Capplerigg Lane 4 mile walk

1. Walk along the length of Capplerigg Lane and at the end join the public bridleway to the right of the farm signed “Lindreth Brow”.
2. Where the track branches at the top of a slope keep left and follow the track down to cross a beck over a stone footbridge next to a ford. Go through the gateway and continue in the direction shown by the fingerpost “Underbarrow 1 mile”. Walk up the hedged track that winds its way through delightful countryside to join a metalled farm lane. After crossing a cattle grid you go up a slope by the left of a field then turn left through a wooden gate onto a track signed “Public Way Gamblesmire Lane”.
3. Continue up Gamblesmire Lane, enjoying views of the fells to your left. Turn left onto the footpath towards Cunswick Hall. The path goes along the field to the right of the farm and joins the farm track just after it. Henry VIII is said to have stayed at this hall while courting Katherine Parr but actually the king never travelled this far north. I wonder if the name Cunswick is derived from old words meaning “king’s dairy farm”.
4. After crossing a cattle grid turn left then veer right to cross the field and join a track going down through the wood. The path stays on the right of the hedge (don’t go through the gate) to a stile which you cross and continue in the same direction with the hedge on your right. After negotiating a boggy bit head for the gateway at the end of the field. You should see the white buildings of Bonning Gate ahead.
5. Go through another gate a few yards ahead and bear left still heading in the direction of Bonning Gate. On reaching the edge of the downward slope you will see the gated farm track which you follow to Fell Gate Farm.
6. Go through the farm yard, to the left of the house and turn right to go between the buildings. After the farm gate turn left up a slope and go through another gate. Follow the track with a wall on your left. Go round the outside of the wood on your right to a gate onto Capplerigg Lane. Turn right and return to where the walk began.