

# The Fairtrade Way

## Part 4 - Kendal - Bowness – 14 miles

(Ordnance Survey map OL7)

Starting at the **Quaker Meeting House** in **Kendal**, head west along Stramongate and then continue along Finkle Street to the Tourist Information Centre.

Cross the road onto Allhallows Lane and then left up Beast Banks. At the crossroads go straight across. - this leads to Brigsteer Road. Follow this uphill and over the A591.

As the road bends left look for the cattle grid on your right and notice the footpath sign.(501919). Here you enter the Lake District National Park.

This path leads you onto the limestone slopes. Take this directly up Bradleyfield until the viewing dome comes into view. Head for this dome (487919) and enjoy the magnificent view. (The inside of the dome has a very detailed toposcope).

Keep going north until the end of the outcrop is reached and descend right on to the road at 488925.

After 100 metres turn left past the masts on to the permissive footpath along Cunswick Scar.

Follow the wall north and then west. Turn left (north) at 493927 and keep to the edge of the ridge following the east side of the wood until you reach the Crook Rd (B5284) at 491949.

Cross to get the footpath ahead and then after 100m turn left heading NW.

Within 250m a track appears. Turn north towards Bank End. Take this path keeping left of the house and appearing to go through their garden. A quick left and then a right takes you to Moss Side. And 250m later you arrive at Ratherheath Lane, at 484958.

Walk the road for 250m west and then take the path right (north) through Rather Heath.

On reaching the metalled road at 485962 turn left towards the caravan site on Ashes Lane. As the road ends you continue straight on, following the wide track.

At 472969 turn right (North) and walk to the A591 (taking care). Go under the railway bridge and turn left into **Staveley**.

Follow the road to the railway station and continue over the A591. Take the path after 200 metres (468976) and now you join the Dales Way to Bowness-on-Windermere.

Pass through the left side of the farm, called Field Close and head towards the woodland corner. Keep the wood to your left and then drop to the metalled road at 464973. Follow this road south-west to the T-junction at 454963.

Turn north-west and exit the road 449965 Head west towards the wood. Keep the wood to the right and turn away from it on the path going west at 441965. As you come to Crag House, turn north at 437965. After 500m you come to a metalled road, Walk north for about 50 metres and turn west at Hag End. Follow the track for a further 500 metres. As you descend at a sharp angle to the upcoming track below you, go left. (The Dales Way splits here – one arm goes north into Windermere and the other south to **Bowness-on-Windermere**, our route goes south).

This junction is at 423971. After 500 metres you come to the B5284. Turn west and after just 100m at 421962 head NW. At 417967 cross the minor road and keep heading west. Descend to the edge of Bowness-on-Windermere and at 406968 the minor road, Brantfell Road, descends to our destination of St. Martin's Church at 403969 and the **grave of the slave Rasselas Belfield**.