

DRIVE LESS
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MORE**
LET'S LOOK AT THE LAKE DISTRICT

Discover the Duddon Valley

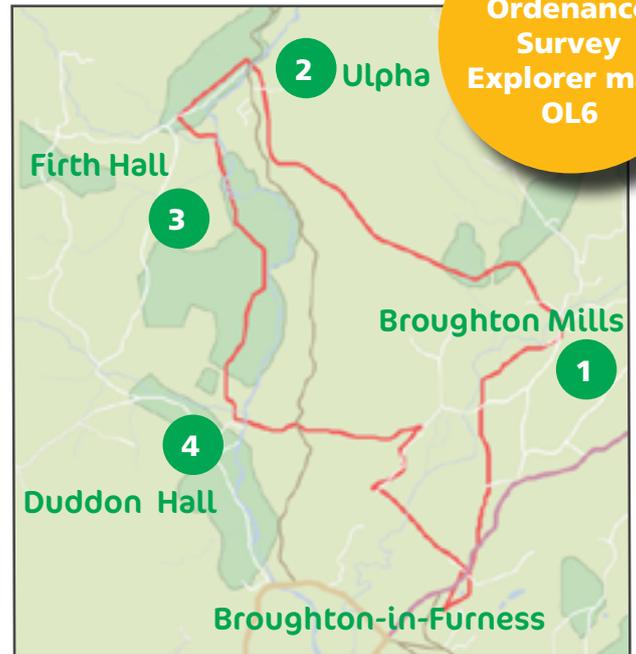
Have a fantastic day out exploring the Duddon Valley, where you can get away from the crowds and get closer to nature. This area has had an interesting past, and over the centuries has played host to hunters, smugglers, worshipers and artists. The famous poet William Wordsworth wrote many sonnets about the Duddon, a river he knew and loved. This walk is 16 km (about 5 hours) so it's great for a full day of activity. Remember to leave plenty of time for photo opportunities, wildlife spotting and a relaxing lunch!

1. From the market square in Broughton-in-Furness, head north through West Park to **Broughton Mills**. This area was once alive with the sound of mills powered by the river, but today you will find it more peaceful. It is home to a postcard country pub, The Blacksmith's Arms, open for food from 5pm every day (lunch some days). Call 01229 716824 to check.

2. Take the track up to Hovel Knott, and then the footpath around Stickle Pike to **Ulpha**. This picturesque spot is great for a picnic by the river. The communities of the Duddon Valley were once self-sufficient and the residents were also great craftsmen - the church altar here is carved from a local cherry tree! Ulpha Post Office has lots of tourist information and sells drinks and snacks. They are open every day except Tuesday.

3. Looking south down the river from Ulpha you will see the romantic ruins of **Firth Hall**, a 400 year old hunting lodge. Three hundred years ago Firth Hall became a hostelry open to anyone, and was popular with smugglers carrying rum and tobacco to and from the coast. From Ulpha, head into Forge Wood, looking out for deer along the way. The viking meaning of Ulpha is "wolf hill", but you can be sure that none will cross your path today!

4. Continue to **Duddon Hall**, once occupied by the lord of the manor of Dunnerdale. The Georgian chapel in its grounds hosted cock-fights on Sunday afternoons, and the stag over the door hints to the strong hunting history in this valley. Cross over the bridge and take the footpath over Bleansley Bank to Lower Bleansley, and cross the River Lickle back to West Park and then Broughton-in-Furness.



The routes shown are for guidance only. Please ensure you have an up-to-date map and a compass with you, and you know how to use them, before undertaking any of the trails. Let people know where you are going, and what time you expect to be back. All information is correct at time of print. Nurture Lakeland cannot be held responsible in the unlikely event of injury or accident whilst undertaking any of these activities.