

Weekend ride

POSTMAN PAT'S ROUND TRIP

- **Start/finish:** Kendal railway station, Station Road, Kendal, LA9 6BT
- **Maps:** OL7 Windermere, Kendal & Silverdale (1:25k), or OS Landrangers 97 Kendal & Morecambe, and 90 Penrith & Keswick (both 1:50k)
- **Ride length:** 30km/19 miles
- **Climbing:** 392m
- **Bike type:** Lane on the eastern side of the valley suitable for most bikes. Gravel or MTB for the bridleways
- **Ride level:** beginner or regular
- **GPX file:** cyclinguk.org/weekender-postman-pat-trip

1 Kendal Station

Northern trains from Windermere and Manchester Airport stop here. Change at (or cycle from) Oxenholme Lake District to get here from the West Coast Mainline. There are only two bike spaces per Northern train; a reservation is advised. Kendal itself is a historic market town with a decent amount of cycle infrastructure, so is worth a visit before or after your ride.

2 Gilthwaiteregg Lane

Turn off the A6 down this quiet lane, which leads through an industrial estate but soon turns into open fields and proper countryside. Stock up on snacks at the retail parks that you pass as there are no shops or cafés en route from here on. All you'll have is what you carry with you.

3 Saul Hill

Stop at the bench near the junction with Potter Fell Road – and just before the blue 'narrow bridge ahead' sign. Take a breather and enjoy the views back south towards Kendal and Morecambe Bay; you might even spot Blackpool Tower on a clear day. The Howgills are to the east.

4 ST MARY'S CHURCH

There's an award-winning, open-all-hours public toilet and information board here. Find out the origins of local place names and learn about the wildlife in the valley. Explore St Mary's church, built in 1864 and now available for 'champing' (camping in a church). There's a handily situated bench for enjoying your picnic while your soul is restored by the tranquil surroundings.

5 Sadgill

The turning point, unless you're making your own off-road diversion. The valley was once an important route for packhorse trains travelling between Scotland and the south and west. A petition for the bridge at Sadgill – which you'll cross for the bridleway return – was made in 1717 to allow the river to be negotiated when flooded.



6 GARNETT BRIDGE

If you're returning by road, be careful not to miss this turning over the bridge – the picturesque, whitewashed mill cottages hide the sharp right-hand turning that takes you back towards Kendal on quiet lanes rather than the A6. If you're on the bridleway, keep right and rejoin Garnett Bridge Road south of the hamlet.



Map: © Crown copyright 2023 Ordnance Survey, Media 021/23. Photos by Julie Rand & Roland Seber