

KENDAL TO STAINTON AQUEDUCT LANCASTER CANAL

1

TRIP TYPE: SOLO CYCLE

OBJECTIVE:

DISTANCE: 14 MILES

TIME: 1.5 HOURS, 8.9 mph

NICHOLSON: GUIDE 5, pp 88-92

COSTS: £1 PARKING IN KENDAL

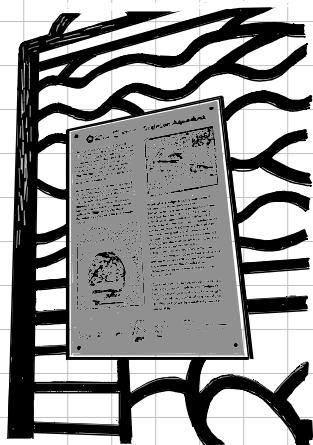
DIFFICULTY: FAIR

OVERVIEW: For much of this ride you will be on minor roads rather than alongside the canal, and cycling back to your start point is easier than cycling uphill to Oxenholme to take the infrequent train back to Kendal. I would only recommend doing this ride if you want to complete the set.

Street parking is difficult, but there are a number of pay car parks in Kendal. I parked at the cricket club on Shap Road LA9 6BZ, which costs £1. For a reasonable payment of £10 they also allow overnight motorhome parking, close to the town centre, from where this ride is described.

1. KENDAL TO STAINTON AQUEDUCT (7 MILES)

From the cricket club turn right down Shap Road towards the town centre. Turn left into Castle Street then right through Gooseholme Park keeping the river close to your right. Once through turn left on Little Aynham, and at the junction with Kirbie Green take the cycle path signposted to Milnthorpe.



Information Sign at Stainton Aqueduct,
Lancaster Canal

This emerges at the recycling centre, where you take the cycle path to the right of the entrance, which is the Old Canal Head.

Continue through and out of Kendal, crossing Parkside Road, and under the A65 Burton Road bridge.

Where the path joins Natland Road follow the road to Natland, as the old canal route is only a footpath with stiles. Continue through Natland to Sedgewick. There is an aqueduct here, but still not cycleable, so bear left up Wells Head Lane, passing under the railway, to where the road passes under the A590. Just before the bridge turn left on a path up to the canal, and continue on a good quality path past Stainton to the aqueduct.

Return to Kendal the same way. At the A590, if you go under the road bridge, you can see the continuation of the canal to your right.

