



“This gentle walk is ideal for a hot summer afternoon stroll, the area is open access common so you can wander freely”

This is a lazy walk, ideal for a hot summer day when the common here is loud with skylarks, the air heavy with the antiseptic smell of bog myrtle, and the tarn starred with water lilies. Only a few minutes walk from the Torver to Ulverston road can be found an area of remoteness, marred only a little by the skeins of power lines. This is not typical lakeland. Formerly a forest, it is now a stretch of heath and rough grazing for the hardy sheep which feed on myrtle, juniper, and heather shoots as well as grass. The common is largely open and pathless. There are a few crags and no rough ground here. This gives the area a strange sense of freedom; walk where you like, sit and picnic where you like. The common is managed by the National Park Authority and there is free access.

Torver Low Common



Juniper berries

Route instructions

A The walk starts from the A5084 Torver to Ulverston road 1 mile (1.5km) south of Torver, at Beckstones. There is a layby parking area here opposite a large garage. Turn left out of the car park and walk down the main road.

B 400m down this road, just after a small car park and footpath to the left, turn right off the road and go through a gate onto a path.

C Cross the footbridge over the river and continue on the footpath, which follows the right-hand bank of the beck.

1 Note the juniper bushes. The local name is 'savins', and the charcoal from it

was much used in the manufacture of gunpowder in the district's powder mills. The berries were much valued medicinally for kidney complaints, but of course they are still much used in gin making.

D Turn right, up the small path beside the beck, until you reach the tarn's outflow.

E Turn left, cross the outflow and continue on the path along the low ridge above the tarn.

2 The level of this tarn was raised artificially to maintain a head of water for a mill below.

F 30yds (27m) after passing the end of the tarn,

Plan your walk



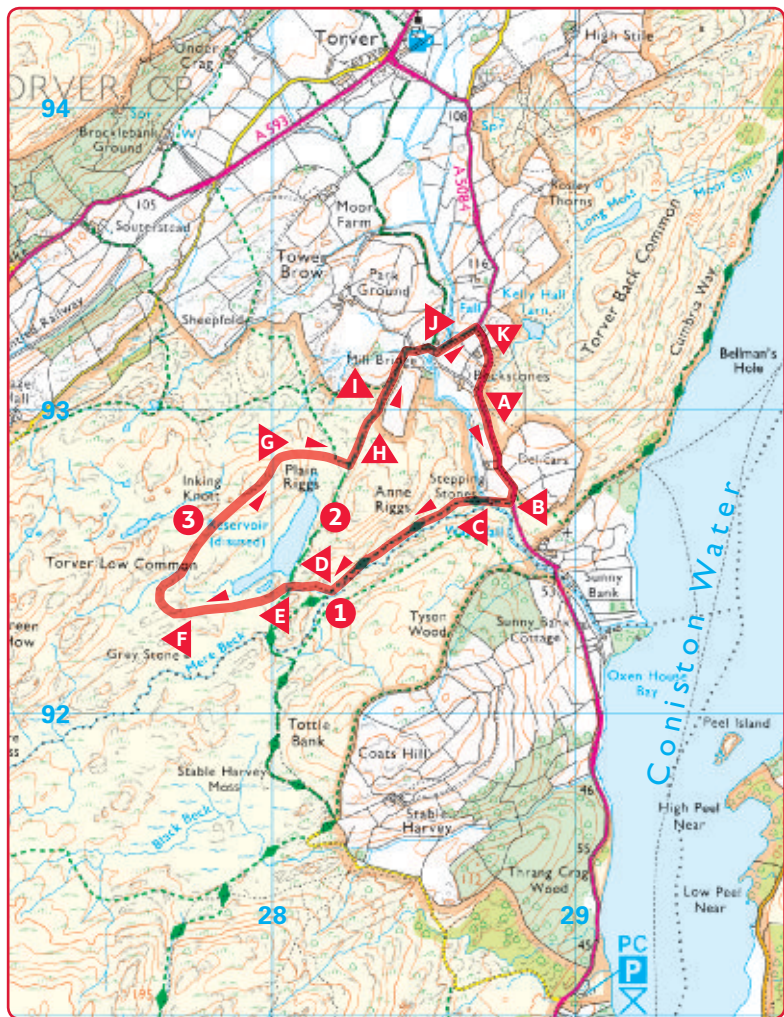
DISTANCE: 2½ miles (4km)

TIME: 1¼ hours

START/END: SD286930
Layby parking area opposite a large garage on the Coniston to Ulverston road, one mile south of Torver

TERRAIN: Easy; wet sections

MAPS:
OS Explorer OL 6;
OS Landranger 96



bear right on a small path across the marsh, aiming for the prominent crag. Pass underneath the crag, up past the isolated holly bush and continue on the path up to the viewpoint on the top of the hill.

3 Good view over to Coniston Old Man. Dow Crag is on the left, Goatswater Hause is the dip to the right, and the Old Man is further to the right again.

Torver Low Common

G From the top, follow the path on and down. At the bottom of the hill, it curves away to the right.

H At the junction of paths by the power line, turn left and follow the path down, underneath the power line.

I Bear right just before the wall and follow the path down, through the gate and down to the old mill.

J After crossing the mill bridge, turn left and up through the gate to follow the path to the road.

K Turn right onto the road with great care as it is a blind corner here. Follow the road a short distance back to the car park.

Old Man of Coniston
from Coniston Water

