



Section 2: Following the Eden

Welcome

Winding through rolling countryside, this section offers sweeping views across the Eden Valley. Admire picturesque Milburn, discover spring bluebells and wildlife in Dufton Ghyll and Flakebridge Woods, and visit historic Appleby-in-Westmorland, renowned for its horse fair. Explore Kirkby Stephen, a 'Walkers are Welcome' town, where the parish church is known as the 'Cathedral of the Dales'.

Nature and Landscape Highlights

The Eden Valley provides a vital refuge for England's cherished native red squirrel. Threatened nationwide by habitat loss, this sanctuary is crucial to securing the species' long-term survival.

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

In the upper reaches of this section, the legacy of 18th and 19th century lead mining is reflected in Dufton, where the Quaker-owned London Lead Company built workers' housing and a school. Travel further back in time with a visit to Brough Castle: strategically constructed on the site of a former Roman fort, where it served as a stronghold for centuries and was the seat of the powerful Clifford family for 450 years.

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