



GREENWOOD TRAILS

Rusland Valley and Newbarrow



Please look out for these markers along the route



KEY INFORMATION

Start points with parking:

Rusland Pool Hotel (Sat Nav LA12 8AA. Grid Ref SD 329843)
Black Beck Caravan Site (Sat Nav LA12 8JN) access to the trail from here is for site residents only.

The trail can also be accessed at various points where the route goes close to a road. Parking is limited to 1-2 cars in these pull off places.

The short route is relatively flat and easy going. The route follows a narrow road, open fields beside the tidal river and woodland.

The main, long route covers the contrasts between the tranquil, flat river side, peaceful mature woodland and rugged open fell. This trail is more demanding with clear but rough paths (appropriate footwear recommended). The route has plenty of ups and downs in the woods and a steep ascent up to the Rusland Heights. Check the weather forecast before starting, and when you have finished check yourself, and your dog for ticks.

Due to the tidal nature some of the route may be impassible at certain times.

Length and duration of the walks

- SHORT ROUTE** (Rusland valley and woodland).
7.5 Km 4.7 miles 2 - 2 ½ hours
- SHORT ROUTE** for Black Beck caravan residents only (woodland and Rusland valley).
2.5 km 1 ½ miles 1 hour
- LONG ROUTE** (Rusland valley, woodland and open fell).
13.7 km 8.5 miles 300m/1,000feet ascent 4-5 hours

Refreshments and toilets are available at the Rusland Pool Hotel

This is one of a series of Greenwood Trails routes signed with a special waymarker.



If you want to find out more about the area go to
www.ruslandhorizons.org



An interesting walking route around this inspiring and beautiful location

POINTS OF INTEREST

Rusland Pool Hotel
This old inn, once called the Black Lion, was then renamed Dickson's Arms in 1860 by C F Dickson, owner of Black Beck Gunpowder Works. In the 1940s and 1950s it was a transport cafe and in 1990s was completely refurbished and renamed after the Rusland Pool river nearby.

Tramway and field names
The route follows the old horse drawn tramway that linked the gunpowder works to the Furness Railway. The fields you pass through have their own names such as Little Moss, Horse Close Meadow, Pool and Cow Park.

Gunpowder works
Black Beck Caravan site is built on the site of Black Beck Gunpowder Works and there are many structures still to be seen. It opened in 1860, along with many others locally. It was a very dangerous environment, with many killed and injured in numerous explosions. It closed in 1928 when demand slowed and a huge explosion made the site unmanageable.

Rusland Pool river
It is interesting to watch the tidal water flowing upstream from Morecambe Bay. Because of this, there are a number of marshy areas with reed beds and flag iris in summer. Look out for coastal birdlife such as cormorants, herons or egrets. There may also be signs of otters and kingfishers and in summer the rare Honey Buzzard nests in the trees alongside the river.

Fish House Bridge
Fish House was where a fisherman lived who caught and sold fish to the locals. There used to be a well-built bridge here, as the owner of the Gunpowder works, lived at Abbots Reading and he would travel across the mosses to work. The river at this point periodically flooded and changed course, so navies were hired from Ulverston Canal to canalise this section of Rusland Pool in the early 1800s.

The field name here is the Crams which is a dialect word for fattening food and these lush pastures were used for grazing livestock.

Crook Farm and Crooks Bridge
Crook/Crooks is derived from krokr in Old Norse which means a bend or a corner of land and dates back to at least the late 17th century. The 18th century road from Ireleth to Newby Bridge and onwards crossed Rusland Pool at Crooks Bridge.



Hall Brow and Rusland Heights
The track through Hall Brow would have been a traditional track leading to summer grazing. Along this part of the path there are areas of spring flowers including primroses, In summer the Heights are covered by bracken which is being controlled by the landowner.

Juniper
Juniper is one of the three British native conifers. The others are Yew and Scots pine which you can see as you go down the hill. Juniper has many uses including using the berries to make gin and medicines. In this area its most important use has been making gunpowder by mixing juniper charcoal with saltpetre and sulphur. The gunpowder works at Black Beck specialised in making fast explosive powders with juniper which were highly sought after for small fire arms.

Hurley Hall Tarn
This little tarn has no modern name but in the 18th century was known as Hurley Hall tarn. A hurley hall is a dialect name for a derelict building, and it is thought there was once a shepherd's hut up here for someone looking after flocks on the fell.

Great Ellerside

This area of woodland is known as Great Ellerside, a name which means a large wood on a hill-slope where alder trees grow. The name dates back at least 400 years. People living in the nearby villages would have used these woods not only for charcoal burning and making kiln wood but also for grazing sheep and cattle.



WALK 5

Rusland Valley and Yewbarrow

Directions for the walk

Start Rusland Pool Hotel car park (A590)

- 1 Take the track in front of the hotel play area to reach a gate on your left, just before the river. Follow the path keeping roughly parallel to the river until reaching a small road.
- 2 Turn right, cross Black Beck bridge and take the footpath on your left. Continue along the river bank, passing through several gates before arriving at Fish House Bridge.
- 3 Cross the bridge and follow the path for about 600m. Turn right at a T-junction, and follow this path to the large gate leading on to another small road

Black Beck Caravan Site residents only

Exit the caravan park through a small gate in the fence, in the area behind the duckpond. Once in the wood, turn left and walk alongside the fence / wall to the large gate leading on to a small road.

- 4 Turn right and continue along to the end at Crook Farm. Immediately before the farm, a signpost 'Crooks Bridge ¼ mile' leads you to the right. Follow the path, through another gate, and then diagonally downhill towards the boardwalk at the bottom, then cross Crooks Bridge

❖ **Viewpoint** - Look east across the Rusland Pool river towards the woods on Ellerside. The white house directly opposite is Hill Top, the 17th century farmhouse at Ealinghearth, where author Arthur Ransome and his wife Eugenia, lived in the 1960s.

TO CONTINUE THE SHORT WALK

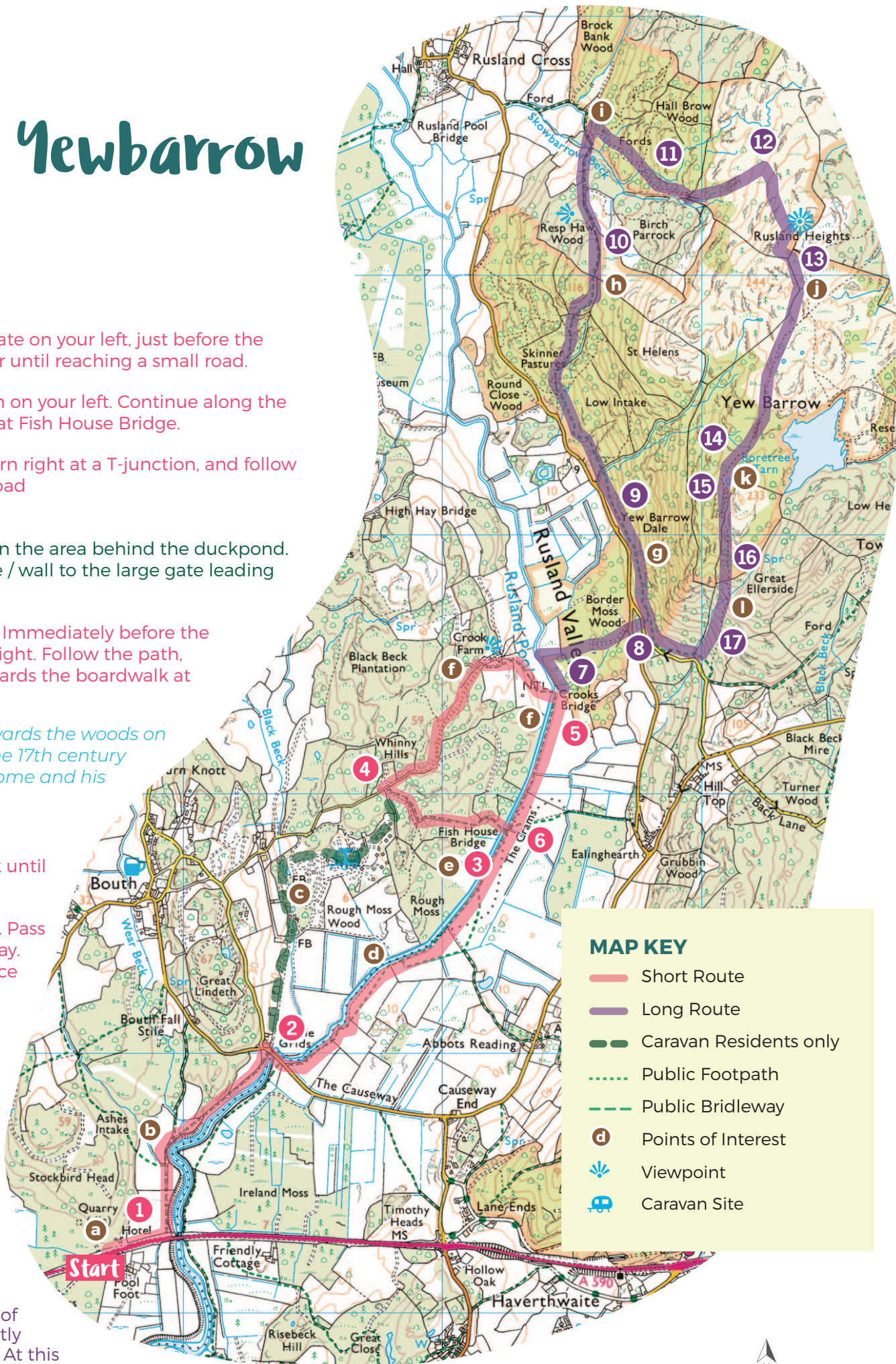
- 5 Turn right at Crooks Bridge and walk along the riverbank until arriving at a 4-way signpost at Fish House Bridge.
- 6 Continue from Fish House Bridge to follow the riverbank. Pass through several gates before emerging onto the Causeway. Turn right and cross the bridge. The Caravan Park entrance is on your right, and the path back to the Rusland Pool Hotel is signed to your left.

TO CONTINUE THE LONG WALK

- 7 From Crooks Bridge turn left, walk along the river bank for about 150m. Turn right off the embankment and along the boardwalk. Continue through Border Moss before emerging on to the road.
 - 8 Cross the road and take a small path opposite, up the hill onto another road. A short distance on your left is a signpost into the woods 'Skowbarrow Lane 1¼ Gt Ellerside'. Take this path to meet a cross path by a gap in a wall. Turn left through the gap.
 - 9 The narrow path meanders up and down along the side of Yew Barrow, roughly parallel to the road on the left. Shortly after the second stream another path joins from the left. At this point our route turns right and goes steadily uphill for a while.
 - 10 The track flattens out and passes through a memorial gate. The route soon diverts to the right along the edge of the adjoining field before eventually re-joining the track.
 - ❖ **Viewpoint** - Look north west across the Rusland Valley to Bethacar Moor and the edge of Grizedale Forest. In the foreground the white building is Rusland Tannery and behind it, the grounds of Rusland Hall are visible.
- Pass through the gate and continue downhill. Look out for a gate, and go through it on your right into Hall Brow Wood signposted to 'High Dam'.
- 11 Climb steadily up the main track through the wood, eventually reaching a gate in a wall leading to more open fellside.
 - 12 The track continues to twist and turn its way uphill until arriving at a T-junction of paths. Turn right here signposted 'Rusland Heights & Great Ellerside'.
 - ❖ **Viewpoint** - A great number of hills are visible. From the left, Black Combe on the edge of Morecambe Bay, the conical shape of Caw, Coniston Old Man and Weatherlam, and then to the north there is the bulk of the Fairfield Horseshoe and Red Screes.

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



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- 13 The path swings left, then uphill before reaching a large stile, over the wall at the top.

❖ **Viewpoint** – From here there is a complete 360° panorama. In addition to the hills visible earlier, the Howgill range can now be seen to the east with Gummars How in the foreground. Down in the Rusland Valley, Rusland Church can just be glimpsed amongst the trees and Hay Bridge Reserve with its raised peatbogs is also prominent.

- 14 The path now starts to descend, at first close to a wall on its right and then slightly further away as you reach an uphill section with heather outcrops. Follow the marker posts until reaching a gate.
- 15 Descend between rocks entering a small sheltered valley. The path passes through a gap in the wall and then past a small tarn on your left.
- 16 Go through a gate in a fence and downhill past gorse covered slopes arriving at a further gate. The well defined path now descends steeply through mixed woodland.
- 17 Towards the bottom of the hill, just before the road, look out for a yellow marker post. Take this small path to the right, pass through a gate and cross a stream. Follow the markers to bring you back to the gap in the wall. Turn left, signed Border Moss, to take you back down to the road.
- 18 To complete the full route retrace your steps through the large gate into Border Moss, turn left and follow the path over the boardwalk, up onto the bank of the Rusland Pool river. Then continue along the riverbank as in points 5 and 6.