

Tales from DalesRail

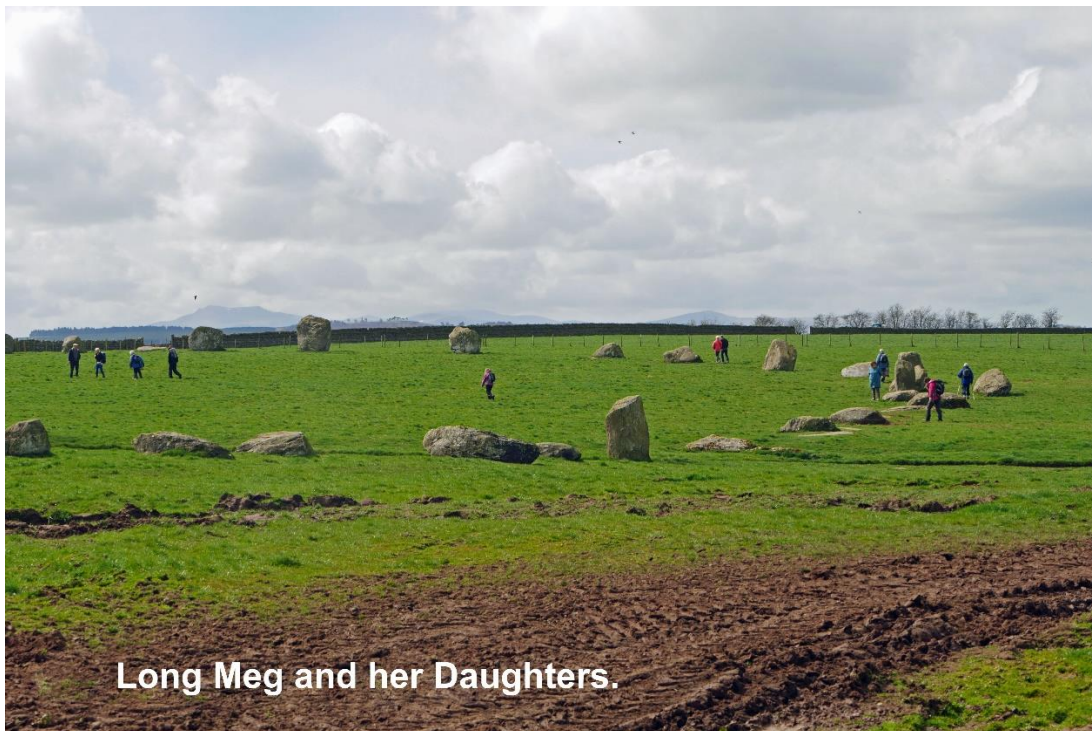
Lazonby & Kirkoswald- sublime scenery and interesting walks John Barnes with some additions by Richard Watts

DalesRail may not be operating in 2020 but that doesn't stop us sharing our many interesting experiences about our journeys. We hope you will share your interesting stories, favourite walks, fascinating anecdotes and pictures about DalesRail. Please send them to Richard Watts on richard.watts.crl@gmail.com or Simon Clarke at simon.clarke.crl@gmail.com.

**Map: Ordnance Survey Explorer OL5 – the English Lakes North Eastern Area.
All photos are by John Barnes unless otherwise stated**

The area around Lazonby and Kirkoswald is a popular destination with DalesRailers and walks around this region have always been a feature of the DalesRail walks programme. A variety of easy walks up to 8 miles or so are possible from the station north to Armathwaite or south to Langwathby and all have many points of interest to make a pleasant days walking in the beautiful Eden Valley.

Included in this area are the Bronze Age stone circle of **Long Meg and Her Daughters**, Old Parks where is the memorial to the rev G Bramwell Evans (Romancy of the BBC), the remains of **Kirkoswald Castle**, Lacy's Caves commissioned by Lt Col. Samuel Lacy of Salkeld Hall in the 18th century, the Anglican **Addingham Church also known as St Michael's** near Glassonby, **Little Salkeld Watermill** which produces stone ground flour and has a tea room and shop (sadly closed at the time of writing due to the Covid-19 pandemic) and is a popular refreshment stop for home bound DalesRailers. These can all be found on southbound walks to Langwathby. Illustrated sites have been highlighted.



Long Meg and her Daughters.



Aerial view of Long Meg and Her daughters (Photo Simon Ledingham)

Here is an easy walk of 8 miles going south to Langwathby.

We begin at Lazonby & Kirkoswald station and passing along Fiddlers Lane take the footpath east to Eden Bridge. Crossing the bridge, we continue by the roadside footpath to Kirkoswald and come to the remains of Kirkoswald Castle, built in about 1200 by Randolph Engayn and destroyed by Robert the Bruce in 1314, later rebuilt in the 15th century.



Now turning south along pleasant footpaths, we come to old Parks and see the Romany bird table memorial. Continuing to Glassonby we go south and visit the Anglican Church of St Michael, this is also known as Addingham Church, the village of Addingham no longer exists, it was washed away centuries ago when the River Eden changed its course. Inside the church are the unlikely remains of a Viking hogback gravestone. Well worth taking time to have a look at this. Going on we come to the stone circle of Long Meg and Her Daughters, resting there for a short break before going on to Little Salkeld Mill for refreshments if necessary. From Little Salkeld Mill due allowance must be made for the distance of 2 miles to Langwathby station and the train home.



9th Century hogback Viking gravestone at St Michael's Church, Addingham (photo Mike Quinn)

Going north to Armathwaite we take the same route to Kirkoswald, continue through Staffield Park and cross Croglin Water which passes through the woodlands to join the River Eden and once formed part of Nunnery Walks considered to be on the most beautiful walks in England, now sadly closed to the public. Continuing we pass through Coombs Wood and note the Vista benchmark. The Vista Benchmark is part of a sculpture collection commissioned by the East Cumbria Countryside project to form a link between the rural and urban aspects of the Eden Valley and comprises ten carvings by different artists running the length of the Eden, the first one is the Water Cut below Mallerstang Edge and the last is a stone circle at Carlisle. The carvings also function as seats, hence the name benchmark. An easy walk of 8 miles is sufficient for this journey with refreshments available at Armathwaite.



The Vista benchmark, Coombs Wood, Armathwaite

Armathwaite has an annual garden festival which features in the DalesRail programme.

Further information

For more information about Little Salkeld Mill use the link below

<http://www.organicmill.co.uk/>

Please note that at the time of writing the tearoom is closed due to Covid-19. Check the website to see when it might re-open.



Little Salkeld Mill (Photo Visit Cumbria)



Little Salked Mill (Photo Tripadvisor)

For more information about Long Meg and Her Daughters use the links below:

<https://www.visitcumbria.com/evnp/long-meg-and-her-daughters/>

https://en.wikipedia.org/wiki/Long_Meg_and_Her_Daughters

For more information about Addingham Parish and St Michael's Church use the links below:

http://www.stevebulman.f9.co.uk/cumbria/addingham_f.html

<https://en.wikipedia.org/wiki/Glassonby>

For more information about Kirkoswald Castle use the links below:

<https://www.visitcumbria.com/evnp/kirkoswald-castle/>

https://en.wikipedia.org/wiki/Kirkoswald_Castle