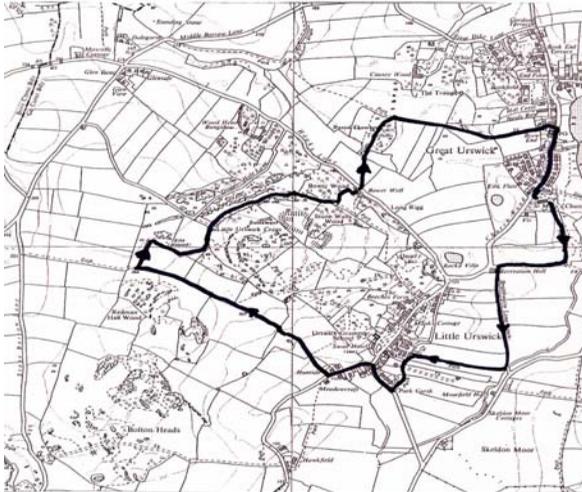


HIDDEN LIGHT-LOW FURNESS

Urswick
'TRAINERS'
Walk



An exploration of lime-stone outcrops, ancient green lanes and gentle pasture land around Great Urswick and its picturesque Tarn, which takes you through a fascinating historical 'timeline' of about 3,000 years and offers insights into another world.

Great Urswick can be reached by car from Ulverston or Barrow sign-posted from the A590. A regular No.10 bus service operates between Barrow and Ulverston via Urswick Monday to Saturday

Parking is available in the village or outside the church.

The Urswick Trainers' Walk:

Distance: 5 miles approximately (a shorter walk of about 3 miles is also possible using the Trail Guide).

Time: About 2-3 hours.

Going: Mainly easy with one or two damp patches. The first part of the walk is suitable for buggies, etc.

Suitable for: the whole family and those who enjoy reasonably gentle walking.

Footwear: Trainers are adequate except in very wet weather.

Map: OS Outdoor Leisure Series No.6 (1:25 000)



Our walk begins in the porch of the beautiful old church of St. Mary and St. Michael, Great Urswick.

Take the gate into the churchyard and follow the path on the right hand side of the church, past the Tower to the church porch.

Before you start the walk, stop at the porch and look at the walls to see if you can find cut marks in the sandstone made by archers sharpening their arrows before target practice after church in Tudor times. There is so much to see here– a simple anglo-saxon sun dial, stones built into the church walls which tell us that there was life here in Roman times– who knows what the place was like then!

We know that people lived here even before the Romans, probably more than 3,000 years ago and our walk will show us some of the things they've left behind.

Continue along the path, through the gate to the back corner of the church where you will see the Tarn on the left, and the surrounding hills where there are remains of both Iron Age and Bronze Age habitation. Ignore the gate straight ahead of you and turn right along the church path, through a 'kissing gate' in the wall into the field beyond.

What's the mound on the right?

Well, if we are as we believe in the grounds of an old Celtic monastery then it could be the

'hospital' (welcome suite) or something like that.

There's a large white stone in the hedge/ wall which suggests an entrance to the site.

Continue across the field to the kissing gate in the far bottom corner, with farm buildings ahead of you.

Continue straight on along the field path, through another gate; do not turn towards the farm (Holme Bank) but turn right and follow the hedge. Where the field begins to slope gently upwards stop near the crown and take a look around you.

Believe it or not, you are actually standing inside a long lost Roman fort which was discovered in 2003 by studying aerial photos downloaded from the Internet!

Continue your walk along the field and out by the Recreation Hall. Turn left between the hedge and the Hall along the ancient green lane (Braithwaite Lane); you can *feel* the age as you walk along. Where the path opens out a little, past a gate on the left and opposite an ash tree you can spot a large white stone in the hedge.

This is no ordinary stone– it probably marks out part of an ancient route coming over Bolton Heads from Stainton and on towards Birkrigg. You may spot other similar stones on the walk.

Continue along the path and just before you reach the road take the path on the right sign-posted 'Little Urswick'. Continue beside the stream to the corner of the field and then right along the edge of the field.

In the top corner of the field, turn right towards the farm for a few yards only and then left passing Croft Bungalow, through a metal gate ahead of you, left again in front of the bungalow, along the green track

Ahead, through the next gate into the field beyond. ***Cross this field to reach the road. Turn right into Little Urswick.***

Stop at the next junction: It's decision time-
The next part of our walk takes us up to Little Urswick Crags and the Iron Age settlement; unfortunately it is not suitable for buggies, so if that's you, why not continue along the road and back into Urswick.

To continue the walk...

Take the road to the left away from Urswick towards Bolton Manor for a short spell, passing Redman Hall, a mediaeval farm on your left. At Cherry Tree Farm take the public footpath ('Dalton') on the right. This winds gently uphill taking us back in time as we go up.

Remember what we said about large 'marker stones'? Well, if you've reached the gap stile in the right-hand wall you've missed at least one more!

Do not go through the tight stile— or the gate next to it— you could disappear in the deep cow mire! Instead continue along the footpath uphill until you come to a gate across the footpath. *In season there are fabulous blackberries here.*

Go through the gate into a large walled field.

This is actually part of an old field farming system dating back to anglo-saxon times.

Cross the field to the gate opposite but not through the gate. Instead, turn right along the field wall and continue around the field on three sides (you could probably cut across depending on the livestock in the field).

On reaching a gap in the third wall you see ahead the grassy crags with their limestone pavement outcrops and wonderful views of rural Low Furness and Morecambe Bay in the distance.

Cross the terraced field and climb up the crags.
Take a rest here and enjoy the wonderful views, peace and tranquillity of this mysterious area— and reflect a while on all those who have lived here in the past. You are surrounded by all the signs of a substantial Iron Age settlement and it's worth exploring a little further downhill before moving off again.



When ready come back uphill and take the wider green path towards a row of four widely spaced trees ahead, until you reach the edge of the woodland ahead.

Urswick 'Stone Walls', another ancient site, is to the right.



Climb over the ladder stile into the woods (best walked in silent imagination), carefully down the next ladder stile and left to descend the field, joining Hooks Lane next to an interesting little building.

What is it?

Somewhere here is a well and Bower Wood (which means something like 'secret place in a glade'). It might even be under the building itself. Wells have been mysterious and important places for many, many reasons in the past, being associated with pagan spirits and the like even in Celtic times after the Romans arrived.



On reaching the road you can turn right and return to the church in Urswick in about half a mile or a little further on you can cross the road into the opposite field to complete the final leg of our discovery walk.

Going through the gate opposite walk straight across the field towards the wooded crags beyond, over the stile in front of the telegraph pole, uphill through the crag and drop down to the path beyond.

By the way, there are Roman 'dressed stones in the walls around here if you can spot them..

Beyond the crag, turn right along the path towards Urswick, through a muddy gap in the wall. Then follow the wall to the right downhill, cross the stile in the wall ahead of you into the next field with its craggy outcrops of limestone.

Look out for more standing stones!

Take the lane at the edge of this field into the village and you will come to the road through Great Urswick opposite the Tarn. Turn right along the road back to the church.

Congratulations!

You've just covered about 5 Cumbrian miles and at least 3,000 years of living history.

Before you leave Urswick, why not spend some time visiting the church, one of the oldest churches in continuous use in the country. Home of the 'Trumwini Cross' and much more besides. You can also pick up more information about Hidden Light-Low Furness and other local walks and activities.



More about us: www.explorelowfurness.co.uk