

Flookburgh, Cark and the coast

We start at Flookburgh, on the B5277. From Junction 36 of the M6, we take the A590 toward Kendal. Where the A590 becomes the A591, we turn left onto a continuation of the A590 heading to Grange-over-Sands, then at the roundabout just before Grange, we take the first exit on to the B5277, which we follow through Lindale, Grange, Kents Bank and Allithwaite. As we enter Flookburgh, we spot the Hope and Anchor pub, and take the small road opposite, following it down to a carpark on the right next to the playground. If you are using Satnav to get there then try Moor Lane, LA11 7LS as an address. If you prefer paper maps then the grid reference is SD3670547, whilst the carpark is pinpointed by the what-3-words tag **roving.afternoon.bangle**

From the carpark, we turn right, and walk down a long and very flat road toward the coast. This is an unusual landscape for our group – and a glance at the OS maps shows not a single contour line – it feels almost like Fenland.

We continue down Moor Lane until we get to the end, and where the road takes a sharp left turn, we go right onto a footpath along the edge of the salt marsh. We follow the path around the edge of the salt marsh, and eventually arrive at Cowpren Point – where the path heads right and up the side of the Levens Estuary. From here on, our view is across to Ulverston – where we can see the Hoad Monument.

We follow the path round the edge of the estuary passing the abandoned carts once used in shrimping, until we get to a farm with a distinctive blue plough atop a wall – next to that plough we see a track which heads inland at Sandgate Shore. We now head inland up the lane next to the farm. The track forks after 50m – we keep left. It forks again after another 50m, with our route being to the left. We are now on an enclosed green lane with open fields to our left, and we continue for another 300m until we see a signpost for Cark ¼ mile – this takes us across a field to the railway line where we exit onto a track adjacent to the oddly named river Eea – we go right here and follow the river up to Cark, where we cross a lovely packhorse bridge, then turn right to follow the flow upstream.

The lane we have been following along the side of the Eea arrives at the B5278 in front of the Engine Inn, and we head left up the road, but then leave it on the right just 30m later to walk uphill along the road in the direction of Cartmel. We walk along the road for about 200m and then see a waymarked path on the left signed for Cartmel 1 ¾ miles. This takes us onto a broad track which heads north along the side of a hill for a while. 400m later we arrive at a farm (Low Bank Side), and we head right down through the farmyard and back down to the Cartmel Road that we were on a little while ago.

As we arrive at the road we look across and slightly to the right to see the footpath continuing over a stile and then across fields toward Birkby Hall. After walking through two large fields, noticing limekilns and the spire of Cartmel Priory over to our left, we arrive at a minor road and a ladder stile. Opposite us is an impressive set of gates and the access road to Birkby Hall – not a stately home as the name would imply, but a very attractive cottage, and part of a cluster of five or six houses.

The lane bears left and then right and then takes us uphill and through the edge of a wooded area to a rather steep stone step stile. Beyond that we cross three fields heading generally east, to arrive at a minor road at Templand.

We go right at the road and walk down the road back toward the coast for about 400m – our view is now across the Kent Estuary toward Silverdale. Our next landmark is a footpath leaving the road on the right. It is adjacent to an area of woodland and below the impressive Boarbank Hall.

The footpath soon joins the access road for the hall, and we bear right, then just 30m later leave it again on the left to take a stile into open fields – this is hidden behind an abandoned cart so take care not to miss it.

We cross the field and then a further stone step stile, and then have a decision to make: The right of way indicated on the OS map shows us walking to the left and downhill to the road, before meeting a second footpath and coming back uphill – all within the same field. We took the pragmatic view that we could see that second path coming back uphill, so went straight ahead at the stile then followed a clear and well-trodden route to Applebury Hill farm.

The path goes to the left of the farm (notice the impressive limekiln ahead – it looks like a railway tunnel entrance but is listed on cumbria-industries.org as a kiln) and then after a gate, heads sharply to the left, arriving at a minor road 400m later. We are now back in Flookburgh. At the road, we turn left, cross the railway and then continue down to the B5277. Once there we head right – until we see the Hope and Anchor where we head back down Moor Lane to collect our cars.

- **Total distance 13.4 km (8.3 miles)**
- **Total ascent 138 m**
- **Moderate walk**