



Section 1: Over the Pennines

Welcome

Welcome to Section one of the Westmorland and Furness Way. This 16-mile (26km) leg between Alston and Milburn traverses the wild Pennine Hills and follows a beautiful section of the River South Tyne. You'll pass 'Greg's Hut' bothy, reach the route's highest point at 2,588ft (789m), and descend into the Eden Valley.

Nature and Landscape Highlights

High-altitude Alston Moor sits within the North Pennines National Landscape and UNESCO Global Geopark. Look out for red squirrels, dippers, curlews and grouse, and discover rare calaminarian grasslands and alpine flora. An optional detour up Cross Fell (2,930ft/893m) offers stunning views.

Remember the Countryside Code

Respect other people:

- Consider the local community and other people
- Leave gates and property as you find them and follow designated public paths

Protect the natural environment:

- Leave no trace of your visit and take your litter home
- Keep dogs under control

Enjoy the outdoors:

- Plan ahead and be prepared

History and Culture Highlights

Lead mining shaped Alston and the North Pennines for centuries, making the area one of Britain's foremost mining regions during the 18th and early 19th centuries. The South Tynedale Railway (opened in the 1850s to carry minerals and serve remote communities) now survives as a heritage railway. Visit the nearby Nenthead Mines Heritage Centre to discover more about lead, zinc and silver mining across the region.



Section 1: Over the Pennines
16 miles, (26km), 677m elevation
Estimated time: up to 2 days



Section 2: Following the Eden

Pennine Way



Curlew



Kirkland

For more information on staying safe in the great outdoors visit www.adventuresmart.co.uk



For more information about the walk, features, responsibilities and liabilities visit: www.westmorlandfurnessway.co.uk



Please donate to help care for the landscapes you've enjoyed and protect them for the walkers, wildlife and communities who will follow.



The Westmorland and Furness Way has been delivered by:

Westmorland & Furness Council