

# Kent Valley

A ride through the Kent valley north of Kendal, cycling to Staveley on Sustrans' NCN 6 along the riverside walk and through villages, taking in beautiful views of the Lakeland fells. Enjoy a visit to Staveley with its cafes, galleries and craft studios. Return on quiet roads winding along wooded valley slopes against a backdrop of the Howgill fells. Cycle the round trip or let the train take the strain for one leg of the journey.

Note that access to the station platform at Staveley involves carrying cycles up a flight of steps.



ROUTE

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**1** From Town Hall ride north through pedestrianised street taking care of shoppers, taxis and buses. Turn R at T jct into Sandes Avenue. SA at traffic lights, dismount at pelican crossing before bridge over River Kent and walk left onto riverside path.

**2** If joining ride at County Hall, walk from car park onto riverside path and turn L onto route.

**3** Walk along river keeping SA over ramp, remount and turn L then R into Burneside Road.

**4** To avoid a steep hill, take 3rd turning R after railway bridge (approx. 250m) into Kentrigg, then bear R onto stone surfaced permissive path behind houses, going slowly as requested by sign. Rejoin Burneside Road and continue SA through Burneside and Bowston to A591 road.

**5** Turn R onto cycle route immediately before junction with A591.

**6** At end of cycle path, turn R into road carriageway and continue across level crossing to Staveley.

**7** Follow Main Street and turn R at cross roads (signed Kentmere), through narrow section of road. Turn R across bridge by weir and R again alongside River Kent. Bear R at next junction.

**8** Continue SA at T jct on approach to Bowston then turn R into Burneside.

**9** Turn L at T jct and retrace route back to Kendal.

**Start/finish:** Kendal; Town Hall, Highgate or rear of County Hall, Stricklandgate (weekend parking only available)

**Distance:** 10 miles (16 km)

**Grade:** Short - easy. Mostly on minor roads except for short sections of stone surfaced permissive path and tarmac cycle path.

**Refreshments**

**Cafés:** Kendal, Staveley

**Pubs:** Kendal, Staveley

