

TRAIL 4 - THE LAND OF CARTMEL

Time and again in this tour you will come across reminders of Cartmel, the quarters of Augustinian canons founded about 1190 and dissolved in 1536. So at **BOWNESS-ON- WINDERMERE**, where the trail starts, you find medieval glass in the east window probably purchased from the dissolution commissioners at Cartmel. Bowness church itself was consecrated in 1483, and restored in 1870.

If you follow the A5074 to Winster and fork right by Bowland Bridge you come to **CARTMEL FELL** (St. Anthony) - the approach road is not suitable for coaches. The interior escaped the hands of the puritans in Cromwell's time and the restorers in Victoria's. The church was built in 1504 by local farmers to save the walk 7 miles to Cartmel Priory. From the beginnings of the church comes the Cowmire Pew on the north side of the church. Rather later is the Burblethwaite pew.

Go on southwards to High Newton, cross the A590 and bear right then left for **FIELD BROUGHTON**. The first church here was not built until 1745, and the present church is of 1892-4. The woodwork and embroidery have been much praised.

South again for two miles and you reach **CARTMEL PRIORY** at last. The church was started about 1190, and there was further major building early in the 14th century and in the 15th (where the church acquired a great new east window, inspired by York Minster, new choir stalls and a square belfry tower). At some stage the cloister and canons' building, on the south side of the church, were moved over to the north. At the dissolution, Cartmel became one of the four monastic churches in Cumbria (apart from the Cathedral) which remained in use as parish churches. The others are St. Bees (Trail 2), Lanercost (Trail 6) and Holm Cultram. Cartmel, however, is the only parish in the county - and one of a very few in England - where the whole church was preserved intact.

This trail ends on the shores of Morecambe Bay at **FLOOKBURCH**. Once a dependent chapelry of Cartmel Priory, it was replaced in 1776 by a small building which lady Frederick Cavendish called "this horrible chapel... a mean conventicle". It was replaced in 1900 by a more worthy building by Austin and Paley.