

Furness Gill, Flimby

3



Time

22.5 - 45 mins

Distance

2.4 km (1.5 miles)

Steps

Approx 3,000

Route

Loose gravel and grassy surfaces

Start point

Entrance to Risehow Industrial Estate, CA15 8PD

Parking

Towards estate, to right in lorry park

Bus routes

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Walk category

Easy

This circular walk, with some gentle gradients, can be boggy and uneven in places when there has been a lot of rain. Before starting out on your walk, pause for a minute to admire the fine heritage sculpture by Maryport's own Colin Telfer, depicting three miners in conversation. His work can be seen at various locations in the Maryport area.

This route gives you the feeling of being miles away from civilisation with some parts screened by thick hedges, but really you're only metres away from the A596 and the industrial estate. There is a slight gradient up to the summit of the route just after Dark Gill. This was the site of a Roman Signal Station, part of a line of defences built as an extension of Hadrian's Wall. These works were undertaken during the latter part of the Roman occupation when Irish and Anglian pirates raided along this part of the Cumbrian coast. From this point you can take in some great views of the Scottish Mountains.

Depending on your level of fitness it will take:



Under 45 mins
(2 miles per hour)



Under 30 mins
(3 miles per hour)



Under 22.5 mins
(4 miles per hour)

Route description

The walk commences from the entrance to Risehow Industrial Estate. Facing the estate, locate the path on the right hand side of the entrance which follows the line of Furnace Gill and the path becomes quite enclosed by high hedges. The allotments are on your right. At the end of the gravel path turn left at the gate and walk up the laning to the rear of the estate.

A little down the lane go left again at the junction, across the bridge over Dark Gill, (covered with large ferns). Carry on up and over the hill, on a gentle gradient then turn left when you reach the A596 back to the starting point.

