left and follow it for 230 m to the corner of a fence (151874). (These paths are difficult to follow in poor visibility. If you lose them go north and follow the fence.) Follow the fence on your left for 250 m to where another fence joins from the right. Cross the fence you have been following by a stile and continue following it on your right for a further 1.1 Km to where it joins another fence (148886). Go over a stile and continue in the same direction (335°), crossing a stream, passing a wood on your right, and heading for a wall corner. On reaching the wall go over the fence by a stile, turn left and go between the fence and the wall, round the corner, and through a gap in the wall. (In poor visibility, if you miss the stile you can cross the wall higher up the hill.) Continue uphill with the wall on your left to the summit of Stoneside Hill, turn right and follow the wall to the road (150896).

Corney Fell to Birker Fell – 9.6 Km

Cross the road and follow the wide path, with a wall on your left. After 1 Km the path gradually moves away from the wall and becomes less distinct. Follow it up to a col (151910) and down the other side to another col (150916). Soon after, the path begins to rise, and just after a rocky outcrop on your left the path forks. Take the right fork and follow it as it rises gently across the slopes of Burnmoor and continues to the summit of Whitfell (159930) (5).

Between Whitfell and Devoke Water the intermittent nature of the paths and lack of clear landmarks mean that in poor visibility the use of compass or GPS device will be essential. Leave the summit of Whitfell on a bearing of 335° and in 150 m you should join a path. Follow this down

¹ To find the grave go back through the gate in the wall and follow a path round to the left, between two trees. Facing you will be a row of graves. It is the fifth one, just past a tree.

to a col (156934). After a further 300 m the path turns north and goes roughly parallel to a fence, which is initially about 100 m to your left, for 400 m. Just before the fence turns left the path forks (155941). Take the right hand fork and proceed in a general direction of 30° for 800 m. Then turn to 320° and go uphill for 300 m, round the right hand side of Yoadcastle (157952) and north across a small col to the summit of Woodend Height (156954). Aim for the east end of Devoke Water, bearing 20°, and make your way down to the lake. Keep the lake on your left till you reach a good track (162969), just before the boathouse. Turn right and follow the track to the road (170976).

Birker Fell to Eskdale – 5.2 Km

Continue along the metalled road opposite, signposted 'Stanley Ghyll'. After 400 m turn left, then after 60 m turn right into the farmyard at High Ground. Go through the gate at the bottom and follow the track to Low Ground. Go round the buildings on your right, over a stile, and follow the track to the bottom of the hill (172000)², where the track turns left with the entrance to Stanley Ghyll on your right. Follow the track for 100 m, then bear left through a gate, signposted 'Eskdale Trail - Forge Bridge'. Follow this track for 2 Km, ignoring a track to the right after 200 m, another track to the left at a wall corner (163999) and other less prominent tracks. At the end of a section between fences alongside the river, with a large corrugated iron building to the left, turn right over a footbridge and proceed up to the road (152000).

Eskdale to Wasdale – 5.3 Km

Continue on the track opposite, signposted 'Eskdale Common', bearing left after 70 m. Go through a cobbled courtyard, through a gate to the left and follow the track up to the railway line. Cross the line, go through a small gate, and follow the path uphill through the woods. Cross another path at a fence corner, and continue uphill. After 400 m, where a wall from right joins the wall to your left (144004), go through a gate and down a walled track. After 40 m turn right and follow the track to the road in Miterdale (142008). Go through the gate opposite and follow the path over two streams, ignoring a path to the right, and uphill through the woods, crossing several forest roads (right then left at the third), to a gate onto the open fell (135021). Continue in the same direction down the other side to a gate in the wall (133028). Through the gate continue across a track and over a footbridge to a path junction by a wall (132029)³. Continue along the track with the wall on your right. After 130 m turn right onto a path following the wall, signposted 'Nether Wasdale'. At the bottom of the hill continue in the same direction across fields to a gate to the left of a white house. Turn right and follow the road for 200 m, ignoring a turning to the right, to a junction (128039).

Wasdale to Greendale – 2.7 Km

Turn right then immediately left onto a track, signposted 'Gill – Buckbarrow'. Follow this for 700 m, through a farmyard then keeping alongside the wall on your right. Just before a gate, go

² You may wish to make a detour to Stanley Force waterfall. If so, leave the track 200 m past a wooded area (173993) on a path that leads to a stile into the woods. Follow the path downhill, making detours to see the waterfalls. You can re-join the route at the bottom of the hill (172000).

³ If staying at Wasdale Youth Hostel you could turn right here, signposted 'Wasdale', and follow the track, with the wall on your left, to Eastwaite. Just before the farm go through a gate, turn left at a signpost, go through the kissing gate in the corner and down to a track. Turn right, go through the farmyard and continue for 500 m. After going through a gate, with another gate to the left labelled 'Private', turn left and follow the wall then a hedge on your left for 200 m to a gate onto a track. Turn left, go over a footbridge and through a kissing gate on the right. Keep right and follow the path, which takes you along the shore of Wastwater, into the grounds of the hostel. From the hostel take the path north to the road, turn left, then after 30 m right onto a wide track. After 180 m go through a gate on the right and follow a grassy track in a north westerly direction for 400 m to re-join the route (141050).

through a gate to the right, signposted 'Public Bridleway', cross the field and a footbridge, and after another 80 m turn right (133046). After 250 m turn left through a gate, signposted 'Greendale'. Follow the track in a north easterly direction for 1 Km, ignoring tracks to the left and right. When the track bends right to go towards a gate, keep left to enter a wooded area at a stile next to a gate (142051). After 60 m turn left and follow the path up to the road. Turn right and cross the bridge (143055) (6).

Greendale to Ennerdale – 15.3 Km

Over the bridge turn left and follow the path between the river and a wall. Continue on the broad path uphill into Greendale Gill and up to Greendale Tarn. About 100 m before the tarn cross the stream and follow an intermittent path for 2 Km around the side of Seatallan to a col (143092). In poor visibility this section may require the use of compass or GPS device. If you can't follow the path proceed in an approximate northerly direction, gaining height gradually, for about 800 m from where you left the tarn, then maintain height for a further 800 m before turning west then north west to reach the col. From the col continue on a path uphill in a northerly direction, which after 1.2 Km brings you to the foot of a steep grassy slope (142103). Ascend this slope. When you reach a plateau turn left and ascend a gentle slope to the summit of Haycock (144107).

Proceed in a westerly direction and follow the wall on your right for 6 Km⁴ to a fence (102135). (The summit of Little Gowder Crag can be avoided by making a detour to the left.) Go over a stile and cross another fence by a stile to enter a deforested area, and follow the path which takes you down to a stream and up to a track. Turn left onto the track and after 20 m turn right onto a path. Follow this up to the summit of Crag Fell (097143).

Take the path heading west, which takes you down into a wood, and continues across the slope down to a track (081150). (Ignore a path going straight down the slope to the right.) Follow the track opposite, with a wall on your right, over a footbridge and up to the road (081155).

Ennerdale to Lanthwaite Green – 12.7 Km

Turn right and, after 300 m, where the road turns right keep straight on and follow the track down to Ennerdale Water. Turn left, go over a footbridge and alongside the lake for 850 m, going through 2 gates. After the second gate turn left, go up to and through another gate and follow the fence and stream to your right uphill for 200 m. Go over a stile to the right and follow the path between fences up to a metal track. Turn right and when you reach the road at Whins take the path opposite, signposted 'Buttermere' (098166).

Follow the path up to a gate on Floutern Pass (120172), and continue down the other side. 400 m from the gate keep right when the path forks, and stay close to the fence for 500 m till you reach a gate. Go through the gate and, after 150 m, another one. After another 150 m (132173) you need to branch left, but initially the path is barely visible, and for the first 600 m is somewhat intermittent. If you lose the path just follow the slope round to the left and you should find a good

⁴ If staying at Ennerdale Youth Hostel you could leave the wall after about 1 Km (135110) and follow the ridge north, down to a path between two footbridges. Turn left, cross the footbridge (131133), and follow the path up to the right and down to where it becomes a wide track. After 170 m take a path to the right, which after 70 m crosses a track and brings you to a stile by a gate. Over the stile follow a faint path across the field, on a bearing of 40°, to a footbridge. Over the bridge keep right and follow the path through a gap in a wall and straight ahead on a faint track across the field. After 400 m go through a gate, pass between buildings, and follow the track up to another track. Keep right and after 180 m you will come to the hostel. From the hostel follow the track down the valley and continue along the road to re-join the route at Whins (098166), 6 Km from the hostel.

path following the river down to a footbridge (138180). Over the bridge follow the track down the valley for 2 Km to where it passes to the left of some trees (137198). Take the track to the right of the trees and follow it past the woods on your left and down to the road 80 m past Low Park (144204).

Turn right and after 30 m turn left. After 150 m go through a gate and continue alongside the stream to your left, ignoring a path going right. After passing a bridge on your left bear right and head for the pump house, and go through a gate to its left. Follow the shore of Crummock Water on your right, cross the outlet via two footbridges and, after 50 m, pass a seat facing the lake (151208).

Take the path to the right, up to a wide path, and follow this with the lake on your right for 400 m. When the path starts to descend to a boat house take the path to the left and follow this uphill, soon joining a wall and a stream on your right. When you reach a wide path follow it to the right, through a gate, across a field with a wall on your left, and through a kissing gate. Turn right and follow the track, which takes you round the left hand edge of Lanthwaite Green Farm and up to the road (158208).

Lanthwaite Green to High Lorton – 6.1 Km

Across the road take the track going diagonally to the left, which after 200 m brings you to a wall. After a further 50 m turn right and follow the stream uphill for 200 m to a footbridge. Go over the bridge and bear left on a path which takes you over to a wall. Continue on the path, with the wall on your left, for 3 Km, to a stream and a ruined sheepfold. Past the sheepfold take the path to the left, which soon re-joins the wall and takes you to the road (168241).

Follow the road uphill and after 150 m take a track on the left, signposted 'Scales'. When the track makes a U turn round the back of High Swinside Farm take the wide path between walls to the right and go through a gate. Follow the path between fences for 900 m, and through a gate onto the road. Turn left and follow the road round to the right and past some buildings on your left to a small gate. Through the gate continue with a fence on your left for 130 m. When you reach a wall keep right and follow the wall on your left to a kissing gate onto the road. Turn left and go down to the main road in High Lorton (161255).

High Lorton to Brumston Bridge – 5.8 Km

Turn right and after 25 m right again. At the top of the hill turn right onto the Whinlatter Pass road. After 400 m (169257) go over a stile and up to a wide path. Follow the path to the right, gaining height, for 900 m, till you reach a wall. Follow the wall uphill. Just before the path levels out turn right and follow the path to the summit of Greystones (177264).

Follow the path in a north north easterly direction down to the corner of a forest. Go over a stile and continue downhill with a wall on your left. When the gradient eases turn right and go across the slope to join a path after about 50 m. After another 100 m branch left on a wide path that takes you down onto Wythop Moss (181272). After a few more metres turn left on a faint path going due north. After 160 m you should reach a pile of stones and a broken fence on your right. After another 200 m you should reach a good fence. Cross the fence and continue going north to a gate (181281). Through the gate follow the path to the right, which after 300 m joins a fence on your right. When the fence turns right follow it downhill to a gate and the road. Turn right along the road and after 180 m turn left and go down to Brumston Bridge (184293).

Brumston Bridge to Ouse Bridge – 4.2 Km

Turn right and after 100 m go through a gate. Turn left and follow the wall uphill to join a wide path⁵. Follow this around the side of Sale Fell, down through a gap in the wall and to the road (191301).

Turn right and after 100 m turn left, next to a sign 'The Riggs'. Continue downhill between buildings till at the bottom, after passing a corrugated iron barn on your right, turn left. Follow the path round to the right and go through two gates. Follow the stream on your right for 150 m, to where it turns right, then aim for a gate (bearing 335°). Through the gate (188306) and over a bridge follow the fence on your left to the end of the field, then go round to the right and through a gate. Keep left, go over a footbridge, turn right and go over a stile. Cross the A66 and over a stile, signposted 'Embleton road'. Follow the fence on your left up to a stile and onto the road (188310). Turn right and follow the road to Ouse Bridge (199321).

Ouse Bridge to Bewaldeth – 4.2 Km

Go over the bridge and when the road bends right keep straight on into Herdwick Croft Caravan Park. Follow the road uphill, ignoring 3 branches to the right, and continue beyond the caravan park, following the track through 2 gates and up to a pair of large metal gates at Armathwaite Hall (7). Through the gates turn left and follow the fence on your left to a small gate just before a tennis court. Through the gate head between 2 trees, proceed across the field, through a small gate and turn right into the car park (205327).

Go through a gap in the wall on the left, follow the road downhill, signposted 'Irton House', and through a gate into the yard at Coalbeck Farm. Turn left and follow the track for 250 m, then take a path to the right uphill. After 40 m go through a gate and follow the fence on your left. At the end of the field go ahead through a gate and follow a track, with a fence and Messengermire Wood (8) on your right, to another gate. Continue on the track, through a gate, past a ruined building on your left, across a stream and through another gate. Follow the fence on your right, through a gate, turn left and follow the fence on your left. When the fence turns left go straight on to the right hand edge of a wood. Follow this round to a gate and continue with the fence on your right. When you come to a gate, 100 m before the farm, go through the gate to your right and follow the fence on your left to another gate. Through the gate turn slightly right and aim for a gate to the right of a bungalow. Through the gate turn right and go down to the road. Turn right and follow the road down to the A591 at Bewaldeth (208348).

Bewaldeth to Ruthwaite – 5.4 Km

Turn left and follow the road for 450 m. Go through a gate on the right and follow the track uphill, through 2 gates, onto the open fellside (216356). Continue on the path uphill, ignoring a branch to the right after 400 m. When the path levels out branch left to the summit of Binsey (225355) (9).

Follow the path in an east south easterly direction down to a small gate to the right of a sheep pen. Turn left and follow the road to a T junction at Binsey Cottage (236351) (10). Turn left and follow the road for 1.7 Km to Ruthwaite (237367).

⁵ The steep climb can be avoided by joining the path 500 m further along the road.

Ruthwaite to Green Head – 6.0 Km

When the road bends left go straight on down the hill, signposted ‘Ruthwaite’. After 80 m you will see John Peel Cottage on the left **(11)**. Turn right then take a footpath between buildings on the right. Go through a small gate and across the field to a stile. Over the stile go across the slope to another stile, then pass to the left of an electricity pylon and over 2 more stiles. Continue in the same direction down to a stile and footbridge. Go uphill, slightly to the right, to a stile in the far corner of the field, and continue in the same direction to another stile onto the road (252361).

Turn left, cross another road and follow the lane opposite, with a view of the village of Uldale to the left **(12)**. When you reach the road turn right and after 300 m turn left. Follow the lane through Chapel House Farm, past a reservoir, through a gate beside a house and to the road, where the route joins the Cumbria Way (265358).

Turn left down the hill, over the bridge and take the track on the right, signposted ‘Green Head’. Follow the track for 2.6 Km to Green Head, where the route leaves the Cumbria Way (286370).

Green Head to Caldbeck – 6.0 Km

Turn left, follow the road for 1.1 Km and turn right on a track, signposted ‘Branthwaite’ (287381). After 150 m, when the track bends right, keep straight on with a wall on your right. After a further 450 m, where the track turns left at Greenrigg House, go ahead through a kissing gate. Go to the right of the nearest tree and to a gate at a fence corner (bearing 82°). Through the gate follow the fence on your left and through another gate. Initially follow the fence on your left but eventually head for the right hand corner of the field⁶. To your left is Low Greenrigg (297387) **(13)**. Over a stile follow the fence on your left, go through a gate and over the wall on your left via some steps. Go onto the road and follow it to the right into Parkend (301388) **(14)**.

Follow the road (B5299) for a further 1.1 Km to Whelpo Bridge (308396). Cross the bridge and take the path on the right, signposted ‘Caldbeck’. Follow the path alongside the river on your right. After 1 Km you will go through a small gate. After another 120 m take a path to the right, go over a footbridge and up to a kissing gate. Turn left and follow the fence on your left to another kissing gate and onto the road. Turn left and after 100 m you will come to a road junction at the north end of Upton **(15)**. Continue along the road into Caldbeck and after 350 m you will see The Gatehouse **(16)** on your right. Continue in the same direction, passing the Oddfellows Arms **(17)** on your left, and proceed for 120 m to the entrance to St Kentigern’s Church **(18)** on the left. Enter the churchyard and proceed almost to the door of the church. Turn left and facing you, by the wall, will be John Peel’s grave **(19)**, the end of the trail (325398).

⁶ If you want to see the front of Low Greenrigg keep alongside the fence to a gate in the left hand corner. Go through the gate and round to the right to get your view, then return to the route via the same gate.

John Peel Trail

Route Description – Caldbeck to Whicham

Numbers in brackets and bold type () refer to the background notes. Other numbers in brackets () are grid references.

Caldbeck to Green Head – 6.0 Km

The route starts from John Peel's grave (325398) (**19**). To reach the grave from the road to the south of St Kentigern's Church (**18**) enter the churchyard and proceed almost to the door of the church. Turn left and the grave will be facing you, by the wall.

Return to the road and turn right. After 120 m you will reach the Oddfellows Arms (**17**). Keep left and after 30 m you will see The Gatehouse (**16**) on your left. Continue along the road and after 350 m you will come to a road junction at the north end of Upton (**15**). After a further 100 m go through a kissing gate on the right, signposted 'The Howk'. Follow the fence on your right for 250 m to another kissing gate. Go down to the river, cross a footbridge and go left up to a path which will take you alongside the river on your left to Whelpo Bridge (308396). Cross the bridge, turn right and follow the road (B5299) for 1.1 Km to Parkend (301388) (**14**).

Continue over the bridge and for a further 200 m. Go over the wall on your left via some steps, then diagonally right to a gate. Through this follow the fence on your right to a stile. To your right, just before the stile is Low Greenrigg (297387) (**13**). Over the stile go diagonally right¹ and follow the fence on your right. Follow the path through 2 gates, then go diagonally right (bearing 262°), past a tree, to a kissing gate in the far corner of the field. Keep left on the track and follow it for 600 m, passing various buildings on your left, to the road (287381). Turn left and follow the road for 1.1 Km to Green Head, where the route joins the Cumbria Way (286370).

Green Head to Ruthwaite – 6.0 Km

Turn right and follow the road. After 500 m, when the road bends right, go straight on, signposted 'Longlands', and follow the track for 2.1 Km, to where it joins the road. Turn left, go over the bridge and uphill for 80 m, where the route leaves the Cumbria Way (265358).

Take the track on the right, signposted 'Stanthwaite Bridge', and follow it past a reservoir, through Chapel House Farm (where it becomes a road) and up to a T junction. Turn right and after 300 m turn left onto a track, with a view the village of Uldale to the right (**12**). When you reach a road go ahead into the road opposite (252361).

Go over a stile on the right and go diagonally left, aiming for the village of Ruthwaite (bearing 315°), to another stile. Continue in the same direction to a footbridge and stile. Continue uphill and over 2 more stiles, then pass to the right of an electricity pylon and over another stile. Continue in the same direction to a wall corner and follow the wall on your left to a stile. Over the stile turn left and cross the field to a small gate. Follow the footpath between buildings onto the road and turn left. Ahead of you, across the road, will be John Peel Cottage (**11**). Turn left and go up to the main road (237367).

¹ If you want to see the front of Low Greenrigg turn right at the stile. Go through the gate in the field corner and round to the right to get your view, then return to the route via the same gate.

Ruthwaite to Bewaldeth – 5.4 Km

Keep left and follow the road for 1.7 Km to Binsey Cottage (236351) (10). Turn right and after 110 m go through a small gate on the right. Follow the path uphill, branching right just before it levels out, to the summit of Binsey (225355) (9).

Leave the summit in a westerly direction and follow the path downhill, ignoring a branch to the left after 300 m and a branch to the right after a further 200 m, to a gate in the wall (216356). Through the gate follow the track down to the A591. Turn left and follow the road for 450 m to Bewaldeth (208348).

Bewaldeth to Ouse Bridge – 4.2 Km

Turn right and after 700 m turn left at the entrance to Irton House Farm. After 60 m go through a gate on the left and cross the field diagonally right to another gate. Through the gate follow the fence on your right, go through another gate and turn left. Follow the fence on your left, go through a gate at the corner of a wood and follow the fence on your right for 50 m. When the fence turns right go straight on, past a water trough, to a fence corner, and continue with the fence on your right. At the bottom of the field go through a gate on the right and follow the fence on your left. Go through a gate, across a stream, and to another gate just past a ruined building on your right. Through the gate follow the track downhill, across another track, signposted 'Coalbeck Farm'. Go through a gate and proceed with a fence and Messengermire Wood (8) on your left, and through another gate. Bear left and follow the fence on your right, through a gate and down to a wide track. Follow this to the left into the yard at Coalbeck Farm. At the end of the yard turn right, through the gate, and up the road. Where the road turns left go ahead, through a gap in the wall, into the car park (205327).

Turn right then left, go through a small gate and continue ahead, aiming to the right of a tennis court and to the left of Armathwaite Hall (7). Go through a small gate, where wooden and metal fences meet. Turn right and follow the fence on your right for 100 m to a pair of large metal gates. Through the gates follow the track downhill and through 2 gates. Continue with a fence on your right, into the caravan park, down to the road and on to Ouse Bridge (199321).

Ouse Bridge to Brumston Bridge – 4.2 Km

Over the bridge turn right and follow the road. About 350 m after the road turns right, to run roughly parallel with the A66, go over a stile on the left, signposted 'Riggs' (188310). Follow the fence on your right to a stile, cross the A66 and over another stile, signposted 'Riggs, Routenbeck'. Go diagonally right to a stream, cross a footbridge, turn right and go through a gate. Go over to the far side of the field and turn left. At the end of the field go over a bridge, through a gate (188306) and continue straight ahead to a stream. Follow the stream up the slope to the right, go through two gates, follow the path round to the left and immediately turn right. Follow the track uphill between buildings and up to the road (192302).

Turn right and after 100 m go through a gate on the left, signposted 'Kelswick'. Follow the wide path uphill, through a gap in a wall and around the side of Sale Fell, where the path joins a wall on your right. When the path turns left continue following the wall down to the road². Go through the gate to the right and after 100 m turn left at Brumston Bridge (184293).

² The steep descent can be avoided by staying on the path till it reaches the road.

Brumston Bridge to High Lorton – 5.8 Km

Proceed uphill and after 200 m turn right. After 180 m go through the gate facing you on the left, then turn left, go uphill to a path and follow it alongside the fence on your left. After 600 m the fence turns slightly left. After another 80 m, just before the fence turns slightly left again, take the path branching off to the right. After 300 m this will bring you to some slabs forming a bridge over a stream (181281). Go through the gate opposite and proceed due south across Wythop Moss, crossing a fence after 500 m and reaching the far edge after a further 400 m (181272). Turn right and follow the path, which soon peters out. Continue to a wall and follow it uphill to the corner of a forest. Go over a stile and follow the path uphill, with a wall on your right. After 100 m, at the top of the initial steep slope, branch left and follow the path to the summit of Greystones (177264).

Follow the path in a south south westerly direction to a wall. Cross this and follow it downhill till you reach a mature forest on the other side of the wall. About 20 m past the first tall tree (167257) take a faint path to the right, which passes a pile of stones and in 120 m brings you to a marker post. Continue to follow the path downhill for 800 m. At the bottom turn half left, go down to a stile and onto the road (169257). Turn right and after 400 m turn left onto a road which takes you down to the main road in High Lorton (161255).

High Lorton to Lanthwaite Green – 6.1 Km

Turn left and after 25 m left again. After 230 m go through a kissing gate on the right and proceed with a wall and then a fence on your right up to a small gate. Go through the gate and past some buildings on your right. 10 m after the road turns left go through a gate on the right. Follow the path between fences for 900 m. After going through a gate pass to the left of High Swinside Farm and proceed up to the road.

Follow the road downhill and after 150 m take a path on the left, which soon joins a wall on your right and takes you to a ruined sheepfold and a stream. Over the stream follow the path, with the wall on your right, for 3 Km. When the wall turns downhill branch left on a path, signposted 'Bridge Crossing', slightly uphill, which takes you to a footbridge. Over the bridge turn right and follow the path down to a wall. Turn left and follow the track to the road at Lanthwaite Green (158208).

Lanthwaite Green to Ennerdale – 12.7 Km

Go over the stile by the gate opposite and follow the track, which takes you round the right hand edge of Lanthwaite Green Farm. Go through another gate and 40 m after the track turns right go through a kissing gate on the left. Follow the wall on your right to another gate. 25 m after the gate take the path branching off to the left, which will take you down to a wide path alongside Crummock Water. Follow this with the lake on your left for 400 m, then take a path to the left, which takes you down to the lake.

Follow the shore of the lake for 400 m, till you reach the pump house. Go through a gate to the right of the pump house, and at the fence corner bear right and aim for a bridge 120 m away. Do not cross the bridge but follow the stream till you join a path at a gate. Follow the path for 150 m to the road. Turn right then, after 30 m, turn left, signposted 'Ennerdale Water' (144204).

Follow the track through Low Park and continue uphill between a barn and a wall. When the track bends right continue following it past the woods on your right till it joins another track at the end of the woods (137198). Follow this track up the valley for 1.3 Km, to where the fence turns right.

Just beyond that take another track to the right, which takes you down to the river, over a footbridge (138180) and up the right hand side of the valley, where the path becomes somewhat intermittent. If you lose the path just follow the slope round to the right and you should join a good path coming in from the left (132173).

Follow the path uphill, through two gates, after which keep the fence on your left, and up to another gate on Floutern Pass (120172). Continue down the other side, ignoring a path to the left just after a gate (100167)³, to the road at Whins (098166). Take the metalled track opposite and after 100 m go through a small gate on the left. Follow the path between fences to a stile. Turn left and follow the stream downhill for 200 m, go through a gate to the left and down to the shore of Ennerdale Water. Turn right and go alongside the lake for 850 m, going through 2 gates. After a footbridge next to a gate turn right and follow the path up to the road. Proceed along the road for 300 m, to where it turns right (080155).

Ennerdale to Greendale – 15.3 Km

Turn left and go past a house on your right. After 150 m bear right, passing a house on your left. Proceed over a footbridge and up to a track (081150). Cross the track and take the path slanting uphill to the left. Follow this to the summit of Crag Fell (097143).

Take the path heading south which takes you over a stile and down to a track. Turn left onto the track and after 20 m turn right onto a path which takes you down to a stream and up to a stile (101135). Proceed uphill following the wall on your left for 6 Km to the summit of Haycock (144107). (The summit of Little Gowder Crag can be avoided by making a detour to the right.)

Leave the summit on a bearing of 165°. After 130 m, just before a small rocky summit, turn right and descend a steep grassy slope. When the gradient eases (142103) bear left and follow a path in a southerly direction, which after 1.2 Km brings you to a col (143092). In poor visibility this section may require the use of compass or GPS device. Leave the col in a south easterly direction, descending slightly for 200 m, to join a path (144090). Follow this path, which becomes intermittent, for 2 Km around the side of Seatallan to Greendale Tarn. If you can't follow the path proceed in an approximate southerly direction, maintaining height for about 800 m then descending gradually for about 800 m. About 100 m past the tarn cross the stream and follow the path down the east side of Greendale Gill. At the bottom keep right and go between the river and a wall to reach the road (143055) (6).

³ If staying at Ennerdale Youth Hostel you could turn left here and follow the road and then the track up the valley for 6 Km. From the hostel start back down the valley and after 180 m take a track going downhill to the left. Pass between buildings, through a gate and follow a faint track straight ahead across the field. After 400 m you will pass through a gap in a wall and then come to a footbridge. Across the bridge follow a path slightly left, crossing a broken wall after 70 m, then follow a faint path across the field on a bearing of 230° to a stile by a gate. Cross a track and follow the path straight ahead which after 70 m will bring you to a track. Keep left and follow the track, which soon becomes a narrow path, up to a footbridge. Cross this and take a path uphill to the right. This will take you up the ridge to re-join the route at the wall (135110), about 1 Km before the summit of Haycock.

Greendale to Wasdale – 2.7 Km

Turn right, cross the bridge, go through a gate on the left, and follow the path, keeping right when you reach a fence. When the path leaves the wooded area continue in a south westerly direction for 1 Km, ignoring a grassy track to the left after 100 m (141050)⁴. After a gate at the end of a section between fences turn right, signposted 'Buckbarrow', and after 250 m, when you reach a wall, turn left, go over a footbridge, across a field, through a gate and turn left. Follow the track, keeping alongside the wall on your left then through a farmyard, to reach the road (128039).

Wasdale to Eskdale – 5.3 Km

Turn right then immediately left and follow the road for 200 m. Just past a house, 'The Flass', go through a gate on the left, signposted 'Eskdale'. Set off with the fence on your left and proceed across the field, passing painted marker posts, to a gate and stile in a fence. Continue for a further 700 m, with a wall on your left, to a path junction where the wall turns east (132029). Leaving the wall carry straight on, signposted 'Eskdale', over a footbridge, across a track and uphill to a gate (133028). Through the gate proceed uphill onto the ridge and through a gate into the forest. Continue in the same direction downhill, crossing several forest roads (right then left at the second). At the bottom cross two streams and go through a gate onto the road in Miterdale (142008). Continue on the track opposite. After 500 m, just before the track turns right, turn left, go up to a gate and take the path to the right (144004). Follow the wall on your right for 200 m then continue downhill in the same general direction. Cross another path at a fence corner and continue with the fence on your right, into a wood and down to the railway line. Cross the line and follow the track opposite, through a cobbled courtyard, to the road (152000).

Eskdale to Birker Fell – 5.2 Km

Cross the road, go through a gate, signposted 'Milkingstead', straight ahead and over a footbridge. Turn left and follow the track for 2 Km, ignoring other less prominent tracks, till you come to a gate at a path junction (171000). Bear right, signposted 'Stanley Ghyll - Birker Fell'. After 100 m, before the entrance to Stanley Ghyll⁵, the track turns right. Follow it uphill to Low Ground, where after a gate and stile the track turns left. After 200 m, where the track enters a wooded area (176986), keep right alongside the wall, and continue to High Ground. After going through the farmyard turn left on the metalled road. After 60 m turn right and proceed up to the road (170977).

Birker Fell to Corney Fell – 9.6 Km

Follow the track opposite till you reach Devoke Water (162969). Follow the muddy track on the left for 100 m and cross a stream. Between Devoke Water and Whitfell the intermittent nature of the paths and lack of clear landmarks mean that in poor visibility the use of compass or GPS device will be essential. Leave the lake and head uphill, in a general direction of 200°, till you reach the summit of Woodend Height (156954). Leave the summit on a bearing of 160°, cross a small col

⁴ If staying at Wasdale Youth Hostel you could follow this track which after 400 m brings you to a gate in a wall. Through the gate turn left and follow the track to the road. Turn left and after 30 m turn right onto a path which takes you to the hostel. From the hostel go down to the lakeside path and follow it to the right for 1.2 Km to a bridge. Over the bridge follow the track to the left and after 20 m go through a gate on the right. Follow the hedge on your right for 200 m up to a track. Turn right and follow the track right through the farmyard at Eastwaite, then turn left onto a path between walls and go through a kissing gate. Turn left and go up to a signpost, turn right and follow the track uphill. Follow the wall on your right as the track enters a wooded area till you re-join the route (132029).

⁵ You may wish to make a detour to Stanley Force waterfall. If so, go through the gate and follow the path uphill, making detours to see the waterfalls. Beyond the waterfall, where the path doubles back, turn left onto a path with a little bridge over a stream. At the top viewpoint go over a stile and follow the path to re-join the track (173993).

and go round the left hand side of Yoadcastle (157952). Descend, on a bearing of 140°, for 300 m, then turn right and proceed in a general direction of 210°. After 800 m you should come to a path near a fence (155941). Follow the path southwards, with the fence to your right. After 400 m the path turns to the south east, crosses a col and climbs to the summit of Whitfell (159930) **(5)**.

Leave the summit on a path (bearing 220°), keeping left when the path forks after 150 m. Follow the path across the slopes of Burnmoor, down to a col (150916) and up the other side (initially on bearing 165°) to another col (151910). Ignore a path to the right just before the col. Continue down in a southerly direction. The path soon becomes much clearer and takes you down to the road with a wall on your right (149896).

Corney Fell to Whicham – 8.9 Km

Cross the road and continue with the wall on your right to the summit of Stoneside Hill. Turn left and continue following the wall on your right for 300 m. Just before the wall turns left, go through a gap in the wall, turn left and go between the wall and a fence, round the corner and over the fence by a stile. Proceed on a bearing of 160°, past a wood on your left and over a stream to a fence corner (148886). Go over a stile and follow the fence on your left uphill for 1.1 Km. Cross the fence by a stile and continue following it on your right for a further 250 m to where it turns right (151874). Follow a path, initially on a bearing of 240°. After 500 m the path crosses another path (148872). Turn right here and follow the path for 400 m to a col, where it joins another path (145869). (These paths are difficult to follow in poor visibility. If you lose them continue on the 240° bearing until you reach the col and head straight uphill.) Follow this path uphill, with Blackcombe Screes on your left, to the summit plateau of Black Combe **(4)**. The official summit is marked by a triangulation column surrounded by a shelter (135854).

Leave the summit in a south westerly direction and descend for 100 m to a wide track (134853). Follow this track to the left for 2.7 Km, ignoring a branch to the right after 2 Km, through a gate and down to a wall (131828). Turn left and follow the lane downhill for 400 m, past a farm on your right. When the lane levels out go through a metal gate on the right, uphill past the Garden of Remembrance and follow the path almost to the end. John Peel's grave is on the left **(2)** and marks the end of the trail (134826). His parents are also buried in the churchyard⁶ **(3)**.

To get to the car park and road go back along the path and through a gate in the wall on your right. Follow the path around Whicham Church **(1)** and through the gate at the end of the churchyard.

⁶ To find the grave go back along the path and through a gate in the wall on your right. Follow a path round to the left, between two trees. Facing you will be a row of graves. It is the fifth one, just past a tree.

John Peel Trail – Completion form

Name¹

See below²

1. _____

2. _____

3. _____

4. _____

Date started:

Direction³:

Date completed:

Number of days on the route:

Number of certificates required		× 50p	
Number of badges required		× £1.50	
Postage & packing			£1.00
		Total	

Delivery address:

Please send form and payment (cheques payable to 'P H Grayson') to:

Mr P H Grayson
2 Thirlmere Close
Millom
Cumbria
LA18 4PJ

or email the form to 'peterhgrayson@yahoo.co.uk', and you will then be asked to transfer the payment to a PayPal account.

¹ Unless requested otherwise, this will be the name on the certificate, so please write legibly.

² Tick the box if you are willing for your name to appear in a list of completers on the internet.

³ Enter 'W-C' for Whicham to Caldbeck or 'C-W' for Caldbeck to Whicham.

John Peel Trail Completers

	Name	Date completed	Direction
1	Peter Grayson	26 July 2012	W→C
2	Keith Nixon	26 July 2012	W→C
3	Cynthia Crawshaw	26 July 2012	W→C
4	Glenn Costin	4 June 2013	W→C
5	Val Costin	4 June 2013	W→C
6	Christopher John Wilson	25 August 2013	C→W
7	Martin Wilson	25 August 2013	C→W
8	Clare Tuddenham	21 June 2014	W→C
9	Bob Tuddenham	21 June 2014	W→C
10	Dot Patton	24 May 2015	C→W
11	David Craig	30 August 2015	C→W
12	Diane Clark	8 May 2017	W→C
13	Sue Faulkner	30 June 2017	W→C
14	David Faulkner	30 June 2017	W→C
15	Susan Evans	6 September 2017	W→C
16	Stella Mansergh	6 September 2017	W→C
17	Anne Harrison	6 September 2017	W→C
18	Gail Blakeney	6 September 2017	W→C
19	Judith Maclardie	10 October 2017	W→C