

### **TRAIL 3 - AROUND SKIDDAW**

Leaving Keswick westwards, the first stop is at **CROSTHWAITE** on the edge of the town. The medieval legend is that Kentigern, one of the first Christian missionaries to south west Scotland and the Solway Plain, set up a cross here around 550. The church as we see it now dates back to later middle ages and is unique in England in preserving a full set of twelve consecration crosses round the outside - carved to mark the points at which the bishop stopped to bless the new building.

Take the A591 (Carlisle) road and four miles out of Keswick watch carefully for the turning on the left for **BASSENTHWAITE** old church. There is no metalled road to the church, just a track and the lake shore footpaths. It is the only church dedicated in the middle ages to St. Bega and the chancel arch shows that the church dates back to the 12th century if not earlier.

Just after the A591 joins the A595 at Bothel, turn right for **TORPENHOW**. Cumbria has many churches in the style we call Norman, built by the last conquerors of Cumbria. Few have changed as little as Torpenhow (pronounced Trapenna). look on either side of the chancel arch: to the south, in light red sandstone, a strange collection of men and beasts watch, on the north side, dark red demonic figures.

Go back to the A595 and turn right, then right again at Mealsgate (B5299). At **BOLTONGATE** is a church described by Pevsner as "one of the architectural sensations of Cumberland", on account of the plain stone tunnel-vaulted roof over nave, chancel and transepts.

The same road takes you over the moors to **CALDBECK**, a village in a valley ringed with fells. The large medieval church saw the funeral of the great huntsman John Peel - his grave is in the churchyard.

Through Hesketh Newmarket take the narrow road to **MUNGRISDALE**, where you will find an attractive Georgian church of 1756, still with its three-decker pulpit and box pews - restoration has not touched it.