



KESWICK WALKING ROUTES

2 mile route

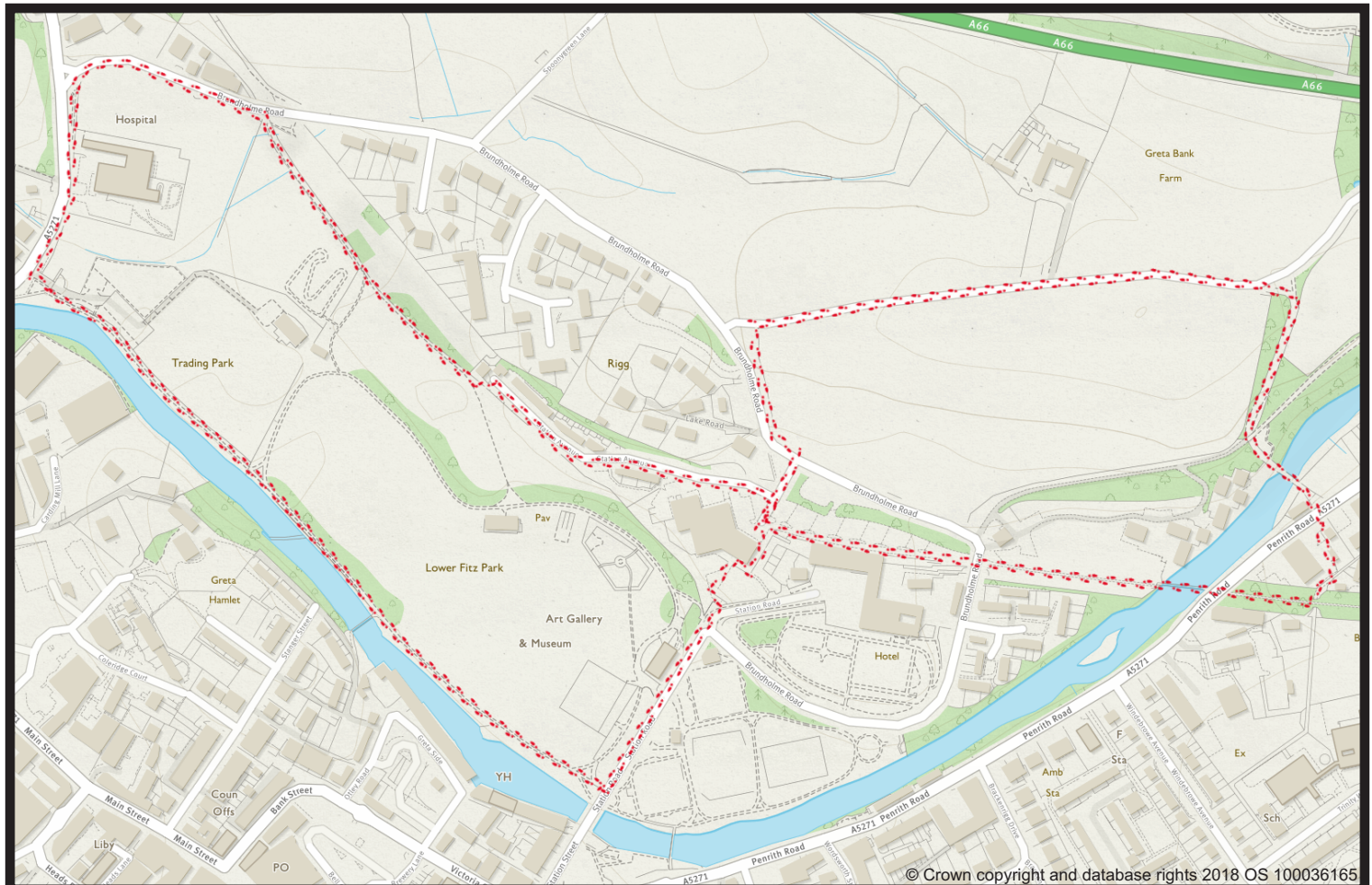


This is one of a set of five walking routes developed by Keswick Lions to showcase some of the walking opportunities in the town. We've produced 1, 2, 3, 4 and 5 mile routes visiting what we think are the nicest parts of town. All the routes are mainly on tarmacked paths, pavements or quiet roads, although there are a few sections on well-made footpaths which can be a bit muddy when the ground is wet. All routes, apart from the 1 mile one, cross the main road at least once. For convenience, the walks all start and finish from Silver Bridge on Station Road but they're all circular, so you can start anywhere to suit yourself.

Most people cover a mile in about 2000 paces, so our measured walks can really help if you're trying to achieve the recommended 10,000 steps a day.

You can download all five routes from keswicklions.weebly.com/no-to-diabetes

This walk takes you round lower Fitz Park and a short distance along the railway line. It is nearly all flat, although there is one short uphill section after you've crossed Penrith Road. Most of it is on tarmac, with two sections on well-made footpaths and a short stretch on grass just before you get to Station Avenue. There is a brief trip into the countryside when you go along the Brundholme Road. A detailed description of the route is printed overleaf.



ROUTE DESCRIPTION

Start at the bridge on Station Road. Facing downstream go through the metal gate on your right and down the steps into Lower Fitz Park. Follow the path by the river downstream all the way to Crosthwaite Road. At Crosthwaite Road turn right and walk past the hospital then go right onto Brundholme Road. Go along Brundholme Road, using the off road footpath on the right hand side.

Just before the dismantled railway bridge take the path on the right past the BMX Pump Track back into the park. As soon as you get into the park leave the path and keep left following the park boundary up a grassy slope. Take the 2nd gate on your left which will bring you onto Station Avenue. Turn right and walk along Station Avenue to reach the Leisure Pool. Continue straight on past the pool building onto the old railway line footpath. Walk along this footpath crossing the river and Penrith Road. Immediately after crossing Penrith Road leave the railway line and go down a path on your left to the back of the petrol station.

Keeping the petrol station on your left, walk through it and cross Penrith Road. Then cross the river on the old stone bridge by Toll Bar Cottage. Keep straight on along the footpath going slightly uphill under the old railway bridge until you reach Brundholme Road by a large oak tree. Turn left and walk along Brundholme Road until you get to a road junction where there is a signpost to Windebrowe and Brundholme pointing back the way you've come. Just before the junction turn left and follow a footpath between the Calvert Way housing development on your left and the road on your right. Leave the path when you reach a few steps leading down to the road by a mini roundabout. Cross the road and walk towards the Leisure Pool. Go straight on with the pool on your right to get back to Station Road. Walk along Station Road past the museum to return to your starting point.