

It is possible to climb steps up onto the refuge roof, here there is a giant compass that allows you to name the various fells and many other landmarks you can see.

Hampsfeld Hospice

Although not the most attractive of follies, the views from the hospice roof are outstanding. On a clear day, the Lakeland fells, Morecambe Bay, Chapel Island, the Yorkshire Dales and even Blackpool Tower can be identified.

On a wet and windy day, the shelter provided is welcome; the poetry inside humorous. The pastor of Cartmel commissioned the hospice for the shelter and entertainment of travellers in 1846.

In the summer months, many wildflowers can be found growing in the limestone grassland and grykes around the hospice.



When you are ready to leave the Hospice stand with your back to the door, go right to the hospice corner and then follow the building wall to the window. From here, looking in the direction of the coast, you should be able to find a nearby track/channel through the limestone. Take this narrow channel which opens out into a wide grass track along the ridge of Hampsfell.

Cross over the stile at the limestone wall and continue across the fell to take a left at the fork in the path. After a short distance you should come to a waymarker post. Here go left along a narrow track with views of Arnside and the Kent viaduct coming into sight.

Do not let the view distract you from looking for a narrow, less distinct track which drops down on your right to a limestone wall. Take this track and in a short distance you will arrive at a wooden stile crossing the wall.

Follow the wall down to pass through a gate by a wooden stable. Cross the next field diagonally to arrive at a lane. Turn left into the lane and you should soon pass through High Farm. Beyond the farm you will pass a bench on your left and a fingerpost. Take the track downhill to Grange.



Resist the temptation to turn left, back into Eggerslack Wood and keep to the byway. You will pass a gate to Hampsfell House Hotel (lunches/afternoon teas). Our route continues down the road to the Hampsfell House driveway.

Directly across from the drive, there is a fingerpost and metal gate. Go through the gate and down through woodland. Do not cross over the wall on your left.

At the waymarker post, go straight on (not downhill to your left). The track joins another path, turn left downhill here. Go down a short flight of steps and turn left to pass by the roof of a shelter; continue left on a narrow stony track above a lodge/car park. At a fork take the downhill track to emerge at the lodge entrance.

Go down the steep road to arrive at a road junction. You are now on Main Street and the nearby fingerpost points you across the road for the toilets, duck pond and ornamental gardens, right for the centre of Grange and left for the station.



Getting to Grange-over-Sands



By bus to Grange-over-Sands Station
Service 532 (Grange Area Service)
Service X35 (Barrow - Kendal)



By Train
National Rail Enquiries on
08457 48 49 50
Also see:
www.tpexpress.co.uk and
www.northernrail.org

Get more
information
from Traveline



traveline
public transport info
0871 200 22 33

Hampsfell

A walk from Grange-over-Sands station



Grange is elegantly poised between the Lakeland fells and the sands of Morecambe Bay. It quietly retains much of the Victorian and Edwardian charm of a once fashionable seaside resort. The specialist shops, cafes and bakeries are a delight to explore, especially after an uplifting walk into the foothills of the Lake District.

The route described here is a little over 3 miles (5km) long and offers a good introduction to walking in the area. The first section is on tough terrain, uphill, through woodland and on limestone pavement so walking boots are strongly recommended.

The Route

Leave the rail station by the main entrance and go left to a mini roundabout. Cross to the corner of Windermere road where, if required, picnic supplies or refreshments can be picked up from the excellent bakery and cafes nearby.

Walk up Windermere road towards the start of woodland, here you will find a fingerpost on your left. The post is signed for Routen Well and Hampsfield. Go through the squeeze stile and walk uphill through woodland on a clear track with limestone underfoot. This limestone can be very slippery when wet, especially when covered by leaves.

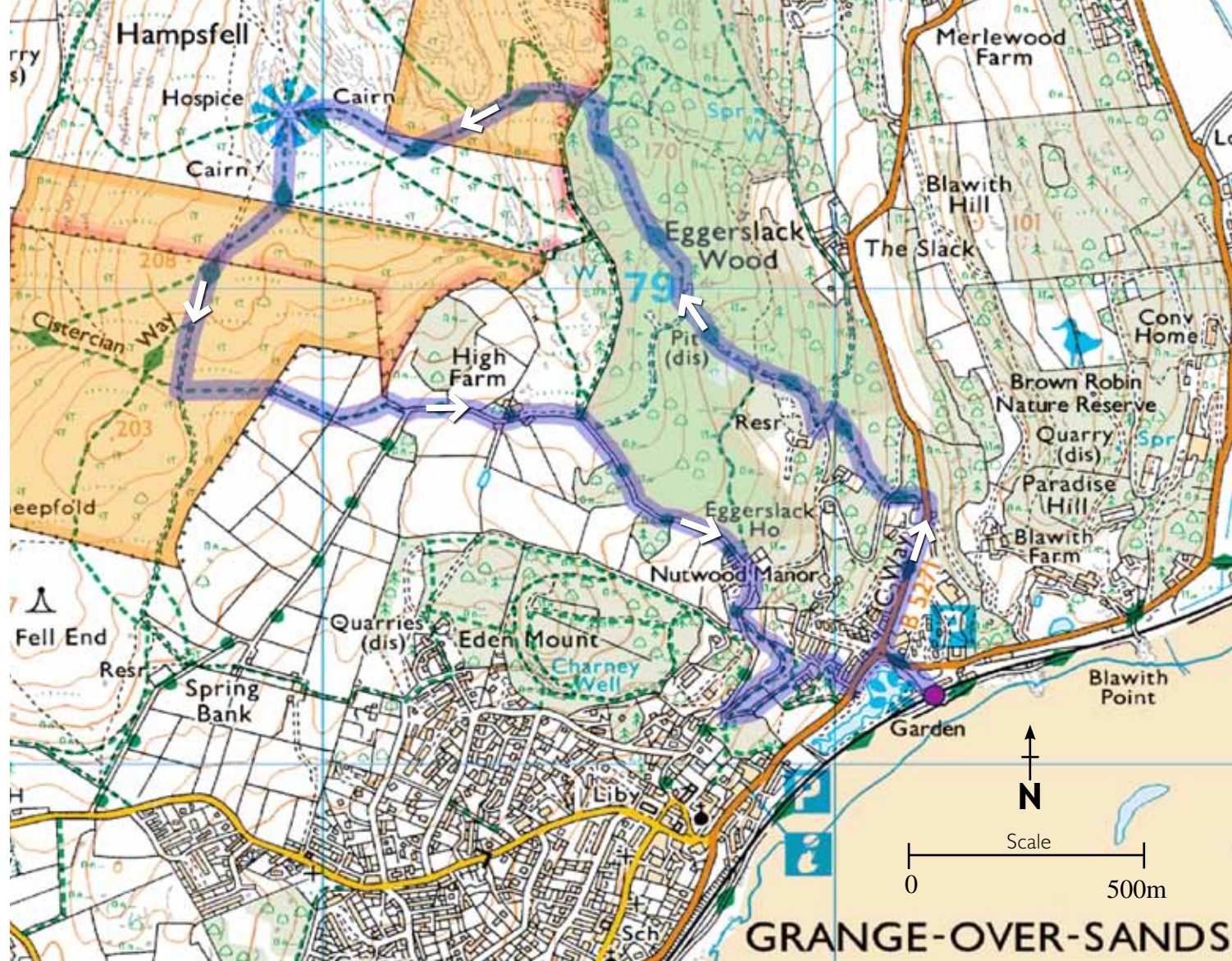


After a short distance you will arrive at a set of steps up to a drive. Cross the drive and continue uphill following the sign to Hampsfell. You may spot the monk on the fingerpost, this is because the route at this point is following the Cistercian way.

You will come to another short set of steps climbing to another drive which you cross and follow the fingerpost to Hampsfell. This brings you into Eggerslack Wood.

The woodland contains Ash, Hazel, Sycamore, Birch, Larch and Yew with an undergrowth of holly, ivy and ferns. Whatever time of year you visit there is plenty of wildlife interest to see on your journey.

Keep following the main track uphill. At a crossroad of tracks with a simple wooden bench on your right, continue straight on. Further up you will pass an old section of stone wall which forms part of a disused pit, again go straight ahead on the main track to Hampsfell. Eventually, the path begins to



level out and you come to a stone step stile through a wall. Here there is a multi-bladed fingerpost, follow the route to the Hospice.

We now leave the woodland behind and start to climb through grassland with outcrops of limestone pavement. You will soon start to get views over Morecambe Bay. Our route continues uphill to



meet with a grassy track which we follow to pass an outcrop of limestone pavement on our right.

The track continues up to a stile in a stone wall. Pass through the stile then follow a track upwards alongside the wall. You will come to a wall corner with a windblown Hawthorne. Continue uphill on the same track and you should soon come to the Hospice on the top of the ridge. From the refuge there are wonderful views (weather permitting) to the Lakeland Fells, the Howgills and across Morecambe Bay.