



M6 (north bound) near to junction 36 is Farleton Crag high up on the right hand side of the fell (hidden amongst the trees)



Farleton Crag is a limestone out crop. Limestone is an organic, sedimentary rock. This means it was formed from the remains of tiny shells and micro-skeletons deposited on the seabed. They were compressed over many years to form solid rock. Limestone is formed in layers - called beds. These beds contain vertical cracks called joints.

Limestone is a very strong rock and is often cut into large blocks and used in the construction of buildings and skyscrapers it also makes good rock for climbing and abseiling on!

The earliest climbers to visit Farleton crag were Ian Dobson and Roger Gott, who discovered the main crag in 1966. During their early visits they climbed most of the easier lines, including Farleton Crack, Appleton Crack, Earwig Two!



After leaving the motorway at junction 36 (following  on map), you will be turning left at the next roundabout (marked  on map) and heading along a dual carriageway. As you approach the 300yrd sign for Barrow you will be going across the river Kent.



The River Kent starts its journey from the hills surrounding Kentmere, the highest of which is High Street being approximately 830 meters above sea level, the river flows for a distance of only 20 miles before entering the sea at the northern end of Morecambe Bay.

There are four main tributaries of the River Kent, the rivers Mint, Sprint and Gowan all of which join to the north of Kendal, and the the River Gilpin with its confluence on the edge of the Kent Estuary

The lower part of the river is effected by the sea and with very high tides, or spring tides the road from Levens Bridge to the A590 road has been impassable due to flooding!

As the river nears the sea it gradually widens to form an estuary and then through the railway viaduct at Arnside emerges into Morecombe Bay to complete its journey from source to sea.



Having followed the Barrow signpost you will soon be at a roundabout and turning left onto another dual carriageway. Once the road becomes a single carriageway look to the right hand side for Whitbarrow Scar a very large cliff!



Whitbarrow Scar is a Site of Special Scientific Interest and a National Nature Reserve and forms part of the Morecambe Bay Pavements Special Area of Conservation as it has some of the best European examples of natural limestone habitats. It is a mixture of woodland, grassland and limestone pavement. The hill is prominent from the A590 road with its steep limestone cliffs, which was laid down in the Carboniferous period some 350 million years ago.

Whitbarrow, like most of the Lake District, shows many signs of the last ice age, including glacial erratics (boulders left behind when the ice retreated). The limestone pavements are areas of bare rock where the ice has scrapped away the soil leaving the surface covered in deep cracks(Grikes). These are formed by rain water dissolving away the limestone. The rocks between the grikes are known as clints. Many rare plants live in the grikes.

The limestone has been used for many purposes including building, agricultural fertiliser, and production of millstones, but is now protected by law and it is an offence to remove any from here.



The road soon becomes a dual carriageway which will take you to another roundabout. Take the turning towards Barrow, you will still be on a dual carriage way, have you noticed your heading up hill! Once you approach a roundabout you are at Newby Bridge.



Newby Bridge is at the most southerly part of **Windermere**. Windermere is England's largest lake, and one of it's most popular with visitors. It is 10.5 miles long and approx 1 mile wide. The water of the lake reaches a depth of around 220 feet and the lake is extremely popular with water sports enthusiasts. Today the lake is used for a number of sporting activities including sailing, canoeing and kayaking all of which you can do at Water Park!

Along the North shores of Windermere you will find the Victorian town of Ambleside, a very popular tourist destination and at the southern end of the lake is Lakeside

The lake in past centuries was used to transport slate, copper, timber, wool and fish from the surrounding area down to Lakeside. This is near to Newby Bridge, and this is where the lake flows into the river Leven.



Once you have turned left at the roundabout look right for where the lake feeds the river Leven



The **River Leven** drains its water from Windermere and flows for approximately eight miles (13 km) into the northern reaches of Morecambe Bay. Apart from Newby Bridge and Haverthwaite the only other settlements on the Leven are the villages of Backbarrow and Greenodd.

The River Leven has one significant tributary, Rusland Pool, which drains a substantial part of Grizedale Forest and the Rusland Valley.

The Leven is a known salmon river. At spawning time the fish can be seen jumping up the waterfalls at Backbarrow and during winter when the water levels are high you may spot some kayakers or canoeists.



The road will become dual carriageway for a short while and then single carriageway. Morecambe Bay is to the left before you get to the Greenodd junction.



Morecambe Bay is a huge sandy bay covering 310 square kilometres, making it the second largest bay in Britain after The Wash.

The cross-bay walk is a popular nine mile trek from Arnside to Kents Bank. Great care has to be taken due to the incoming tides and quicksands. Crossing is only possible at low tides and with the leadership of a professional guide. Guides have been employed by the Duchy of Lancaster since 1536 and the latest in a long line is Cedric Robinson, official Queen's Guide.

Morecambe Bay is one of the most important wildlife sites in Europe, boasting abundant bird life and diverse marine habitats. At the last count a quarter of a million waders, wildfowl, and gulls winter or breed or pass through here on their migration. This huge area of sand and mud is crammed with juicy worms, tiny crustaceans and shellfish which the birds feed on.



Having turned right off the Main road you cross over the river Crake and into the Village of Greenodd



The name **Greenodd** is of Scandinavian origin, the *odd* meaning *ness* (headland) in this case. In the late eighteenth and early nineteenth centuries Greenodd was a significant port. Exports included copper ore from Coniston, locally-quarried limestone, and gunpowder from the nearby settlement of Backbarrow. Sugar, raw cotton and coal are listed in historical documents as some of the imports.

Greenodd was also a shipbuilding centre with vessels up to 200 tons being constructed. On the darker side it is likely that Greenodd was involved in the North American slave trade. Today there are no signs of the former commercial activities. The *Ship Inn*, previously a warehouse on the quayside, is one of the few reminders of Greenodd's past.



From Greenodd you will pass through the village of Penny Bridge. You maybe able to spot the river Crake to your right.



The name '**Crake**' derives from the Celtic language and means *rocky stream*. The villages of Water Yeat, Blawith, Lowick Bridge, Spark Bridge and Penny Bridge are located close to the river in the Crake Valley.

The river drains Coniston Water from its southernmost point and flows for about 6 miles (9.5 km) in a southerly direction before joining the upper estuary of the River Leven at Greenodd. As well as receiving the outflow from Coniston the river also drains Beacon Tarn in the Blawith Fells above the southern end of Coniston.

In the 1800s numerous industries including a cotton mill and iron foundry flourished along the river, making use of the fast flowing water to drive machinery. A bobbin mill at Spark Bridge, which manufactured wooden bobbins for the Lancashire cotton industry used water-powered lathes to turn the wood.



Staying on the main road and having past the Farmers arms you will be turning right, can you spot the river? Once at the Red Lion you will turning right, going over a bridge and taking a left turn. You will soon be heading through the Villages of Low and High Nibthwaite to Water Park.



High Nibthwaite was once important industrially. Nibthwaite (Now High Nibthwaite) was a vital transport link between the copper mines, slate quarries and gunpowder works of Coniston, to the estuary at Greenodd. The goods came down Coniston Water by boat and landed at the jetty at High Nibthwaite, from there the goods then continued by road to Greenodd which was then a busy port.

In the 18th and 19th centuries the woodlands of the valley were major charcoal producing area. Charcoal is made by turning wood with very little air. The charcoal was then used to smelt iron ore from mines near Barrow to produce iron. The waste from this called 'slag' can still be found all over the area.

Over Many years Low Nibthwaite has encountered many different industries including Bobbin Mills, Saw Mills, forges and joinery shops. Today Low and High Nibthwaite are a collection of quiet dwellings and working farms.