

The Coniston to Torver Trail

Coniston used to have its own railway line with a terminus station in the village just up from the Sun Hotel. It was connected to the Furness Railway at Foxfield but sadly it was abandoned in 1958. The track bed has since then been unused (apart from a section near Torver which carries a new road). Recently though, some sections of track bed on the approach to Coniston have been converted into a cycle path.

The cycle path can easily be linked to a series of permissive routes through Waterpark and alongside the shores of Coniston Water. All the cycling is very easy and this route is perfectly suited to beginners and those looking for a gentle ride. However care should be taken if you plan to return on the A593. The road is narrow in places and unfortunately traffic can move quite quickly along these sections.

Beginner: Mainly off-road cycle trails with gently undulating hills.

Distance: 6 miles (10km) return

Nearest Town/Village: Coniston

Start Location: Coniston, Lake Road car park

Surface and Gradients: Lanes, valley roads, old railway track bed, access tracks bed and lake side tracks.

Refreshments: Coniston and Torver

Bike Hire: Coniston Boating Centre, Coniston, Tel: 015394 41366

Maps: OS Landranger 96 & 97, OS Explorer OL6, Harveys' Superwalker (1:25 000) Lakeland South, British Mountain Maps Lake District (1:40 000).

DIRECTIONS TO START:

From Coniston by car – Follow signs from the Village to the Lake, when you reach the lakeshore the Lake Road car park is on the left.

THE ROUTE

From the lake side car park turn right, back towards the village on Lake Road. Head over a small bridge and before the road bends back around to the right go through the gate near the Trading Estate. Follow the cycle path south for about 1km, then south west for 100m until you reach Coniston Hall campsite.

Follow the access track through Coniston Hall near the side of the lake, skirting another campsite. Ignore the track and path on the left and instead head away from Coniston Water and past Hoathwaite Farm towards the old railway bridge.

after crossing the cattle grid turn RT over the old railway bridge and follow the wooden direction signs "Torver" or "Torver Trail"

Follow the surfaced trail down under the railway bridge through a steep sided cutting. From here the route is obvious, it crosses over the new bridge at Torver Beck then goes through fields to bring you out at the back of the Church House Inn in Torver. Be sure to stop for some refreshments or pop into the Torver Deli across the road.

Return leg

You can retrace your steps back to the Lake Road car park or experienced riders can follow the A593 back to Coniston. Be careful as the road is busy and visibility is poor in places.

