

# KENDAL

## Walking Trails

We think our town will surprise you. Start at Kendal Town Hall and choose a trail that inspires you.

[visit-kendal.co.uk/trails](http://visit-kendal.co.uk/trails)

## Welcome to Kendal



There's so much to explore in our beautiful town, so we've mapped out these trails to help you find your way around. You can go at your own pace – enjoy a quick tour (every trail can be completed within one hour) or take your time at the places you love.

It's a great way to enhance your visit and get the most from our town – whether you're into culture, nature or history.

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[visit-kendal.co.uk](http://visit-kendal.co.uk)



### Need to know:

Complete each trail in less than an hour, or take your time.

Each trail route follows popular paths but in some places they can get muddy (Kendal Castle and Serpentine Woods) so consider what you wear.

All trails are accessible from the high street.

All offer viewpoints and scenic spots.

# KENDAL



We're more than a market town on the edge of the Lakes.

There's always something to do - whatever the weather.

Come and enjoy our national culture, arts and ambitious events along with quality shopping and spectacular surroundings that make our town unforgettable.

We hope you enjoy your time in Kendal.

Pick up our other leaflets:

[Welcome to our town](#)

Have a read of this leaflet to get a sense of Kendal.

[Culture Guide](#)

All the info on the arts, festivals, attractions and taste sensations in Kendal.

[visit-kendal.co.uk](http://visit-kendal.co.uk)



## Culture Trail

Kendal's Culture Trail takes in our most distinctive 'yards' and quirky, ancient streets. Now brimming with independent shops and pretty vistas, every one tells a story. Starting with Finkle Street – did you know that in Middle English, to 'finkle' means 'to cuddle'?

The romance continues at Abbot Hall Art Gallery – built in 1759 for a newly married couple and now home to internationally renowned art exhibitions.

Feel the creativity throughout our town - from the magical Brewery Arts Centre Garden, to the incredible Quaker Tapestry Museum (and its fabulous café).



Warm your heart with the story of Sandes Hospital Yard where a local cloth merchant funded a school and eight alms homes for poor widows in 1659.

Visit our website to find out more about Kendal's Culture, and be sure to look out for the Explore Kendal signs on your way around the town.





## Historical Trail

Our town is steeped in history, and this trail makes it easy to discover Kendal's story - even if you only have an hour to spare.

Walk on the famous cobbled streets of Branthwaite Brow, which helped horses grip as they towed heavy loads up and down. Explore the beautiful Kendal Unitarian Chapel built in 1720 and tucked behind the shops and cobbles.

Legend has it that Kendal's 'yards' were built to defend townfolk from raiding Scotsmen - this isn't actually true! The yards were built in the 18th century in the gardens of former town houses, when people flocked to the town for jobs.



You can imagine how these quaint and quirky streets - much loved by artists and illustrators - came to life with cottages and workshops of all kinds.

Explore the scenic ruins of Kendal Castle, where Katherine Parr's family once lived - providing Kendal's famous connection with Henry VIII. Discover the Canal Area, where in 1818 the canal provided a period of prosperity - you can still see the canal agent's cottage and ticket office.



Continue to stroll along the river for a look inside Kendal Parish Church. This 13th century church is the largest in Cumbria and one of the widest in Britain! Always open for a look around.

Visit our website if you'd like to find out more about Kendal's history.

 Woodland Trail



 Woodland Trail



Enjoy the green spaces, wildlife and pretty leafy corners of our beautiful town - all surrounded by spectacular scenery.



Kendal's Woodland Trail takes in perfect picnic spots, historical gardens and intriguing views. Head up to Kendal Castle to gaze over the town, or if you're feeling adventurous, take a longer walk to Scout Scar for breathtaking views all the way to the Lakeland fells and Morecambe Bay.

You'll find flat access via Queens Road if the steep historic lanes between Low Fellside and Serpentine Road don't suit you.

Kendal's outdoor spaces are full of fascination. All the family will love Serpentine Woods with its A-Z alphabet trail - look out for the Summerhouse, Wishing Well and Sculpture Trail, and take the kids fairy-spotting on Dancing Green.

Take a picnic to Noble's Rest, where a local widow gave her land to the people of Kendal as a playground for kids and restful place for adults.

Visit our website to find out more about The Great Outdoors in and around Kendal - our town is beautiful inside and out!