

Rail Trails

MUNCASTER FELL

At the mouth of Eskdale, where it runs down to the sea, the little ridge of Muncaster Fell splits the valley in two and separates the River Esk and the River Mite.

The old Roman Road from Ravenglass crosses this ridge and heads into the heart of the Lakes District. Following it makes an interesting walk with lots to see including the pleasant grounds and woods of Muncaster Castle and long-range views from the crest of the ridge.

Adjacent to the main line railway station at Ravenglass is the Ravenglass and Eskdale Railway. This narrow gauge steam railway makes a superb way to link the start and the finish of a walk that explores the remains of the old Roman Bath House then breaks out on to the airy crest of Muncaster Fell.

Start: Ravenglass Station (GR SD 085 964)

Finish: Irtton Road Station (GR SD137999)

Distance: 9.2km (5.7 miles)

Time 5-6 hours

Height gain: 374m

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



1. At the turntable end of the Eskdale and Ravenglass Railway platform, take the path skirts around the end of playground and follow it up to a junction. Turn right and follow the track to the Roman Bath House. Soon after the bathhouse the path splits. Take the left fork (Cumbria Coastal Path) and follow it to another junction and turn left again.

Follow the track up through Decoy Woods and the field to the Muncaster Castle information Centre. A path leads to the A595. Turn right and follow it for 300m to a bend.

2. At the bend turn L onto Fell Lane and follow it up hill till you pass Muncaster Tarn (amongst the trees). Ignore the bridleway to the right and continue straight ahead to Hooker Crag. The path passes the bottom of this little peak but a quick diversion is worth it for the views. Regain the path and continue to a wall corner. Pass through the gap and follow the path as it works its way down past the flanks of Silver Knott to a junction with a bridleway.

3. Turn left onto the bridleway and follow it past Foresthow and Hollowstones to Irtton Road Station to catch a return train to Ravenglass on the narrow gauge railway.