

## Rail Trails

### ESKDALE AND RAVENGLASS

Adjacent to the main line railway station at Ravenglass is the Ravenglass and Eskdale Railway. This narrow gauge steam railway heads east Ravenglass and winds its way through the beautiful valley of Eskdale to its terminus at Dalegarth at the foot of Scafell Pike, England's highest mountain. It's a superb way to access many delightful walks.

**Start:** (walk) Dalegarth Station (GR NY 173 006)

**Finish** (walk) Ravenglass Station (GR SD 085 964)

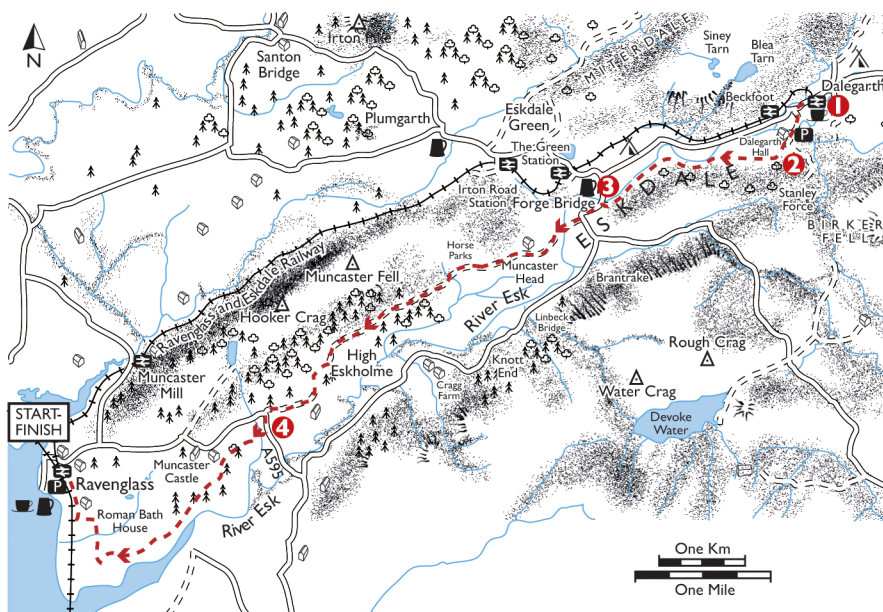
**Distance:** 13.6km (8.5 miles)

**Time:** 4-5 hours

**Height gain:** 220m

**Maps:** OS Landranger 89 & 96, OS Outdoor Leisure 6, Harveys' Superwalker Western Lakeland (part coverage)

1. From Dalegarth Station turn right and follow the road to the first turning on the left. Follow the lane to a fork; take the right branch over the River Esk. Pass the car park and follow the permissive path to join a bridleway after passing the entrance to Dalegarth Hall.
2. Turn right and follow the bridleway alongside the river to join the valley road at Forge Bridge.
3. Do not cross Forge Bridge; turn left and follow the road to Forge House and a track on the right. Follow this west across a bridge to Muncaster Head. Continue past and turn left on to a track/bridleway. Follow it as it heads generally southwest for 2km to a fork just after High Eskholme. Follow the left branch alongside a plantation. Once past the trees follow bridleway to the A595



4. Turn left for 200m to a path (by Hirst Lodge) on the right (the Cumbria Coastal Way). Follow it southwest along the river Esk and past Muncaster Castle, then northwest around the base of Newtown Knott, then north past the Roman Bath House to Ravenglass.