

AROUND ESKDALE GREEN

Start and Finish : Irton Road Station

Grade : Easy

Duration : 2 hours

Whats it all about? A very easy stroll around the valley, with endless variations, on good tracks all the way

We love this walk because we can walk out of the front door and wander around a circuit that is ever changing and never challenging. This is an ideal walk for visitors who arrive via L'all Ratty. For this reason I will start and finish the walk at Irton Road Station, but being a circular walk, it can be started anywhere en route.

From the station, cross the railway bridge and follow the narrow road to Forrest How. This guest house is in a magnificent position, hidden away with only the Red Squirrels for company, and wonderful views towards Harter Fell, the iconic symbol of Eskdale

Continue beyond the house onto a track. In $\frac{1}{4}$ mile turn left off the track over a stile into the field. Follow the faint track across the field. At the other side of the field you pick up a more distinct track. This is the area where an old cobbled path has been discovered and the Eskdale History Society has a current project to determine more about the ancient settlements in and around this area. Some people believe this is part of the Roman road between Hardknott fort and Ravenglass. Whatever the case, last time we were here, the cows had paddled around a churned the ground up into a bit of a mud bath! Follow this track, crossing a little stream in $\frac{1}{4}$ mile, and arriving at Eskdale Green Station in $\frac{1}{2}$ mile. Walk to the road and turn right. In 50 yards a track turns off to the left. Follow this, crossing the railway. The track becomes a path and soon arrives on the heath land behind the Outward Bound. Follow it past a little granite outcrop used for climbing practise by the OB. In 200m turn left onto another path and follow this as it rises gradually over the crest of the ridge. Here you follow the path through a wicket gate and down a walled lane. In 150m turn right and follow this lane up at first and then down into Miterdale.



This hidden valley deserves exploring, but today, turn left and follow the road past the school to join the main road in ½ mile. Turn left and Irton Road station is 5 minutes along the road (or turn right and detour to the garden of the Bower House for a well earned drink!)