

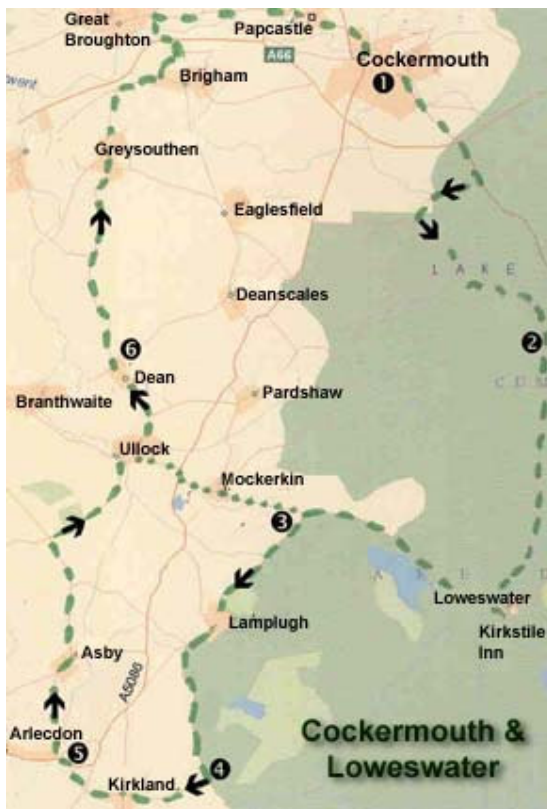
Cockermouth to Loweswater

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Route Grade	Difficult	Distance	20 or 28 miles
Time	4 to 6 hours	Total ascent	Short route: 206m. Long route: 254m
Nearest Town	Cockermouth	Start/finish point	Car park at Cockermouth
Map Ref	NY 123305	Parking	As Start/finish
Families	Yes	OS Outdoor Leisure	4
OS Landranger	89		

This route down the Lorton Valley and along the River Cocker takes you to Loweswater, a delightful picnic spot and with an optional short cut back from Ullock, saving 8 miles.

Route Description.



Turn right on leaving the car park with the T.I.C. behind you and turn right again into Kirkgate (a very narrow opening), climb for ¼ mile and turn left onto the B5292 to Lorton if the road is quiet, you can follow this road to the B5289 and onto Low Lorton. For a more scenic route, turn right at the first crossroads towards Eaglesfield and after 1 mile, turn left for Low Lorton and follow the River Cocker. This is the Lorton Valley.

Carry on through Low Lorton, keeping to the right bank of the river. You are now on the C2C (in reverse), which you follow through Thackthwaite and Oakbank for 3 miles, turning right at Loweswater. (For a good pub lunch, turn left towards the church for 200 yards and down to the Kirkstile Inn).

Carry on past Loweswater and begin to climb to the top, 1 mile. You now have a choice – straight on through Mockerkin for the shortcut, picking up the route at Ullock or, turn left to Lamplugh, staying with the C2C.

This road is the boundary of the National Park and you follow it uphill for 4 miles to the

highest point of the route at Cross Rigg, where you turn right to Kirkland.

You pass through a Nature Reserve after your first crossroads and after Rowrah, bear left to Arcledon where you turn right. There are two pubs in this village. At the end of the village, turn right to Asby. Bear left out of Asby, staying with the country lanes to Ullock and onto Dean.

Follow sign to Greysouthern (3 miles) and make for Brigham. After 1 mile, turn right onto the Brigham road but avoid Brigham and head left to Broughton. Take the first right after crossing the river – this is the C2C and Reivers Route and will take you back to Cockermouth, along the river, where you will emerge behind Wordsworth's house. You will turn left here to return to the car park.

