

To St Anthony's Cartmel Fell

Description

A lowland walk worth taking your time over. Around 8 miles and a leisurely 4 hours taking in the sights. Particularly beautiful on a sunny Spring day when the bluebells are out.

A walk is good when it has an object and this one has several. Firstly, you are walking into the prettiest part of Lancashire (all opinions my own).

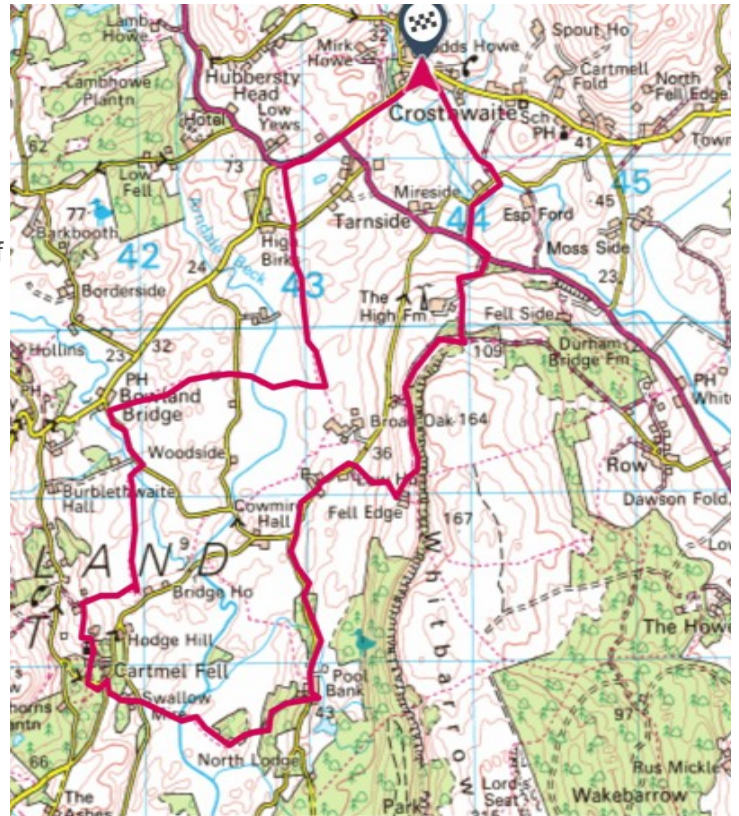
Further, you get lovely views of high fells, visit the tiny, but fascinating hamlet of Pool Bank, traverse the verdant Winster valley (through glorious woodland bluebells in April and May), and your main objective is the 16th century church of St Anthony in Carmel Fell. The return through the pastures of Winster is a delight in any season, though a little boggy in wet times.

Route

Take the walk up to the Whitbarrow Rd described in the [Whitbarrow stomp walk](#) and turn right to walk down this pretty road. Continue beyond the Broad Oak turn to Fell Edge. From here is a good place to stop and look over the valley towards the high fells of central Lakeland. Take the farm road down to meet the Witherslack road and walk down here to Pool Bank.

After exploring the hamlet take the second path out through Cowclose Wood to the valley bottom. From here cross the wooden footbridge into Lancashire and onwards to Swallow Mire. Through the farmyard here and uphill to the Cartmel Fell road. Turn right and then left before you find a track to church on your right. You will want to explore here.

The walk takes the rear church entrance and wends towards Pool Garth before descending into the valley once more. Take a look over Whitbarrow's nose back to Crosthwaite here. As the path meets another you need to turn left and back up the valley until you cross the mill bridge close to Bowland Bridge. Before reaching the village there is a stone stile leading you into rolling pastures interrupted by more rocky hillocks. Cross Woodside Rd towards Broad Oak but before reaching the farm you take the path north towards High Birks keeping to the path on the left of the stone wall. From here you go over the hill towards the top of Totter Bank and back down into Crosthwaite.



Pool Bank, a delightful hamlet with late 17th century houses and Fox's Pulpit (one of). The Quaker founder George Fox preached from here and there is a strong Quaker tradition in the area to this day.



The River Winster gently meanders through the valley here.

Cowclose Wood is the place for a rich sward of bluebells before the foliage steals the light.

Things to See on the Walk

The view from Fell Edge takes some beating. From here you see a full aspect of the valley towards Cartmel Fell. Pretty pasture land with healthy looking sheep and cattle grazing often lush grass.

Pool Bank village is a collection of substantial houses dating back to the late 17th century. 1693 is the date above the door on Pool Bank Farm. When you are here note the exterior corner wall which is inset to allow traffic round a difficult corner.

George Fox's preaching pulpit still attracts visitors. Fox was received well in this valley, unlike further down the road in Lindale where they threw him in the horse trough.

Cowclose Wood is glorious in spring when the carpet of bluebells takes some beating.

St Anthony's in Cartmel Fell originated from the early 16th century when it was built as a



The Winster valley is characterised by small stony hillocks with small copses sitting on them.



St Anthony's Church in Carmel Fell.

chapel of ease of Cartmel Priory. Outside the church are the old schoolrooms. The playground outside has a smoothed large rock worn down by generations of schoolchildren using it as a slide. There is plenty to see and learn both inside and outside the church and good information is available to help you explore.

The walk takes you along the meandering river Winster for a while. You would be unlucky not to see heron fishing and if you keep your eyes open deer are not usually far away watching you.