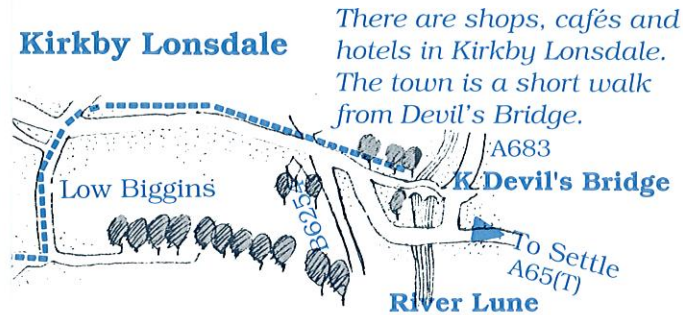


This pictorial map shows the route of the Limestone Link. The route is waymarked on the ground and may be followed using these and the Ordnance Survey sheets 97 and 98. The map below is a guide to the route and shows points of interest along the way.

●●●●●● Route of Limestone Link

----- Link between High Biggins and Devil's Bridge

Scale 0 0.5 1 mile



L The market town of **Kirkby Lonsdale** is wonderfully situated on a high bank overlooking the River Lune. The glorious views from the churchyard up the Lune valley to the Howgills and Casterton Fells were painted by J.M.W. Turner and much admired by John Ruskin who described them as "one of the loveliest scenes in England". Kirkby Lonsdale grew up on an old pack-horse route and during the 18th century an annual hiring fair was held here. The Victorian Fair is held every September and there is a weekly market every Thursday when the Market Square is crowded with stalls.

A short walk from Market Square through the narrow streets and cobbled forecourts leads to St Mary's Church. The oldest parts of the church date from the 12th century and the interior boasts many fine features including columns of similar design to those in Durham Cathedral.

Kirkby Lonsdale makes a convenient starting or finishing point for the Limestone Link as well as providing an excellent base from which to explore the Lake District and the Yorkshire Dales.

GENERAL INFORMATION

The Limestone Link between Arnside and Kirkby Lonsdale is about 13 miles long and you are advised to allow a day to complete the walk and enjoy the many places of interest along the way.

The route may be walked from either end. The train to Grange-over-Sands will take you to the start of the Cistercian Way. The Cumbria Cycleway provides a further opportunity for exploring this and other parts of Cumbria.

There are regular bus and train services to Arnside and a limited bus service between Kirkby Lonsdale and Lancaster and Kirkby Lonsdale and Kendal.

There is ample car parking at the Devil's Bridge at Kirkby Lonsdale and cars may be parked in Arnside.

There is a pub on the route at Hale and a pub and shop in Holme. There is a wide selection of shops and pubs in both Arnside and Kirkby Lonsdale.

The walk may be extended to include a visit to the eighteenth-century water powered corn mill at Beetham. Heron Corn Mill, which is 10 minutes walk from the Limestone Link where it passes through Slackhead, is open daily except Mondays (open Bank Holiday Mondays) from Easter to the end of September. For further details phone 05395 63363.



The Tourist Information Centre staff will be pleased to help with further information on public transport, places to stay and local attractions and can be contacted at:-

Main Street, Kirkby Lonsdale (05242) 71437
Town Hall, Kendal (0539) 725758

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Walking in South Lakeland

A series of walks promoted by South Lakeland District Council.

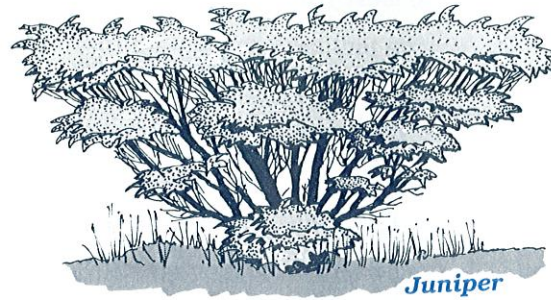
The Limestone Link

A walk through the limestone country of South Cumbria



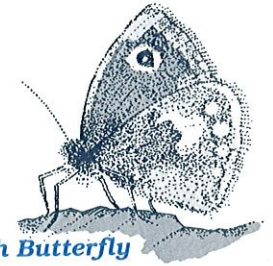
The Limestone Link guides you through the limestone country of South Cumbria: over the low wooded hills of the Arnside area, across the flat open mosses between Hale and Holme and over the rocky fells of Clawthorpe and Hutton Roof. Along the route you will discover the unique flora of the limestone pavements, enjoy the peaceful villages and learn something of the history of this quiet corner of Cumbria.

J The thin, dry soils overlying the limestone on **Hutton Roof Crag** support a rich variety of colourful plants. The short turf is maintained by sheep grazing which prevents vigorous grasses and trees and shrubs from becoming established and shading out the flowering plants. The path over Hutton Roof passes through some extensive stands of Juniper which is one of the few plants able to withstand the grazing pressure. The prickly foliage of this distinctive plant is aromatic when crushed and the berries are used to flavour gin.

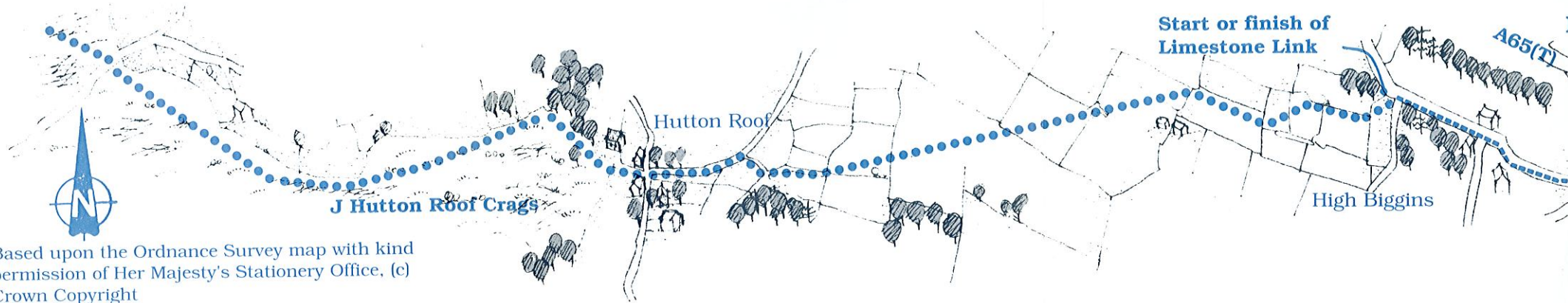


Juniper

The limestone grassland is home to many insects. One of the most conspicuous of these is one of Britain's smallest butterflies, the **Small Heath** which may be seen on warm sunny days in early summer resting with its wings closed or flying rapidly just above the grasses on which it feeds.

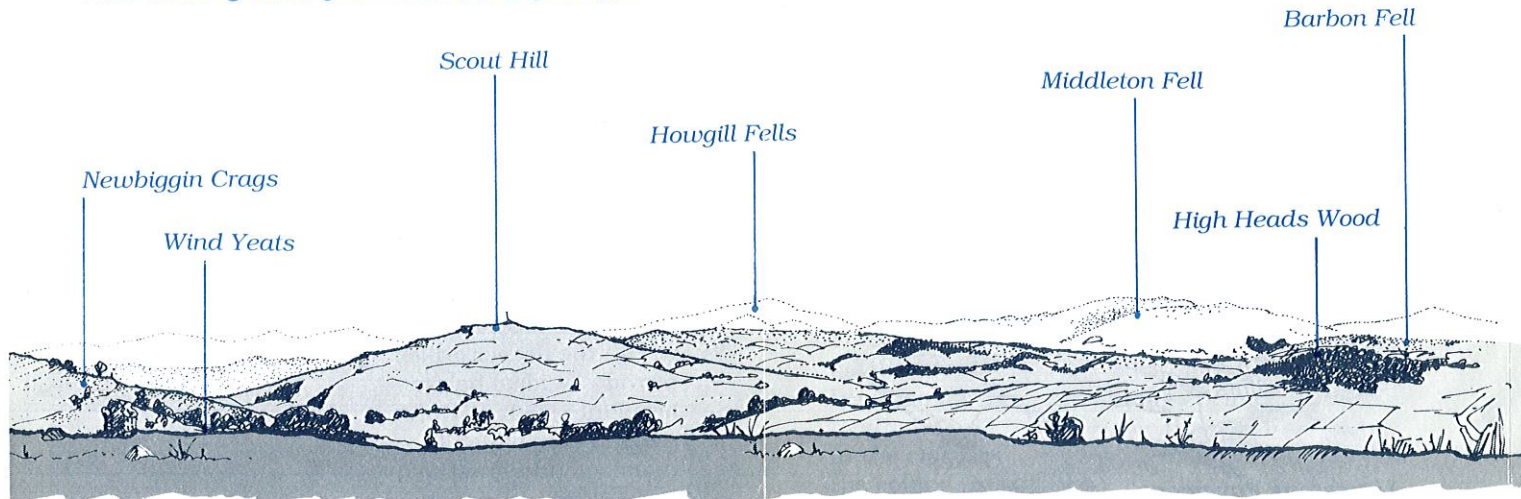


Small Heath Butterfly



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View looking north from Hutton Roof Crag



K The Devil's Bridge on the edge of **Kirkby Lonsdale** was probably built in the 13th century. The origin of the bridge's name is the subject of many legends but according to local tradition the story is as follows. Many years ago a Yorkshire woman lived on the banks of the Lune. One night her pony and cow strayed across to the other side of the river and she could not bring them back. It was then that the Devil appeared and promised to build a bridge by the morning; a promise that was not however without a price, for in exchange he demanded the soul of the first one to cross to the other side. When in the morning the woman returned the Devil had indeed kept his promise and she set about to fulfil her part of the bargain. She took a bun from her bag and threw it over the river. Her small dog immediately ran across the bridge after the bun and the Devil realising that the woman had got the better of him disappeared in a sudden burst of flame.

A The small wooded limestone hills of the countryside around Arnside are separated by valleys lined with glacial deposits. Many of these valleys were covered by the sea at high tide until they were reclaimed for agriculture. **Arnside Moss** was drained in 1776 when an embankment was built to keep back the sea and now provides valuable grazing land.

B Before the church was built in Arnside, in 1866, the villagers had to carry their dead for burial in the churchyard at Beetham. The route across Arnside Moss and over Whin Scar was known as the **Coffin Route** and would have been a difficult and dangerous journey before the mosses were drained.

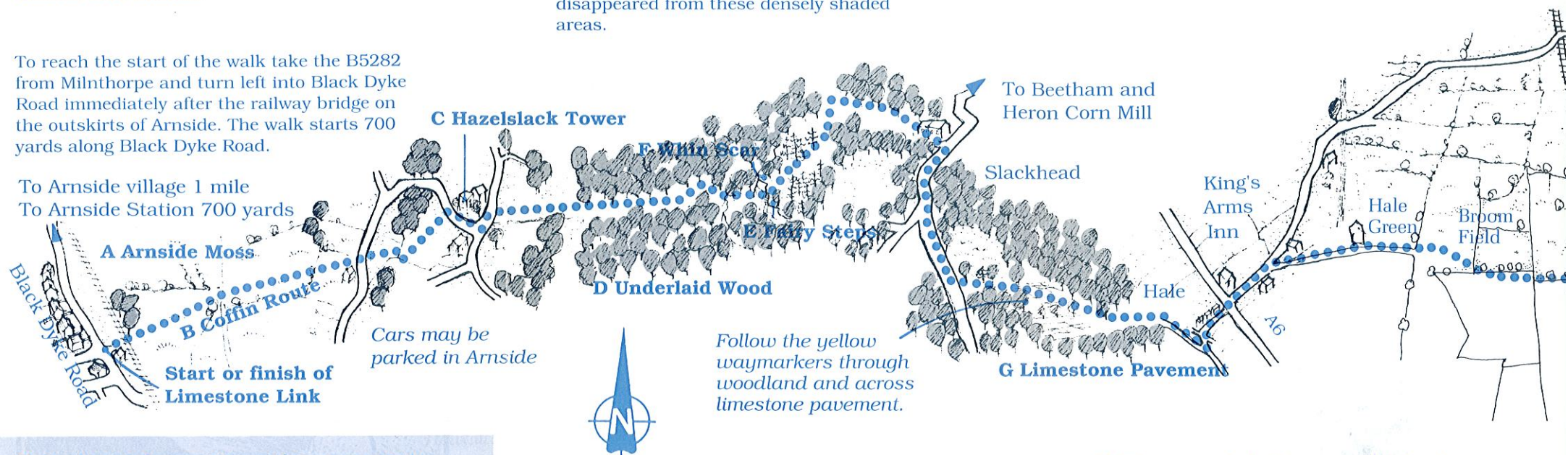
D Underlaid Wood is a mixed coppice woodland growing on thin soils over limestone. Oak, Ash and Yew are among the trees that grow here while a varied understorey of shrubs includes Hazel, Blackthorn, Dogwood and Guelder Rose. The Oak, Ash and Hazel would originally have been cut back or coppiced on a regular cycle and the wood put to a variety of different uses including fence posts, tool handles and hedging stakes. This system of woodland management provided an excellent habitat for wildlife; the woodland plants flowered profusely in the new clearings and butterflies and birds fed on these and the rich variety of trees and shrubs in the woodland. Parts of the wood have now been underplanted with conifers and the woodland flowers have disappeared from these densely shaded areas.

F The Arnside and Silverdale area is one of England's last remaining strongholds of the **Red Squirrel**. The small plantation of Scot's Pine on **Whin Scar** provides food for the squirrels which strip the cones to reach the seed. The Grey Squirrel is now colonising the area and it is probable that this will result in a decline in the Red Squirrel population. The exact reasons for this are not fully understood but the Reds are very susceptible to disease, weather and low food supplies and it seems likely that declines in the Red Squirrel population allow the Greys to move in and exploit the habitat making it very difficult for the Reds to return when conditions improve again.



To reach the start of the walk take the B5282 from Milnthorpe and turn left into Black Dyke Road immediately after the railway bridge on the outskirts of Arnside. The walk starts 700 yards along Black Dyke Road.

To Arnside village 1 mile
To Arnside Station 700 yards



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●●●●●●●● Route of Limestone Link

Scale

0 0.5 1 mile

C Hazelslack Tower is a pele tower or tower house probably built in the late 14th century to provide protection for life and livestock from raiding Scots.

E The **Fairy Steps** provide a direct route up the small limestone cliff. They would, however, have been too narrow for the coffins being carried to Beetham, and it is probable that the iron ring in the cliff face to the north was used to help pull the coffins up the cliff.

To Beetham and Heron Corn Mill

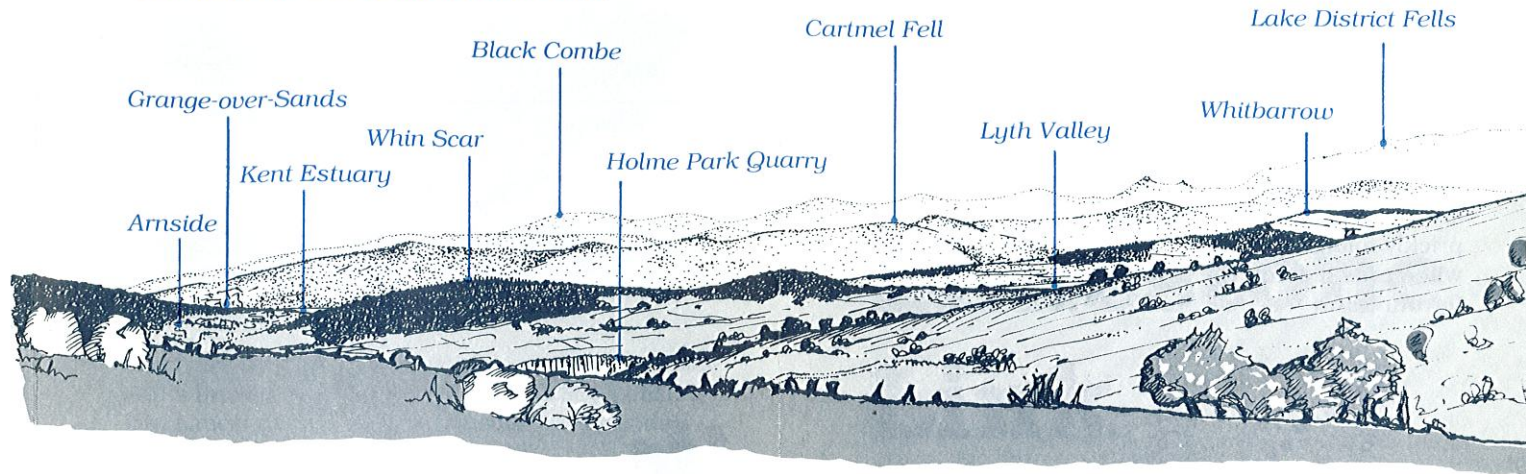
G Limestone Pavement

G The grey rock that is responsible for the distinctive landscape and habitats of this part of Cumbria is Carboniferous limestone. This was formed over 300 million years ago from the remains of minute plants and animals that accumulated on the floor of the warm shallow sea that covered this area at that time. These remains were fossilized and subsequent earth movements raised the resulting rock to the surface. The scouring action of the ice during the last Ice Age exposed the limestone which was then dissolved by rainwater to form the **limestone pavement** that is

In winter the long ear-tufts distinguish the **Red Squirrel** (left) from the **Grey Squirrel** (below) In summer they are harder to tell apart although Grey Squirrels look bigger and usually have bushier tails.

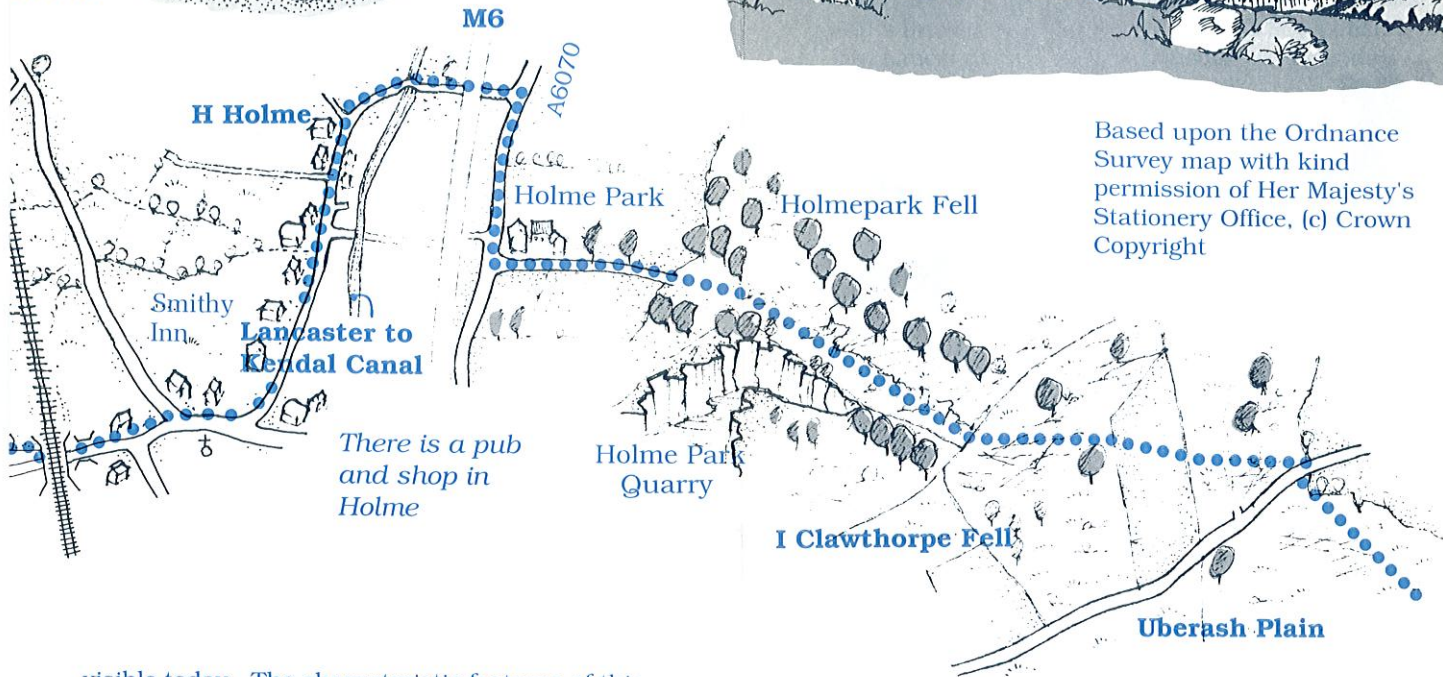


View looking west from Uberash Plain



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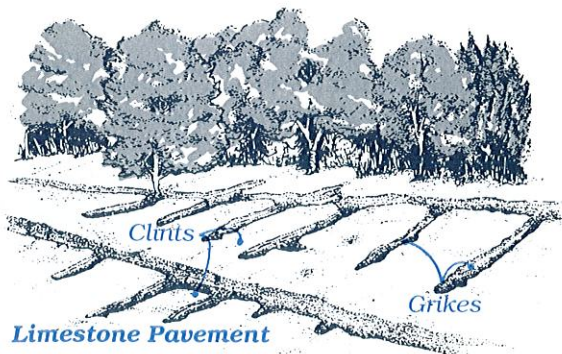
H Holme is a straggling village which developed as a result of the construction of the canal. The Lancaster Canal Company was formed in 1792 with plans to link Kendal and Wigan. The canal finally reached Kendal in 1819. It provided an important transport route for both goods and passengers. The passenger boats took advantage of the lack of locks along the canal to provide an express service. The horses were changed every 4 hours and in 1833 these boats covered the 57 miles from Preston to Kendal in 7 hours. This section of the canal has been unnavigable since 1968 when the building of the M6 closed the canal at Tewitfield about 5 miles south of Holme. Small groups of Larch trees mark the course of the canal through the landscape. These were planted to provide timber for stopboards which were placed across the canal beneath the bridges to section off lengths allowing them to be drained and cleaned.



There is a pub and shop in Holme

visible today. The characteristic features of this rare rock formation are shown opposite. Trees and shrubs such as Ash, Yew, Rowan, Hazel and Dog Rose grow out of the grikes. Because their roots are so restricted these trees grow only very slowly and although they are small they are much older than they look.

Over half of the 2,000 hectares of limestone pavement in Britain has been damaged in some way and the survival of the remaining areas of limestone pavement is still threatened by the continuing demand for water-worn limestone as rockery stone.



I There are further fine examples of limestone pavement on **Clawthorpe Fell**. Here the shaded humid conditions within the deeper grikes provide an ideal habitat for plants such as Hart's Tongue Fern which is usually found growing in hedgerows and woodlands.

