

POINTS OF INTEREST

- a Old Hall Farm** is a traditional 17th century working farm using horse power alongside steam, early vintage tractors and their implements to work the land. As you walk through the wood look out for birch, alder, hazel trees and ground flora including dog's mercury, bilberry, primrose, violets, honeysuckle and ferns.
- b Colton Church** is a typical old Lakeland edifice - plain, roughcast wall, square embattled tower and windows which are, for the most part, 16th century. Outside the church stands an ancient mounting block dating from 1767. Horses were tethered to the railings during the services and the stone was used for remounting to ride home.
- c Viewpoint of Rusland Valley from the old wall** looking northwards towards Rusland Moss, Hay Bridge, Grizedale Forest and beyond to the Coniston Fells.
- d Veteran crab apple tree** with its blossom in Spring and fruits in Autumn.
- e Old post for a Hek gate** which is a traditional Lakeland style of an early gate. Holes for the wooden poles are slightly closer at the bottom of the gate to prevent lambs escaping.
- f Longmire Water Mill** was built in the mid 19th century to grind corn. The wheel axle is still visible, as is the opening at the back where the water would have been channelled over the wheel. Adjacent to the building is a beautifully preserved millpond. Small leaf limes are also here.
- g Milk churn stand** and old post box for Hulleter Farm.
- h Standing Stone** (Note - no public access).
- i Old peat cutting track** running along the fence line. This was used to take peat for fuel off the moss.
- j Rusland Moss National Nature Reserve** is a Site of Special Scientific Interest. The mosses have developed over the last 3000 years and peat forms in the waterlogged conditions. Look out for dragonflies, red and roe deer, lizards, grass snakes and adders.



- k Hay Bridge Nature Reserve** has been established as a nature reserve for thirty years, and is a lowland raised peat bog. Walking along the rights of way through the different habitats, the wildlife you see will depend on the season. Near the visitor centre small birds such as robin, blue tit, great tit and nut hatch can be seen. Listen for great spotted woodpecker drumming on wood and buzzards may be heard mewling over head.
- l White Moss and Black Beck Tarns** were man made and now provide an ideal habitat for over wintering wildfowl and resident swan, moorhen, coot and little grebe. The islands in both tarns provide safe nesting sites. They are important breeding sites for frogs, toads and newts. Note the warning signs for toads on the road.
- m** Look out for three different size hogg holes and a stile in one corner. Hogg holes were created to allow the young sheep (hoggets) free access between fields for grazing. The hole could be blocked by a large slab of stone when needed.
- n The Old Coffin Road** was the route used by the villagers of Bouth to get to the church at Colton.
- o Moss Wood and Height Spring** are semi ancient woodland that is at least 350 years old. This classic Lakeland wood is being managed in part, as coppiced woodland. Coppicing is a traditional method of woodland management, where young trees such as hazel, as seen near path, are cut down at ground level. The new shoots grow from the coppice stool and the process is repeated. The timber was used for bobbins, swill baskets, tool handles and charcoal. Roe deer are often in these fields on the left beside Bouth.
- p Bouth Village** was a busy village for hundreds of years, situated on the crossroads of many ancient tracks, and later the turnpike road from Kendal to Kirkby Ireleth. It held weekly markets and had two hiring fairs each year. The White Hart Inn dates back to the 17th century.



www.ruslandhorizons.org

KEY INFORMATION

Start point: Old Hall Farm, Bouth. Parking is available at the farm all year round (Sat Nav LA12 8JA).

This is one of a series of Greenwood Trails signed with a special waymarker. Please look out for these along the route.

The Old Hall Farm to Rusland Moss and Hay Bridge route follows undulating woodland tracks, fields, sections of mossland, boardwalk and quiet country roads. The long (red) route can be impassible after long periods of rain due to standing water on the moss.

Length and duration of the walks

SHORT ROUTE (stile free)	2.5km	1.5 miles	1-1.5hrs
MEDIUM ROUTE	6.75km	4.2 miles	2.5-3hrs
LONG ROUTE	8.72km	5.4 miles	4-5hrs



Refreshments are available at Old Hall Farm's café. You can also collect picnic boxes for your walk or call in for an ice cream. The White Hart Inn at Bouth also offers food and drink.

Look out for the Greenwood Trails Waymarkers



If you want to find more about the area go to

www.ruslandhorizons.org



A choice of a short, medium or long circular walks from Old Hall Farm

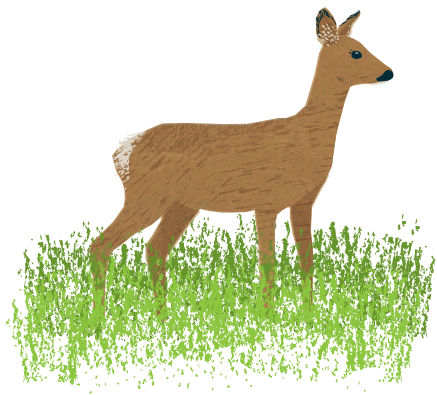


WALK 1
WATERPROOF PAPER

GREENWOOD TRAILS

Old Hall Farm to Rusland Moss and Hay Bridge





WALK 1

Old Hall Farm to Rusland Moss and Hay Bridge

Directions for the Walks



0 Kilometre 1

Go to 'Start' at the bottom of the page

9 At the road junction there is a small stream just ahead of you on the right. Cross the simple foot bridge downstream and go through the gate. Follow the path crossing two plank bridges. In the field ahead of you is an ancient standing stone **h**. Please note there is no public access to the stone.

8b For the long (red) route continue along the road passing the road to Hulleter Farm on your right and down the hill to the road junction.

8a For the medium (purple) route, after the gate take the footpath on the right following the wall. Follow the track towards Hulleter, but do not go to the farm. At the path junction turn right and follow the track to Hay Bridge. When you reach the nature reserve information centre buildings, turn right onto the road and continue south from the reserve. Go to point **13** on the notes.

7 Pass Longmire watermill and the farm on your left and continue along the road.

6 Continue straight on until you meet the track, through the two gates to the Oxen Park to Bouth road. At the cottages take the road ahead (signed gated road).

5 Bear right and follow the old hedge line.

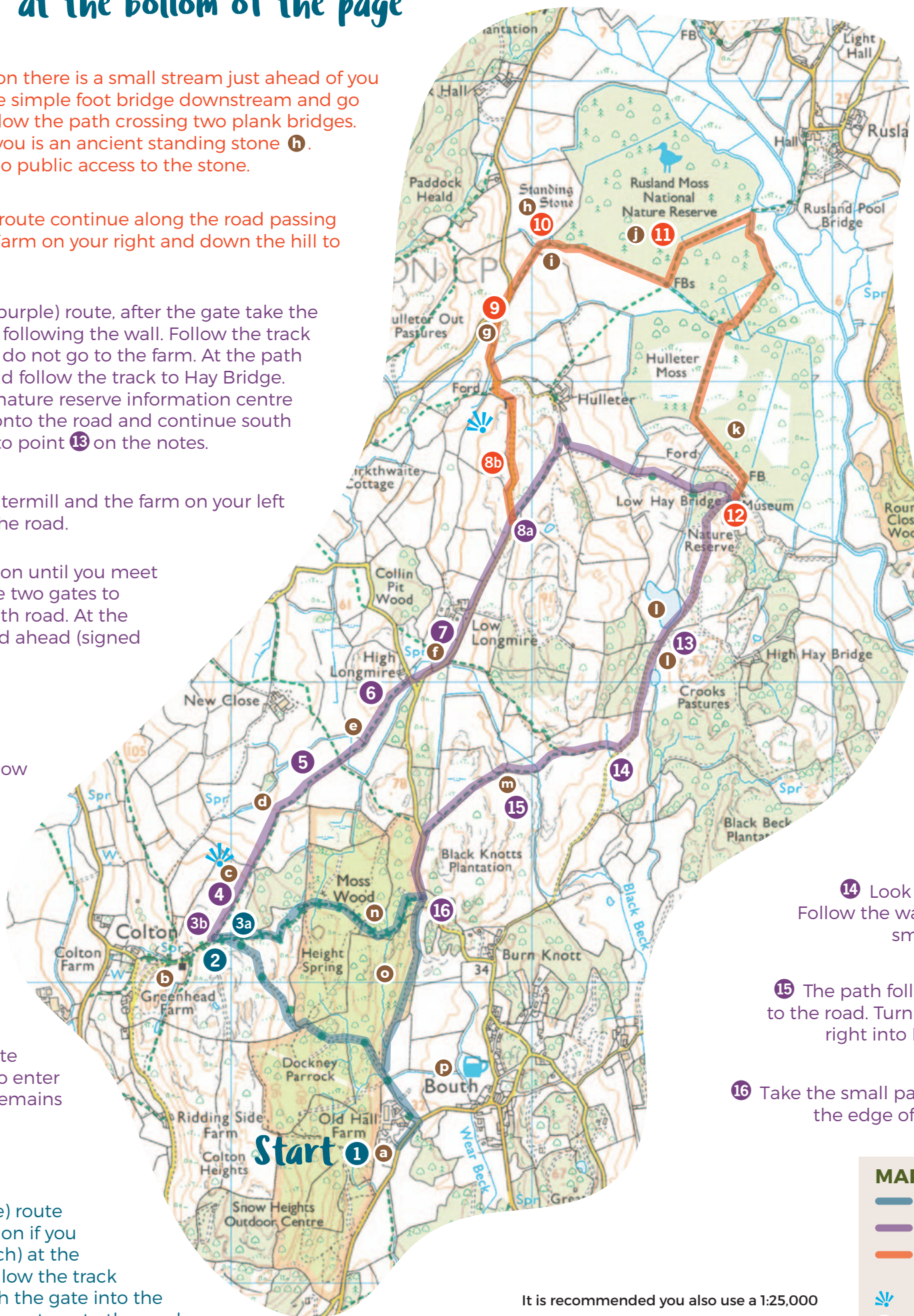
4 Continue down the hill to the stone step stile over the next wall.

3b For the medium (purple) and long route cross the stone stile to enter the field. Follow the remains of the old wall.

3a For the short (blue) route turn right (or straight on if you have visited the church) at the path junction, and follow the track down the hill, through the gate into the woods. Just before the gate onto the road, take the small path on your right back to Old Hall Farm (marked **16** on the map).

2 To visit the church and see the mounting block continue down the track on your left. Then retrace your steps to the top of the hill.

Start 1 Leave Old Hall Farm car park by exiting on to the road and turning left. Take the next left on to the Public Byway past the farm up to the woodlands. Follow the track up through the wood to the top of the hill.



10 At the edge of the wood go over the stile and follow the path and boardwalk (path can flood after long periods of rain) along the boundary to a small bridge. Turn left at the bridge leading into Rusland Moss Nature Reserve and follow the path and sections of boardwalk.

11 A path goes off to the left providing a viewpoint of the moss. Return to the main path, turn left and turn right when you reach the edge of the reserve, which is marked by a large channel. Continue along the boardwalk and paths towards Hay Bridge Nature Reserve.

12 Leave the moss and walk past the buildings, Hay Bridge Nature Reserve Information Centre is situated behind the last building on your left. You are now back on the medium (purple) route.

13 Continue along the road south leading from the reserve. Pass White Moss and Black Beck tarns and over the cattle grid.

14 Look out for a fingerpost on your right. Follow the waymarkers over the rise down to a small stream and across the bridge.

15 The path follows the wall through some gates to the road. Turn left on the road. After 300m turn right into Height Spring Wood (coffin road).

16 Take the small path immediately on the left, along the edge of the wood back to Old Hall Farm.

MAP KEY

- Short Route
- Medium Route
- Long Route (dependent on weather conditions)
- Viewpoint
- Points of interest
- Public Footpath
- Public Bridleway
- Byway open to all traffic
- Unsealed public road

It is recommended you also use a 1:25,000 Ordnance Survey or Harvey map of the area or relevant mapping phone app.

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To enjoy your visit and help look after this special place please follow the Country code:

- Be safe – plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home
- Please keep dogs under close control
- Consider other people

