

<p><b>Distance:</b> Approx. 6.5 miles</p> <p><b>Time Taken:</b> Approx. 3hrs</p> <p><b>Terrain:</b> Mainly grassy footpaths and roads.</p> <p><b>Total ascent / descent:</b> 847ft</p> <p><b>Dog Friendliness:</b> Very dog friendly, dogs can be off lead for large parts of this walk as long as they can be kept under control.</p> <p><b>Toilets / Refreshments:</b> The Crown and Mitre in Bampton Grange is a great pub but there are also a number of other pubs nearby.</p> <p><b>Parking:</b> On street parking where you can find it.</p> <p><b>OS Maps:</b> OL5</p>	<p><b>033 – Bampton Grange to Knipe Scar Circular</b></p> <p><b>Background:</b> Bampton Grange is a beautiful little village in the Lowther valley surround by hills near Haweswater in the Lake District. This is a popular stop on the coast to coast so can be quite busy during the summer months especially the pub, the Crown and Mitre.</p> <p>In Bampton grange stands St Patrick's church, erected in 1726 on the site of an earlier structure, being restored in 1885. Opposite the church is the vicarage, which houses the famous Tinklar Library, containing many books written in Latin.</p> <p><b>Route Description:</b></p> <ol style="list-style-type: none"> <li>1. We parked in the village outside St Patrick's church and followed the footpath through the church yard.</li> <li>2. Follow the path through the fields alongside the River Lowther.</li> <li>3. Cross the small foot bridge and follow the path up along the wall until you reach the farm and track road. There is a little hut here selling greetings card and prints by Christine Longmire. Worth a little stop to browse the collection.</li> <li>4. Continue along the lane ahead keeping the farm on your left until you reach another footpath sign marked Rosgill on your left. Cross the field heading towards the houses in Rosgill.</li> <li>5. At Rosgill turn left onto the road and walk around 50 meters to a small triangle of grass and then turn left up a walled track. The track will lead out onto a road.</li> <li>6. Turn left onto the road and continue along this road for approximately half a mile, before turning right at the junction for Scarside.</li> <li>7. Continue up the track to the farm and up to a gate.</li> <li>8. Once through the gate the path bends to the right slightly then up towards Inscar Plantation.</li> <li>9. Once you reach the plantation turn left following the wall along the edge of the plantation (don't go through the large gate at the edge of the plantation). There are some lovely views towards Haweswater from here.</li> <li>10. Follow the path along the edge of the wall and then out onto Knipescar Common and along the terrace of Knipe Scar.</li> <li>11. The path then slopes down left through Knipe Moor and down to High Knipe. The section near the wall before you get to High Knipe can get quite muddy especially in the winter.</li> <li>12. Head through the farm and follow the farm road out past Howgate Foot and onto the road.</li> <li>13. Turn Right onto the road and follow this until you reach the red telephone box and finger post road sign taking the footpath on the left opposite the finger post road sign.</li> <li>14. Follow the path through scrub down towards the river and across the suspension bridge.</li> <li>15. On the other side of the bridge turn left and follow the river back to Bampton turning left onto the road.</li> <li>16. Follow the road back towards Bampton Grange, crossing the stone bridge over the River Lowther and back to St Patrick's Church.</li> </ol> <p><b>Points of Interest:</b> Lots of wildlife on the walk including red squirrels, Haweswater Reservoir, and Swindale Valley which is teeming with wildlife.</p>
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