



Applethwaite & Millbeck from Keswick



Distance - 4.5 miles **Time** - 2 - 2.5 hours **Start** - Crosthwaite Road car park, Fitz Park, Keswick

Notes - a low level walk mostly through fields & country lanes. There is a short stretch on the A66 at the end of the route.

1. Leave the car-park and turn right into Crosthwaite Road. Pass the hospital. Turn right into Brundholme Road and immediately go through a gate and follow the path which runs parallel to the road. Pass a section with no hedge, then shortly as the path turns to the right go through a gate on your left and turn right onto the pavement of Brundholme Road. Cross over Briar Rigg and then turn left onto a bridleway signposted Skiddaw 4 miles.

2. Cross the bridge over the A66. Just before a gate the garden on your left has a bird feeder where red squirrels can often be seen from the path. Go through the gate. The path ahead goes up Lattrigg, a walk for another day. Our route now goes left through a gate just before a signboard about Lattrigg Woods. Keep forward across the field. The views of the surrounding fells now open up on all sides with Little Dodd ahead of you, the Skiddaw range to your right and Grisedale Pike, Causey Pike and Catbells to your left. Keep to the right of the wire fence. As you head towards a large tree the path becomes clearer. It heads slightly to the right taking you over a stile over a wire fence and continues across another field. Go through a metal gate and over another field. Through a wooden gate turn right onto a lane.

3. Walk up the lane for approximately 300m and then turn left onto a path with a public footpath sign. Again the views to the left of the fells and towards Whinlatter Forest are spectacular. Follow the path through a gate on your left. Shortly pass through a wooden gate into a large field. Keep forward, the path soon becomes clearer, heading towards a cluster of houses. Leave the field via a gate and then go through 2 further gates. Go down 2 steps turn right and cross a stream via a stone slab bridge. Reaching the hamlet of Applethwaite turn right then almost immediately left into Raven Lane.

4. Keep forward past houses on your right. Just after a house on your left turn left signposted Millbeck 1/2 mile. Go through a gate where you will find a seat perfect for taking in the view. To continue keep forward over the field and go through a small gate. Head to a gate at the far side of the field and then follow the footpath signs round the back of the house. Cross a footbridge and leave the garden by way of a gate into a field. Cross the field and go through a gate. here you'll find another excellently placed bench with superb fell views. Looking slightly to the left from the bench on a clear day you will see Derwentwater. The path leaves the field via a gate in front of a farm building. Follow the footpath sign through a gate onto a walled path. Go through the farmyard and through a gate onto a lane. Turn right up to a T-junction with the impressive turreted Millbeck Towers, an 18thC carding mill and Underskiddaw Village Hall in front of you.

5. Turn right and follow the road. This quiet terrace road links Millbeck with Applethwaite. Another bench soon awaits at the side of Underskiddaw Parish Rooms with views towards Derwentwater and the surrounding fells. Keep forward, ignoring a lane dropping to your right. Take the next right turn to go back down into Applethwaite past the village stocks. Take the path on your left to retrace your steps over the stone slab bridge but this time turn right to follow the path signposted Thrushwood. Go through a gate. Follow the path and keep close to the fence as it shortly turns to the right. Go through a series of gates before going over a boardwalk and up to the road via 2 gates.

6. Cross over the road to the path which continues directly opposite between 2 hedges. Go through a gate and head for a gate in the left hand corner of the field. Go over a footbridge and up to the A66. Cross carefully over the fast and busy road and head left to the roundabout along the short stretch of grass verge. Turn right at the roundabout into Crosthwaite Road to return to the car park and Fitz Park.