

Kendal Club Site – Historic Kendal

Camping and Caravanning



Route Summary



The elegant stone town of Kendal is steeped in history and by far the best way to explore its older parts is on foot. This walk ambles into town along the river and explores the 11th Century site of Castle Howe, before crossing the river to visit 12th Century Kendal Castle.

Route Overview



Category: Walking

Length: 9.010 km / 5.63 mi

Last Modified: 21st September 2017

Difficulty: Medium

Rating: Unrated

Surface: Smooth

Date Published: 19th June 2017

Description



Kendal is blessed with two castles and this walk direct from the site gate visits them both after a leisurely wander into town along the Rivers Mint and Kent.



Distance: 5.6 miles/ 8.8km

Time: 2 1/2 – 3 hours

Terrain: Good riverside paths and town centre lanes, pavements and walkways.

1. Leave the site via its top gate and turn right along riverside path and through fields, passing the old water mill, to Mint Bridge. Cross the bridge and pick up the footpath on the far side of the river, continuing downstream towards the town centre. Continue through the rather unprepossessing business park to the lagoon at the confluence of the Rivers Mint and Kent.
2. Follow the footpath along the riverbank south to a footbridge. Cross the footbridge and continue south along the west bank of the river. Cross the A6 and continue along the river for 200m then turn right at the stone bridge and along Stramongate then left following signposts for 'Castle and River' to the next bridge, then up Lowther St and across Highgate to the wonderfully-named Beast Banks.
3. Head left along the cobbles of Garth Heads then right up some steep steps to the pleasant lawns beneath the 18th Century obelisk, perched on what would have been Castle Howe's motte, dominating the eastern skyline of the town.

This is a great spot for a picnic on a warm, dry spring day.

4. Drop back down to Garth Heads via the steep steps and continue to the far end, then turn left along Captain French Lane. Then turn right along Highgate and quickly left into the gardens next to Abbott Hall Museum, where you'll see Kendal's 12th Century castle in its elevated perch across the river.

5. Walk through the gardens to the riverside, walking upstream to cross a footbridge and follow the red signs up to the castle. Then go through a kissing gate on to Castle Hill and up to the keep.

6. Explore the keep and admire the superb panoramic views out over Kendal and to the central fells of the Lake District, then take the path heading north along the east side of the keep. The path descends gradually with great views up to Howgills and the eastern fells. Exit the castle grounds through a kissing gate and take a left down the lane and past the Castle Inn to the riverside.

7. Head upstream (north) along the A6 then straight over and through the retail park, going over the railway on the footbridge and along the path between industrial units then a residential estate to join the A6. Continue north up the A6 to Mint Bridge, then take the footpath to the right along far (north) side of river – and back to the Club Site along the riverbank.

Waypoints

