

Cummersdale

walk **2**



Open to all on hard surface path
(RADAR Lock on gates)



Time

27 - 54 mins

Distance

2.8km (1.8 mile)

Steps

Approx 3,600

Route

Tarmac and grass

Start point

Beside footbridge
Denton Street,
Denton Holme
CA2 5DU

Parking

Disc

Bus routes

69 (nearest stop)
62, 75

Walk category

Moderate
(some gradients)

This circular walk follows a tarmac path with some gentle gradients. It is accessible to wheelchairs and pushchairs. There is an option of following a riverside grass path in dry weather.

Two hundred years ago, textile factories were built along the River Caldw using water to power machinery and bleach cloth, which was dried on the Holmes. The Holmes was also used as recreation grounds for the workers of Denton Mill.

Flowing from the slopes of Skiddaw in the Lakeland fells, the River Caldw brings beauty and wildlife to the area. Kingfishers and Sand Martins are sometimes seen flying from the sandy riverbanks and Salmon fight their way up the river to spawn during autumn.

The national cycling and walking (Sustrans) path from Inverness to Dover passes through the Holmes and is followed on this walk.

Depending on
your level of
fitness it will take:



Under 54 mins
(2 miles per hour)



Under 36 mins
(3 miles per hour)



Under 27 mins
(4 miles per hour)

Calories used

Women:
204 kcal

Men:
244 kcal

Route description

From the footbridge at the southern end of Denton Street, follow the tarmac road beside the river, heading out of the city. Pass the weir, old mill buildings and new housing development. Bear right up to the tarmac path and enter Cummersdale Holmes via gated entrance.

Follow the tarmac path passing close to the Cemetery. Watch out for cyclists also using the path.

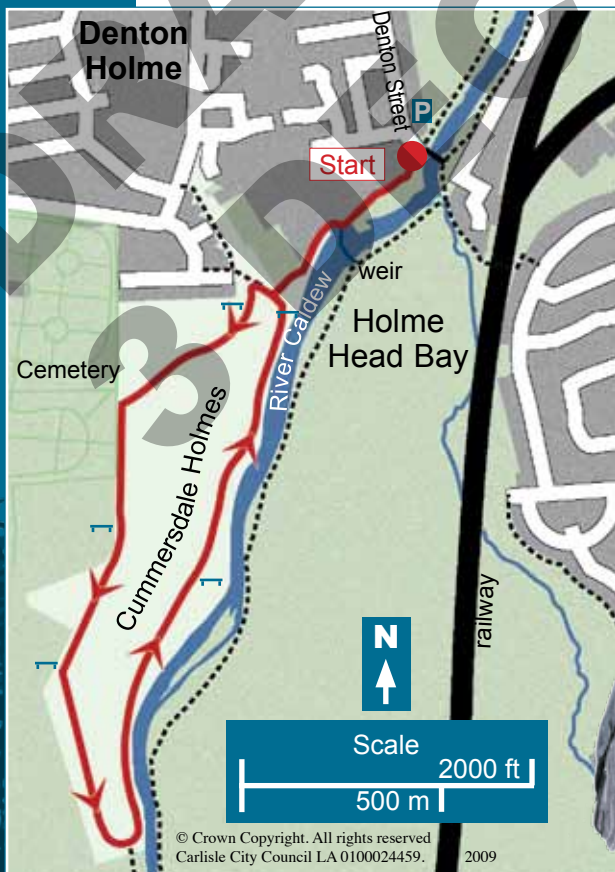
At the end of the Holmes (at another large gate) return to the start by one of two routes.

Dry weather:

follow the grassy riverside path back across the Holmes.

Wet weather:

it may be best returning via the tarmac path you have just walked.



Grey heron