

Heversham to Farleton & Beetham

11 miles (17km) Easy/Moderate

Start & parking: Heversham. No specific car park but there is on-road parking for several cars north of the church towards Levens, on the left-hand (west) side by Heversham Gardens and the children's play area.

Alternative Start & parking: Beetham – park on the road towards the Heron Theatre, close to the Wheatsheaf pub.

Nearest train station: Arnside (follow the start of the Arnside to Kirkby Lonsdale ride and join this ride at Beetham). Alternatively head south from Oxenholme via Natland, Sedgwick and Hincaster.

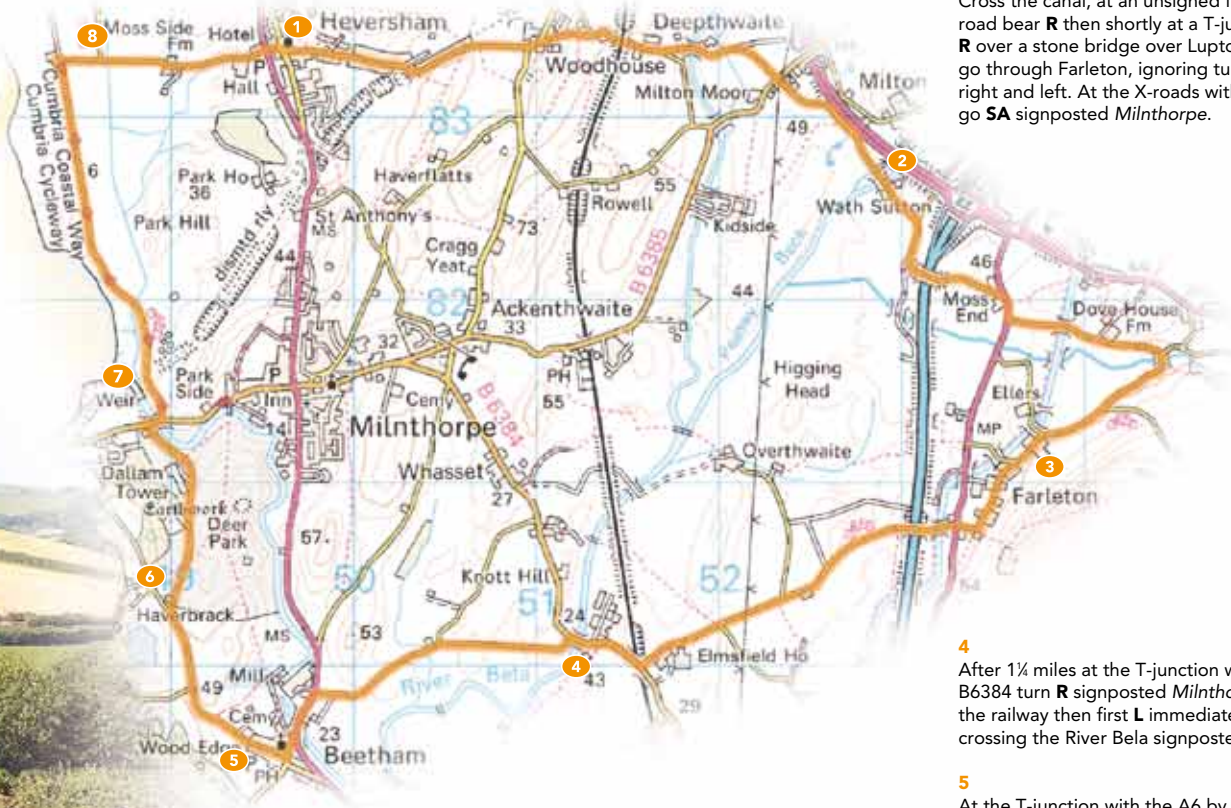
Refreshments: Blue Bell, Heversham. Farletonview Fisheries tearoom. Café at Beetham Nurseries, Wheatsheaf pub, Beetham.

The easiest route of the five described barely rises above 50m (165ft), and finishes with a delightful flat section suitable for younger children. Having said this, the start from the ornate church at Heversham presents you with a steady climb to Woodhouse before undulating through to Farleton. The ride twice crosses the Lancaster Canal, now sadly severed at several points although there are long term plans to restore its full length from Kendal to Preston. After passing the impressive facade of the Wheatsheaf pub in Beetham, a short climb sets you up for the best part of the whole ride – a glide down the tree-lined route through Dallam Deer Park then out onto the lush flat countryside of the Kent Estuary to return to Heversham.

1
From the church in Heversham follow Woodhouse Lane signposted **Woodhouse, Crooklands**. Ignore turnings to right and left for almost 2 miles.

2
At the X-roads with the B6385 go **SA** towards the distinctive outline of Farleton Fell. Go past Farletonview Fisheries, cross the M6 then at the T-junction with the A6070 turn **R** (**TAKE CARE**) then shortly first **L** (no sign).

3
Cross the canal, at an unsigned fork in the road bear **R** then shortly at a T-junction turn **R** over a stone bridge over Lupton Beck and go through Farleton, ignoring turnings to right and left. At the X-roads with the A6070 go **SA** signposted **Milnthorpe**.



4
After 1¼ miles at the T-junction with the B6384 turn **R** signposted **Milnthorpe** to cross the railway then first **L** immediately after crossing the River Bela signposted **Beetham**.

5
At the T-junction with the A6 by Beetham Nurseries cross (**WITH CARE**) to the pavement opposite and turn **L**. Push your bike for 200yds to the end of the pavement and continue towards the memorial cross and the Wheatsheaf pub in Beetham (ie do not go towards Heron Mill) then just before the pub turn **R** signposted **Storth, Arnside**.

6
Ignore a left turn to Storth. Continue uphill and take the next road to the **R*** signposted **National Cycle Network Route 6, Kendal, Milnthorpe**. Go down through parkland.

**For a short there-and-back detour for some fantastic views across the Kent Estuary towards the Lakeland fells, continue straight ahead for ¼ mile to the top of this hill.*

7
At the T-junction (with the B5282) turn **R** signposted **Kendal, Milnthorpe** then shortly turn **L** signposted **Cumbria Cycleway** immediately after crossing a bridge over the River Bela.

8
Lovely flat 2-mile section then gentle climb to the Blue Bell pub. At the X-roads with the A6 go **SA** (**WITH CARE**) towards the church in Heversham to finish.

