



MEATHOP FELL

EASY | 12 MILES



MEATHOP FELL CYCLE ROUTE

This ride, running from Meathop Fell Caravan Club Site to Kendal takes in part of Routes 70 and 6 of the National Cycle Network. Along the way there are plenty of sights to see and lots of great places to stop and have a picnic on route.

SURFACES

Tarmac roads and canal towpath (which can get a bit muddy in bad weather).

LOCAL BIKE HIRE

Silverdale Cycle Hire & Holidays
www.silverdalecyclehire.co.uk

TRAFFIC

Mainly on road, with some traffic free sections.

OTHER ROUTES IN THE AREA

For the more adventurous, National Cycle Network Route 3 can be followed from Tiverton north to Bampton, past the National Trust property, Knightshayes Court. The Exe Valley Cycle Route is a 25km on-road route, which runs parallel to the River Exe.

HILLS

The route is largely flat but does have some rolling terrain. There is a steep section before Sizergh and steep climb through Levens village.

REFRESHMENTS/FACILITIES

The 16th century Hare and Hounds Inn at Levens or the Derby Arms in Witherslack are good pub choices. Visit the Castle Dairy restaurant in Kendal for something different – great food in Kendal’s oldest inhabited building.



DIRECTIONS

- 1 Head right out of the site onto Meathop Road and the route continues onto Levens.
- 2 Avoid having to cross the busy A590 by using a parallel minor road, which takes you past Witherslack.
- 3 On leaving Levens you’ll pass Sizergh, where you’ll find Sizergh Castle, a National Trust property that includes a medieval house, with rich gardens and estate.
- 4 From here you cross over the River Kent, through Sedgwick and onto Nantland.
- 5 At Nantland you travel onto Kendal on National Route 6. This uses a cycle path along the old canal, which has now been filled in, for a couple of miles.
- 6 You arrive at the old canal head which is directly below Kendal Castle. These 12th century medieval ruins are well worth exploring and its hilltop location provides great views out over Kendal.
- 7 Return to site by following the same route in reverse.



OPTIONAL EXTENSION

You can extend the route to the Edwardian seaside resort of Grange-over-Sands using National Route 6, with views across to the Arndale and Silverdale Area of Outstanding Natural Beauty (3 miles from Meathop).

If you continue on National Route 6 it will take you north of Kendal to Staveley and Windermere (11.5 miles).

At Nantland you can continue on National Route 70, instead of joining National Route 6 to Kendal, which will take you to Barnard Castle in County Durham (50 miles).

DON'T MISS

“ We have local pubs and cafes that would provide great pit stops for your ride.... Having done this ride myself, it is easy to follow and providing you take refreshments, very safe and suitable for junior members and their parents - There is a well stocked shop at Meathop Fell, so upon completing the ride a well deserved ice cream or drink is available. ”

*Sharon
Meathop Fell Caravan Club Site
Assistant Warden*

This route has been suggested by Sustrans’ Volunteer Rangers. The Caravan Club would always recommend that any children or young people under 18 years should be fully supervised by a responsible adult. Please be aware that using this route is entirely at your own risk. Extreme care should always be taken when cycling on site, remembering that traffic will be moving around the site and to observe speed limits. Particular attention should be paid when going round blind corners or emerging from paths.

