

High Cup Nick: 13¼ miles: strenuous

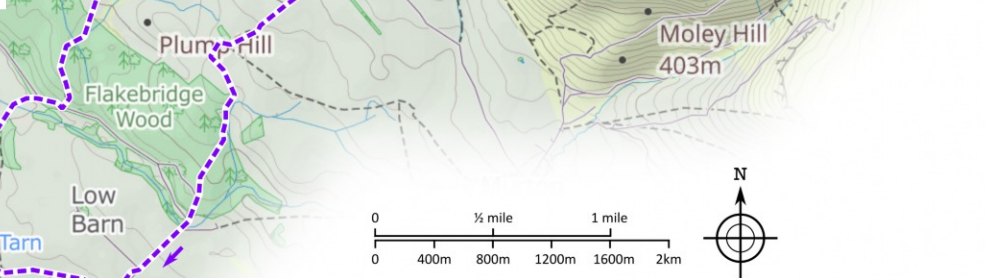
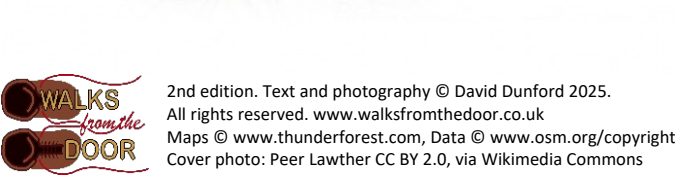
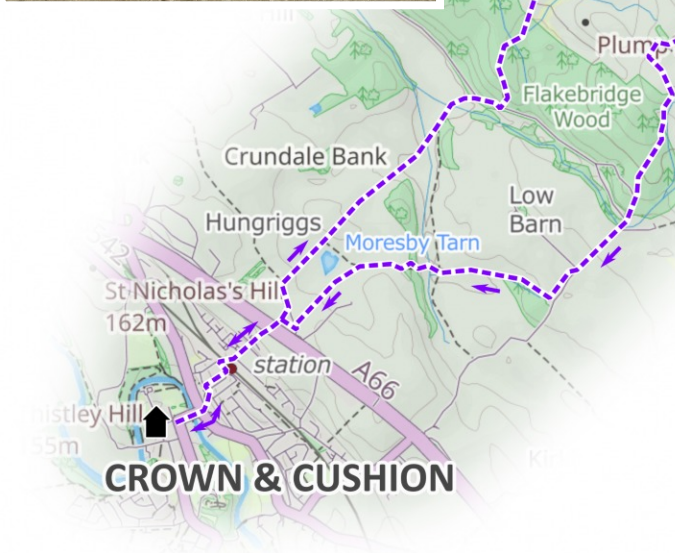
Allow 6–7 hours. Significant ascent and descent, and rocky, boggy ground on the higher stretches. Unprotected cliffs around High Cup Nick. Do not attempt in bad weather; sturdy footwear and waterproofs required. Crosses the A66 dual carriageway twice; numerous stiles, and expect frequent encounters with livestock.

1 From the Crown & Cushion, follow Bridge Street to St Lawrence’s Bridge. Cross and turn left. **2** Cross over at the zebra crossing and take the path straight ahead, right of the Methodist church. Follow the path left behind the church to Garth Heads Road. **3** Turn left then right into Clifford Street. **4** By the station, turn left to Station Road, then right under the bridge. **5** Pass the primary school then, when the road bends right, take the path straight on. **6** Climb the ladder stile and walk down steps to the A66. Cross with care, and climb the steps on the other side to another stile. **7** Cross the lane beyond to a second stile opposite, and cross the field to a kissing gate into a lane. **8** Turn left. **9** When the lane turns right, take a path over a stile on the right that runs parallel to it, shortly climbing a ladder-stile on the left to rejoin it. **10** Walk down to Hungriggs Farm, with views of Moresby Tarn. Pass between two barns and two further farm buildings to a gate. **11** Climb to a track, which you follow right, round a corner to a gate and stile. **12** Follow the field edge to another stile and cross the next field to a further gate and stile. **13** The path drops to a stile in a wall and, beyond, meets a track. **14** Follow it to the right, crossing a stream, to the end of a wood, where you turn left. **15** At the end of the wood, cross a field to a bridge over a stream, beyond which the track heads right towards farm buildings. **16** Climb a stile into woodland and continue to a junction of tracks at a hairpin bend. Turn left onto a path that climbs through the trees. **17** When you meet another path by a pheasant pen, carry straight on to a crossroads. **18** Go straight over, following the track as it bends left. **19** At a right-hand bend, follow a path on the left, which leads down to a footbridge. **20** Climb a ladder-stile over a wall into fields. **21** Head up to a stile in a wall at the edge of an extension of the woodland, and continue across the next field. **22** Beyond the brow of the hill, head for another stile in a wall, then strike out towards the end of the woodland ahead. Follow the woodland edge left to a gated stile and a footbridge over a stream, followed by a plank bridge (maybe boggy). **23** The path skirts a hillock and turns left along a wall. **24** At a footpath sign, turn right over a barred squeeze stile and climb the slope ahead. **25** Beyond a field gate, join a hedged track that leads out to a road. **26** Turn right then left up a farm drive. **27** When the drive bends right, go left through a gate and approach another farm. **28** Go through a kissing gate and turn right, as indicated by a low footpath sign, to a gate in a wall. **29** Turn left along a track past the farm buildings. **30** Continue beyond a gate and drop down to a plank bridge over a small stream. **31** At the end of the field, leave the footpath through a gate on the right and follow a walled track uphill. **32** This

track curves left below the scree-covered slopes of Gregory, descending past a barn to cross a stream, before climbing to meet the Pennine Way. **33** Turn right; the track climbs steadily, at first walled on both sides, then on the left-hand side only, and finally across open fields. **34** After a final couple of gates, a path leads up through an area of former quarries, and then between banks of scree. **35** The slope gradually eases as High Cup Gill comes into view. **36** The path, rocky in places and occasionally paved, crosses a stream then descends towards High Cup Nick. **37** Keep right at a fork and follow a grassy track above the cliffs, passing the pinnacle of Nichol’s Chair. **38** Finally you reach the head of the valley, and swing right to ford a couple of small streams. **39** Continue round the head of the valley above the cleft of High Cup Nick and follow a path on the right that leads above the cliffs, at times close to the edge, on the other side. **40** After a mile, the path passes the ruins of a stone building and crosses a wall at a ladder-stile. Cross open moorland, aiming towards the summit of Murton Pike. **41** After a further mile, pass some shakeholes and descend towards Trundale Gill. At the lip the valley, swing right and descend through rocky ground below the crags of Middle Tongue. **42** Join a grassy track that runs close to a fence then leaves it to swing back towards High Cup Gill below the end of Middle Tongue. **43** The path meets a farm track and continues to descend between the two valleys. **44** Ford a stream and pass through a farm-gate, then continue to Harbour Flatt Farm. Walk through the farmyard and continue out to the road. **45** Go through the gate opposite, signposted to Bracken-thwaite, and take the left-hand track. **46** Follow it round left- and right-hand bends, then leave it at a gate to follow the fence ahead of you. **47** After a gate into a field, bear half-right towards a farm; a gate in a corner gives access through a sheepfold to the farm drive. **48** Turn right, then left by the farmhouse down a walled track to a gate. Follow the track left to a cattle grid. Bear right, downhill. **49** In the valley bottom, take the right-hand track through a gate and over another cattle grid and climb through trees. Stay on the track as it descends to meet another joining from the right. **50** Go straight on and cross a stream and pass the driveway to a house on the left. **51** At the gates to Low Barn on the right, the right of way technically crosses into the field on the right and runs parallel to the road, via a stile, but if the crossing is awkward, stay on the road to a gate on the right, and pick up the footpath there. **52** Either way, follow the bottom of the field with woodland on your left, then continue along the bottom of a shallow valley. **53** At a gate at the end of the field, cross a track and follow a bank to a squeeze-stile into a belt of woodland. **54** Climb to the field beyond, where you turn right. **55** In the next field, cut the corner towards Moresby Tarn. At the far side, ignore the green lane towards Hungriggs Farm, instead following the field edge left to a stile in the corner. **56** Follow the hedged path uphill to meet the lane to Hungriggs. **57** Turn left, then right at the T-junction near the A66. **58** Turn left over the ladder-stile and recross the dual carriageway. From now on you are retracing your earlier steps. **59** Continue downhill past the primary school, then turn left after the railway bridge. **60** Turn right before the station into Clifford Street, and at the

bottom take the path opposite above the Methodist Church. **61** At the bottom, cross at the lights, turn left and then right over St Lawrence’s Bridge. **62** Follow Bridge Street back to the Crown & Cushion for a well-earned drink.

Approaching the Pennine Way



Nichol’s Chair is a dolerite pinnacle on the northern side of High Cup Gill. Nichol was a Dufton cobbler who supposedly climbed to the top and soled and heeled a pair of shoes there, to win a bet.



THREE CIRCULAR WALKS FROM

The CROWN & CUSHION

APPLEBY-IN-WESTMORLAND



RED SQUIRREL WALK 1 or 2 miles

COLBY & THE RIVER EDEN 5 miles

HIGH CUP NICK 13¼ miles



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Red Squirrel walk

1 or 2 miles: easy

Allow 45–90 minutes. The riverside path is unsurfaced, though mostly firm underfoot, and there are a couple of flights of steps. Much of the rest of the walk is on pavements. No stiles.

1 From the front door of the Crown & Cushion, turn left and left again into Low Wiend. **2** At the end of the street, notice the inscribed tablets set into the playing field wall to your right; these are the remnants of a collection of Roman inscriptions and replicas made by Reginald Bainbrigg, a 16th-century headmaster of Appleby School. Go straight on through the gates and walk along the edge of the playing

field, between trees, with the car park on your left. **3** When you reach the Eden, turn left to the bridge and cross the river. **4** Take the path through the kissing gate on the right, before Holme Farm, signposted to the Grammar School and Sands. **5** The path enters Holme Farm Wood and follows the river, shortly passing the two squirrel feeders to the left of the path sponsored by the Crown & Cushion. **6** Climb a few steps, heading away from the river slightly, then descend a further flight of steps back down to the riverbank. *(If you fail to see any squirrels, it may be worth turning left up the steps that join the main path here; this path, which runs along the top of the wood back towards the farm, is rather quieter and may produce a sighting.)* **7** Once out of the wood, follow the surfaced path between gardens and the river, until you reach the road. **8** Follow the road right, to St Lawrence’s Bridge. *For the shorter route, turn right back to the Crown & Cushion.* **9** To continue on the longer route, stay on the B6542, passing the police station (left) and Co-op (right). **10** Climb the hill to Bongate House (right), ignoring Drawbrigg Road on the left, then descend to the Royal Oak pub. **11** Turn right into Mill Hill at the war memorial, passing the former church of St Michael on your right. **12** Walk down the lane, keeping right at Mill Hill Cottages, to the river at Bongate Mill. **13** Cross the footbridge and bear left, then follow the road uphill, with the castle wall on your right. **14** On meeting the B6260, turn right and walk past the end of Colby Lane. **15** At the next junction, either follow Doomgate (left) back to the car park, or keep right along the B6260 to the North Lodge of Appleby Castle and then follow Boroughgate from the High Cross downhill to the Crown & Cushion.

Colby and the River Eden

5 miles: moderate

Allow 2–3 hours. The route includes a crossing of the Eden via stepping stones (see photo, right), which are rather uneven and may be impassable when the river is high. An alternative return route avoiding the crossing is described below. Field paths may be muddy and may contain livestock. There are several stiles.

1 From the Crown & Cushion, turn right, away from the church and past the Moot Hall, and walk up Boroughgate past St Anne’s Hospital (left) to the High Cross at the entrance to Appleby Castle. Follow the road round to the right, descending to the junction with Doomgate.

2 Continue past a a house called The Ship (a former pub) and turn right into Colby Lane at the next junction (signposted “Colby 1½”). **3** Follow the road for 350 metres then, just after the junction with Glebe Road, turn left down a track with a wooden fingerpost. **4** Keep straight on at a junction of tracks then, at a farm gate, follow the grassy green lane straight ahead, between hedges, which leads to a hand-gate into another farm track. **5** Climb the stile opposite and follow the right-hand edge of the field beyond. **6** Not long before the end of the field, cross a stile on your right. Head diagonally across the field, over a plank bridge, to a stile in the far fence. **7** Walk down the next field into the valley of Hoff Beck. **8** At the bottom, a gated squeeze-stile on the right leads through the wall; then turn left to cross Bandleby Bridge. **9** Go through a gate and turn sharp right, with Hoff Beck on your right. **10** Follow the beck along a narrow field to a kissing gate then, shortly afterwards, head left up the bank to a gate at the top. **11** Turn right on a farm track that leads along the top of the bank above the valley. **12** Beyond a gate, stay on the track as it descends to Nether Hoff Farm. Walk through the farmyard and past the entrance to the farmhouse (Grade II* listed and dated 1683). **13** Follow the farm drive across a stream and out to the road at the end of Colby village. **14** Turn right past a Hoff Beck Riverside Walk information board, then turn left into the driveway of a white-painted house. A gate ahead of you at the end of the drive leads into fields. **15** Follow the path through a field, parallel to the Hoff Beck with gardens on your left. Beyond a gate and footbridge, ignore a footpath off to the left and cross a stile, keeping close to the beck. **16** Another stile leads into a field where you leave the stream and approach a house between fences. **17** Go through a series of gates and past a second house, exiting via the driveway. **18** Before you reach the road again, turn right over a pipe bridge and follow the concrete track between fields and up a short hill, passing a memorial bench with views back towards Colby. Continue along the track, which eventually descends towards Colby Laithe Farm. **19** Before the farm, another track heads off to the right, with a worn sign reading “Footpath to Appleby”. For the route avoiding the stepping stones, turn right here; otherwise jump to “Stepping stones route”, right. **20** Follow the concrete track uphill between trees, passing an embanked slurry lagoon on your left at the top. **21** At a footpath sign, turn right onto a fieldside track, heading away from the Eden valley. **22** Before a gate at the end of the field, turn left and follow the hedge along the top of a series of fields. **23** After a couple of stiles you meet a farm track, where you continue straight ahead over a small stream and then along the top of a field. **24** Just before a wood, cross a stile on your right and bear left along the woodland edge, with houses in the distance. **25** After a gate and stile, the path continues along the top of the wood, with gardens on your right. On meeting a surfaced path, keep left, still keeping to the top of the wooded bank of the Eden. **26** The path descends to join Banks Lane. **27** Cross Holme Street into Chapel Street and follow it to the car park. Turn right into Low Wiend to return to the Crown & Cushion.

Stepping stones route

20 Continue ahead through the farmyard of Colby Laithe. Beyond the farmhouse, a gate leads into a riverside field where you bear left to the stepping stones. If the stepping stones are underwater, or otherwise outside your comfort zone, retrace your steps through the farm and take the alternative route described above from step **19**. **21** To continue, cross the stepping stones with care, and turn right on the far bank. **22** When the path meets a metalled road, turn right and follow it alongside the river. **23** At the water treatment works, follow the path through a hand-gate to the right, alongside the river. **24** Beyond the compound, continue along the riverbank for a short distance, then follow the path up the bank, away from the river, to a field gate. **25** Follow the track beyond along the top of the valley side, with occasional glimpses of the river below. **26** Beyond a stile, the track descends to Holme Farm. **27** Bear right then turn left through the farmyard to a bridge over the Eden. **28** Continue ahead along Holme Street, then turn left into Chapel Street. **29** Beyond the car park, turn right into Low Wiend to return to the Crown & Cushion.



THE CROWN & CUSHION

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In the historic town of Appleby, Westmorland, the Crown & Cushion sits in the lower cloisters of the town. The Norman Appleby Castle is 500 yards up the hill.

The Cushion, as it’s known to the locals, offers a traditional bar, and has a wide selection of cask ales, lagers and keg beers. We are a family-run and family-friendly pub who like the company of well-behaved four-legged friends, and happy when you walk in with muddy boots on. We have large TVs around the pub, and in the rear beer garden, showcasing Sky and TNT Sports. There is a separate dining room which caters for larger groups and functions to host special occasions for which catering can be arranged to suit your needs. We are open from 8am, serving food all day until 8.30pm.

The pub has three superb en-suite letting rooms, one loft apartment (which can sleep up to six people) within the pub and four holiday cottages in the centre of town.