

# Dalston

walk **10**



Open and accessible to all



## **Time**

26 - 53 mins

## **Distance**

2.9km (1.8 miles)

## **Steps**

Approx 3,600

## **Route**

Tarmac

## **Option**

Grass and earth

## **Start point**

Dalston  
village square  
CA5 7PJ

## **Parking**

Free off road

## **Bus routes**

75

## **Walk category**

Easy

This circular route is on pavements, flat tarmac paths and quiet lanes, close to the River Caldew. The main route is accessible to pushchairs. There is a harder option, best in dry weather, of a riverside grass and earth path (not pushchair friendly).

The River Caldew, flowing from Skiddaw in the Lakeland fells, has brought wildlife and wealth to Dalston. It is the home to kingfisher, otter and salmon and has powered many mills. Our route passes Bishop's Mill, owned by the Bishop of Carlisle in 1666, which ground corn, and Ellers Mill once powered by a 70 ton stone water wheel. This textile mill still produces cotton wool today.

The lanes are coloured with many wildflowers and during spring the woodlands are carpeted with the strong smelling ramsons (wild garlic).

(Also try the Redspearland hard surface health walk route which starts at St Michael's School).

Depending on your level of fitness it will take:

♥  
Under 54 mins  
(2 miles per hour)

♥♥  
Under 36 mins  
(3 miles per hour)

♥♥♥  
Under 27 mins  
(4 miles per hour)

### Calories used

Women:  
206 kcal

Men:  
246 kcal

### Route description

Cross the road at the pedestrian crossing by the Co-op. Carefully cross Townhead Road onto the paved footpath signed towards Welton. Walk along straight pavement on the opposite side of the road to the green, past Victory Hall, over a bump in the road. Carry on until you reach Bridge End Garage and Inn.

**Dry weather harder option:** walk past the Co-op and take gate onto village green. Take riverside path, leading to narrow woodland path to Bridge End Inn. Carefully cross the road to the bus shelter, then turn left and cross the bridge - signed M6. (Note: there is no footpath on the bridge).



Follow the main road past the large, renovated three story sandstone Bishop's Mill and turn left. Immediately turn right following the sign to Cowen's Mill. Continue through the mill complex. Turn left across the sandstone bridge, continue to cross the White Bridge, and return to Dalston Square.

