

# Hampsfell and Cartmel

The walk starts from a lay-by on Green Lane as it heads toward Cartmel from the A590. Map reference SD38838080 and what-3-words tag **headless.backswing.ledge** will locate it, whilst postcode LA11 6HL will get Satnav users to the right section of the road. Once there the parking area should be apparent on the left as you head toward Cartmel.

From the cars we head back North - initially away from Cartmel and with Hampsfell on our right. The time spent on the road is short though, and we soon find a public footpath sign on our right taking us through an old squeeze stile onto flattish fields and then toward woodland at the northern end of the fell.

Our path crosses the field and arrives at a farm track which we cross to continue opposite now heading slightly uphill and toward the edge of the woodland, which we keep on our right hand side – at this stage the path is clear and well-trodden.

After a short while, the route curves round to the right, and we approach a wooden gate, giving us access to the Hampsfeld Allotment. Initially we follow a forest path through well maintained woodland, before entering an area of open fell with excellent views to the north over Cartmel toward the Lakeland Fells and Ulverston.

Our walk continues uphill, through scrubby pasture - through a gate and then a stile onto flatter land with the square stone hospice eventually becoming visible ahead of us.

Our path continues South from the Hospice, crossing a stone wall at a stile, before travelling along the flattish ridge of Hampsfell (which as an aside was referred to on older maps as “Hampsfeld Fell”), until we reach a point where the path forms a Y shaped branch. We take the right hand route, heading for the smaller peak at the end of the ridge.

After the last peak, we head downhill and to the left – along clear and well-trodden paths – to skirt around a golf course (on our right) before arriving at a stile onto a minor road. Here we head right, and almost immediately arrive at a junction. We take right again and walk downhill with a church ahead on the right, and a very impressive cemetery on the left.

The road leads down to a junction with four routes: Ours is opposite and slightly to the left – and is nothing more than a small lane toward a caravan park and farm buildings.

We follow this lane for a while until we see a stone step stile on our left. We cross the stile and head across the field in a Southerly direction until we meet another stile taking us back onto a small road. We now head left at the road, perhaps pausing to take a break at the convenient bench, keeping an eye open for a narrow pedestrian track on our right. This takes us along the edge of the fields over to another road on the outskirts of Allithwaite.

As soon as we arrive at the road, we see a small lane which passes behind some houses opposite our stile, and this is where our route continues, and we follow the lane until a junction with a slightly larger road, where we turn right.

We follow this road for only a short period of time, and soon see a stile on our left leading into a field. We follow the path up the field, with the wall on our left and then pass just to the left of the patch of woodland to find a stile – steep on the far side – which takes us down into a copse and then

through to a group of buildings showing on the OS map as Birkby Hall. Here we take the access lane down to the road where we cross and continue over a stile again into open fields.

We cross one field – with the border on our left and then take a sharp right turn to walk around the edge of the second field – now with views of Holker Park and Bigland Scar ahead of us. This brings us down to the road between Cark and Cartmel. This can be busy so take care.

We cross the road and pick up a farm track on the opposite side and just to our right, to arrive at a gate adjacent to farm buildings. Here we take a right turn, to head North, and back toward Cartmel. A second track merges with ours, and we enter an area that until recent storms was a dense woodland. Storm damage was so severe that it has all been harvested, ready for replanting at a later date. This area currently looks somewhat bleak, but the path remains clear, and we soon exit onto a flat pasture area, along a clear track that takes us into Cartmel Park where car parking and toilets may be found.

We then exit the park into Cartmel village – taking a few minutes to explore – before heading out on Park View. If in doubt, this is the road that runs along the edge of the racecourse, beyond which notice a fork in the road. We take the road to the right and look out for a stile and gate on the right – which we take.

This leads down to a beck called Muddy Pool, and although the ground was dry on the day of our walk, the name is often more apposite. We cross the beck and then follow the field boundary round to a stile onto a minor road where we turn left. This takes us past Aynsome Manor (now an upmarket hotel) and to a point where a track leaves the road on the right.

As we take the track through a gate onto open land – where horses may well be being exercised, we see a stile on our right leading into woodland. We cross the stile and take the path through the woodland now heading East. This brings us to a plant nursery where we cross into a field and follow the hedge down to a minor road.

Our path continues on the other side of the road and then heads to a gated stile in the far corner of the field where we re-join the road and turn left. After just a short while on this road, we find the cars and the walk ends.

- **Total distance 12.9 km (8.0 miles)**
- **Total Ascent 322 m**
- **Moderate walk**