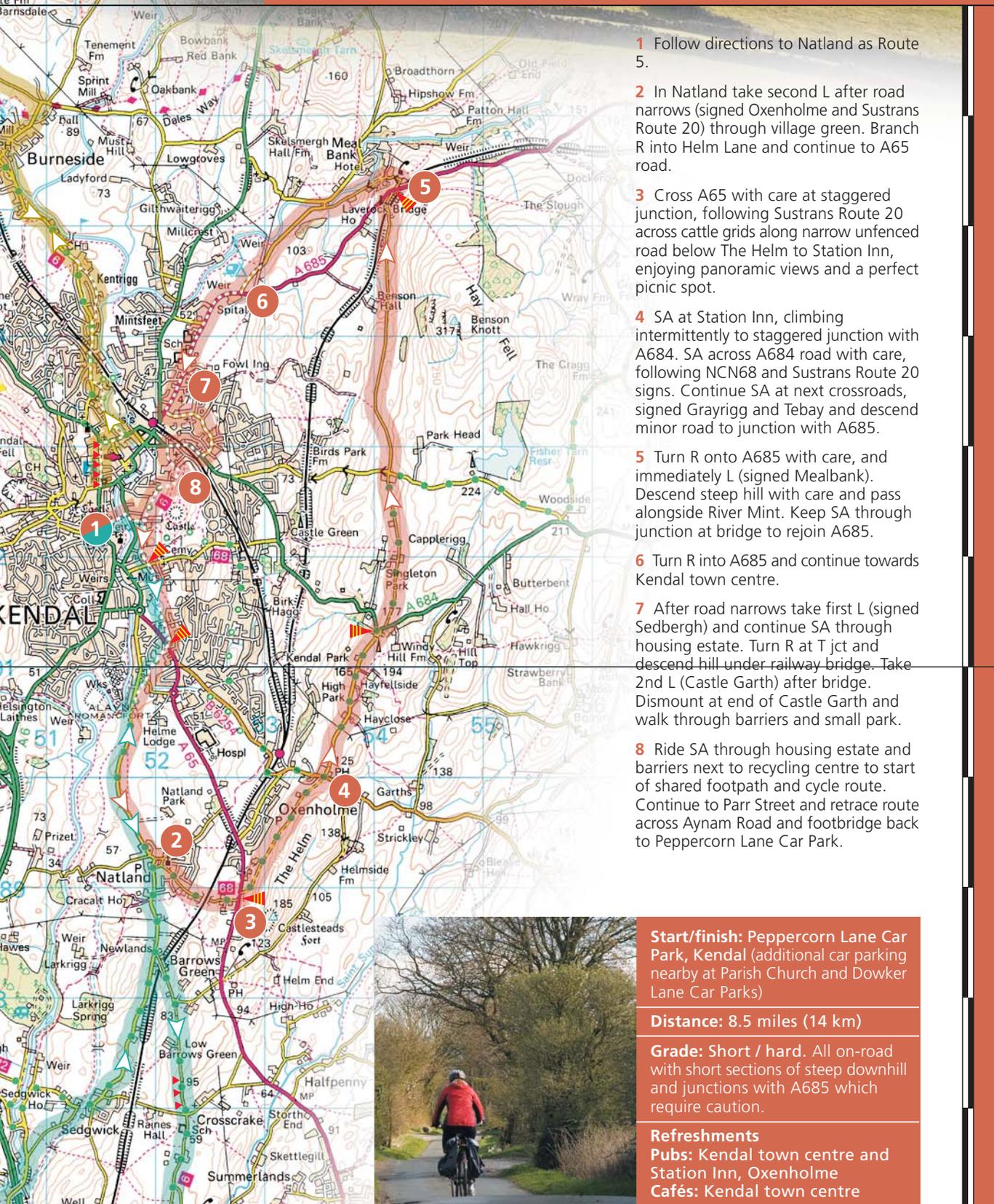


# Bird's Eye Kendal - Kendal, Natland & Mealbank

A scenic ride with spectacular views extending from the Forest of Bowland and Morecambe Bay in the south to the Langdale Pikes and the Helvellyn range to the north. This route slips out of Kendal on Sustrans NCN 6 along the former Lancaster Canal, skirting low rolling hills and passing the Helm, a prominent vantage point to the south of the town. The high level route along Paddy Lane gives bird's eye views across the town nestling in the Kent valley surrounded by the iconic skylines of the Lakeland fells.



**1** Follow directions to Natland as Route 5.

**2** In Natland take second L after road narrows (signed Oxenholme and Sustrans Route 20) through village green. Branch R into Helm Lane and continue to A65 road.

**3** Cross A65 with care at staggered junction, following Sustrans Route 20 across cattle grids along narrow unfenced road below The Helm to Station Inn, enjoying panoramic views and a perfect picnic spot.

**4** SA at Station Inn, climbing intermittently to staggered junction with A684. SA across A684 road with care, following NCN68 and Sustrans Route 20 signs. Continue SA at next crossroads, signed Grayrigg and Tebay and descend minor road to junction with A685.

**5** Turn R onto A685 with care, and immediately L (signed Mealbank). Descend steep hill with care and pass alongside River Mint. Keep SA through junction at bridge to rejoin A685.

**6** Turn R into A685 and continue towards Kendal town centre.

**7** After road narrows take first L (signed Sedbergh) and continue SA through housing estate. Turn R at T jct and descend hill under railway bridge. Take 2nd L (Castle Garth) after bridge. Dismount at end of Castle Garth and walk through barriers and small park.

**8** Ride SA through housing estate and barriers next to recycling centre to start of shared footpath and cycle route. Continue to Parr Street and retrace route across Aynam Road and footbridge back to Peppercorn Lane Car Park.

**Start/finish:** Peppercorn Lane Car Park, Kendal (additional car parking nearby at Parish Church and Dowker Lane Car Parks)

**Distance:** 8.5 miles (14 km)

**Grade:** Short / hard. All on-road with short sections of steep downhill and junctions with A685 which require caution.

#### Refreshments

**Pubs:** Kendal town centre and Station Inn, Oxenholme  
**Cafés:** Kendal town centre

