

POINTS OF INTEREST

a Stott Park Bobbin Mill

Stott Park Bobbin Mill built in 1835 is the only surviving example of a Lakeland bobbin mill. Over 100 such mills once operated in the Lake District, supplying millions of wooden bobbins for the cotton and textile industries in Lancashire and Yorkshire. The mill was water powered and used coppice wood as the raw material for the turned wooden bobbin. Stott Park survived until 1971 because the belt driven machinery was adapted to make products such as tool handles when the demand for bobbins fell away. Today, guided tours provide a glimpse of the sights, sounds and smells of an 1835 working mill.



b The Giant Bobbin and High Dam

The Giant Bobbin at the entrance to High Dam car park, made with the involvement of local people, is a reminder that the original purpose of the dams was to provide a head of water to power the bobbin mill.

High Dam was created in 1835 following the construction of the bobbin mill. A series of streams and culverts carried water down through the woodland to power the waterwheel at the mill. The surrounding woodland also has the remains of charcoal burning platforms and huts.

c Butterflies and flowers

Primroses, violets and wood anemone grow in abundance at the boardwalk end of High Dam. The primroses are the main food plant of the rare and elusive Duke of Burgundy butterfly. The colony here is one of the most northerly in the UK



d High Dam boardwalk

Stroll the boardwalk on a sunny day in late summer and you will catch the aroma of the bog myrtle growing on the mire. Dragonflies hunt here and are often seen basking on the boardwalk.

e The Enclosure wall

The wall on your left is part of the Enclosure wall of 1773. This circular wall enclosed 300 acres of land on Finsthwaite Heights which had previously been common land. By 1770 not enough local people regularly grazed sheep and cattle up here, and it was thought that it would improve the land if it was enclosed and managed. Gates were built in the wall to give access to villagers to cut firewood and peat using the network of 'ancient paths' that they had traditionally used.



f Old trees

Some veteran and ancient trees grow in this challenging landscape. Look out for a substantial old coppiced hazel tree to the left of the path beyond the little tarn, and an ancient crab apple, which is unusual to survive at this height. A remarkable Scots pine can be seen 15m to the right of the descending path. It is an example of a phoenix tree - one which, having fallen over, remained rooted and as it continued to grow, produced new trees at points along the old trunk. So, one tree becomes four.

g Fearing Brow

The woodland opposite is called Fearing Brow - a name that goes back over 450 years. A 'fearing' is a local dialect word for a ghost or evil spirit. Over 100 years ago they said that this lane was haunted by the ghost of a woman called the Ealinghearth Dobby who used to frighten people by walking along the lane with them or hitching a lift on their carts and carriages. Listen carefully because she is said to announce her arrival with a 'strange waffling sound'. As you set off on the footpath again count up who's with you just in case she's come along too!

h The Dales and old farming methods

This field is called the Dales. Below you is a little group of houses, Lower Finsthwaite. Everyone living there would have had a strip of ground (a dale) for growing oats, barley or vegetable crops and grazed their sheep and cattle up on the fell side where you have been walking (Finsthwaite Heights). As you move on from the Dales, you will be in a wood called Wintering Park which was a sheltered woodland pasture for over-wintering sheep and cattle.



i Squeeze stile and Old Norse field names

The old squeeze stile is a last standing remnant of a field wall. The field beyond the stile is called Slack (a word for a hollow). Then you come to Sourbutts, another old common or open field. 'Saur' is Old Norse for muddy, note the patch of reeds at the far end.



j Finsthwaite Church and School

Finsthwaite church was built in 1874 by Paley and Austin and is one of their very best village churches. The design was for a 'mountain church'. Unusually the inside is highly decorated, with painted plaster work. The school, built at the same time, is now the village hall. The small building in the back yard stored locally cut peat that was burned to heat the school. The school closed in the late 1960s when it only had a dozen pupils.



k Plum Green yard and woodland products

Swill baskets made from thinly riven oak and besoms (brooms) made from seasoned birch twigs were an important part of the local economy with whole families making them by the thousand. The photo shows the Hunter family of Finsthwaite making swill baskets in Plum Green yard in 1891. The baskets were part of everyday life being used in industry, on the farm and general use in the home.



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KEY INFORMATION

Start points: the start and parking is from the top car park at Stott Park Bobbin Mill (Sat Nav LA12 8AX). Alternatively you can park at the Lake District National car park at High Dam.

This is one of a series of Greenwood Trails signed with a special waymarker. Please look out for these along the route.

This wonderful walk, to High Dam then up to Finsthwaite Heights and Rusland Heights follows woodland paths, open fell and fields. The paths are rough in places with marshy and muddy sections (appropriate footwear recommended).

The long walk provides extraordinary panoramic views but is exposed to the elements. Check the weather forecast before starting and when you have finished, check yourself, and your dog for ticks.

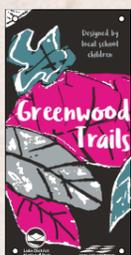
Length and duration of the walks

SHORT ROUTE (Bobbin Mill, High Dam and Finsthwaite)

4.4km 2.7 miles 1-1.5hrs

LONG ROUTE (Bobbin Mill, High Dam, Yewbarrow and Finsthwaite)

10km 6.2 miles 4-5hrs



Toilets and refreshments are available at the Bobbin Mill between April and Oct on Wed to Sun (10am - 5pm) and between July and Aug seven days a week (10am - 5pm). The Bobbin Mill, toilets and refreshments are closed Nov to March but parking is still available. The nearest refreshments are available at the Lakeside Pier.

Look out for the Greenwood Trails Waymarkers

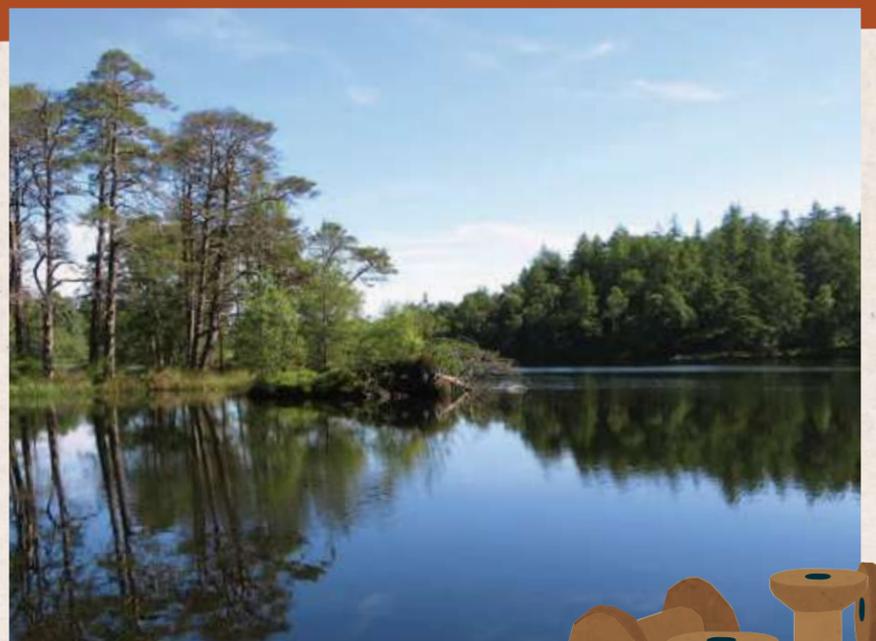


WALK 3
WATERPROOF PAPER



GREENWOOD TRAILS

The Bobbin Mill to High Dam, Yewbarrow and Finsthwaite



If you want to find out more about the area go to

www.ruslandhorizons.org



A choice of walking routes around this fascinating and historic area

WALK 3

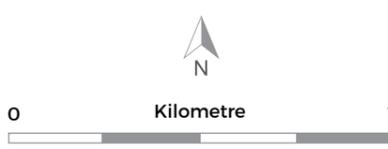
Finsthwaite Heights

Directions for the walks



MAP KEY

- Short Route
- Long Route
- Points of Interest
- Public Footpath
- Public Bridleway
- Viewpoint
- Bobbin Mill
- Lakeside & Haverthwaite Railway (See Walk 2 leaflet)
- Parking
- Aquarium



It is recommended you also use a 1:25,000 Ordnance Survey or Harvey map of the area or relevant mapping phone app.

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LONG ROUTE

- Start** Turn right out of the Bobbin Mill car park and follow the road as it swings round to the left.
- 1 Turn right up the road signposted to High Dam and walk uphill past the barrier. In a few metres follow the wide path to the right.
 - 2 Continue uphill on the main wide path, passing Low Dam on your left and finally arriving on the bank of High Dam.
 - 3 Turn left, walk along the dam wall and follow the footpath around the dam crossing two footbridges and arriving at a junction of paths.
 - 4 For the long route turn left, and follow the footpath along the wall and open fell until reaching a gate and stone stile at the viewpoint.
- Immediately below is the Rusland Valley and beyond that the mass of Grizedale Forest. In the distance is Conistone Old Man with Weatherlam to its right. If visibility is good you may be able to see the distinctive profile of the Langdale Pikes.
- 5 Turn left and follow the path in the direction of Rusland Heights. This path runs virtually due south. It is a little indistinct in places, but is clearly marked with white topped posts. Cross a stone stile, pass a rocky outcrop on your left and arrive at a 3-way fingerpost.
 - 6 Continue in the same direction, signed Rusland Heights, Great Ellerside. The path swings left uphill and then parallel to a wall before reaching a stile over another wall, at the top.
 - 7 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 white posts until reaching a gate.
 - 8 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.
 - 9 Go through a gate in a fence and downhill past gorse covered slopes arriving at another gate. The well defined path now descends steeply through mixed woodland before passing through a large gate to a minor road.
 - 10 Turn immediately left and take a new path "Town End ¾ mile". The route climbs gradually uphill, through 2 large gates before emerging onto the Finsthwaite Road.
 - 11 Turn right and take another footpath almost immediately on your left through a field with rocky outcrops. Keep close to the wall, skirt the garden of the white house ahead on your left before emerging onto a lane through a field gate.
 - 12 On reaching the road again, turn almost immediately right down a lane between buildings and follow it round to the right until reaching a field gate. Turn left and climb up the grassy slope keeping close to the wall on your left. On reaching the summit, locate the exit gate ahead half right.
 - 13 On reaching the bridlepath turn right and proceed along it until reaching a

- marker post indicating a permitted path to the left. Continue along this path which leads you through the wood to a stile leading into the fields.
- 14 Follow the line of the path straight ahead through a squeeze stile, and three fields heading towards Finsthwaite Church.
 - 15 On reaching the church, turn left up the hill and then turn right at the top and re-join the road. Note Plum Green yard on your left. Follow the road past the entrance to High Dam and return to the Bobbin Mill.

SHORT ROUTE

- Follow directions for the Long Route up to and including Point 3.**
- 4 For the short route, go straight ahead, slightly uphill, following the path around the dam, crossing a boardwalk and bearing right as the path keeps close to the edge of the dam.
 - 5 On arriving back at the Dam Wall, retrace your steps down the broad path to your left. To return directly to the Bobbin Mill or car park, continue all the way down to the road.
 - 6 However, to visit the village of Finsthwaite, do not follow the main path as it swings left downhill, but go straight ahead down a smaller rocky path for about 200m until you see a small footbridge over the stream on your right. Cross the bridge and pass through the gate into a field.
 - 7 Go diagonally downhill towards the houses of the village as they come into view. Pass a few static caravans and go through a small wooden gate into the next field.
 - 8 Follow the line of the wall on your right, until you see a small wooden gate in the wall on the left hand side of the field, at the back of the houses. A short path goes through Plum Green yard and brings you onto the road in Finsthwaite. To view the church, turn right and then left. The church is ahead. Follow the instructions in Point 15 on the Long Route.

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