

Lacey's Caves, the River Eden and Long Meg and her Daughters

This walk is just over 5 miles through the woods and along the river. It starts along the single track road leading down the hill from Glassonby towards Kirk Oswald cutting left as you reach the valley floor along the banks of the River Eden. It passes Lacey's Caves, the waterfalls and the remains of Long Meg mine before running above the Carlisle Settle line to Little Salkeld. From Little Salkeld, the route runs up hill to Long Meg and her daughters, one of the largest stone circles in England and back along some lovely country paths past Addingham Church to Glassonby.

Route:

From the public road in front of the cottage, turn left heading towards the centre of the village of Glassonby. Pass the sharp turn to the right heading down the hill towards Glassonby Beck, when you reach the centre of Glassonby you will reach a small triangle of roads, please take the right fork signposted towards KirkOswald. Follow the road along ignoring various dirt tracks going off on either side for about a mile.

At the bottom, the the steep hill just before you cross a small sandstone bridge over DaleRaven Beck and just next to a couple pf parking spaces turn left into the small plantation "Rim Wood". Take the path that leads diagonally up the bank on the eft hand side of the wood as you face the river. At the top of the bank hop over the style and walk along the grass field alongside the river. The field can get a bit wet here are there but there are small gangways that help. Keep following the river bank over various styles into another wood 'Tibb Wood' where there is an excellent raised wooden walkway that will get you across a small marsh. Continue through the wood with lovely views of the river there are a lot of Mallard and a pair of otters living along this stretch. eventually the path winds upwards amongst some large old oak trees before dropping down with ten to twenty steps fifty yards later into a sandy bottom, a short branch path to right here takes you to Lacey's Caves a set of Victorian Caves hewn out of the sandstone cliffs overlooking a delightful vista up the Eden to the water falls. This is well worth a visit, please be careful as some of the openings are over a sheer drop into the river.

After Lacey's Caves, the path wends its way through the trees along the bank before rising and turning south passed some old mine ruins along an old railway track to Long Meg Mine railway siding which was used until 1970 for supplying gypsum to the Shap plasterboard factory. At the end of the mine siding, the path switches back and joins a tarmac and gravel path that runs south alongside and above the railway line for approximately 3/4of a mile to Little Salkeld.

As you enter Little Salkeld, you pass the lovely Salkeld Hall on your right and join the main public road heading up hill towards Gamblesby and Glassonby. Stay on the road uphill for about 400 yards and take the first track on your left outside the village with is sign posted as a public footpath to Long Meg and her Daughters. Follow the track which changes into a road past a large white house called 'Marion Lodge' and across a cattle grid into the field with Long Meg and her Daughters. Long Meg is the tall stone on the left as you arrive and there is always speculation as to how many daughters she actually has! The local legend is that no two counts are the same.

After looking around the stones, keep to the right and side of the field (from where you entered) walking alongside the beech hedge to the small foot path gate at the corner of the field. Keep a straight line along the side of the next two fields following the footpath, then through a small wood and into a long field from where you will see Addingham church straight ahead a further field away. Walk through Addingham churchyard and out of the gates on the far side past the car park and back along the church access road to the main road. Turn left onto the main road and you will be back in Glassonby within 1/2 a mile. when you get back into the centre of the village take the right hand fork signposted towards Gamblesby and within a couple of minutes you will find yourself back at the cottage on the right hand side.