

## Rail Trails

### PONSONBY FELL

Given clear conditions Ponsonby Fells elevation and isolation from the clutter of surrounding peaks make it an outstanding viewpoint with wide ranging views including a revealing perspective of Scafell Pike and Scafell. This walk is best suited to those with prior experience.

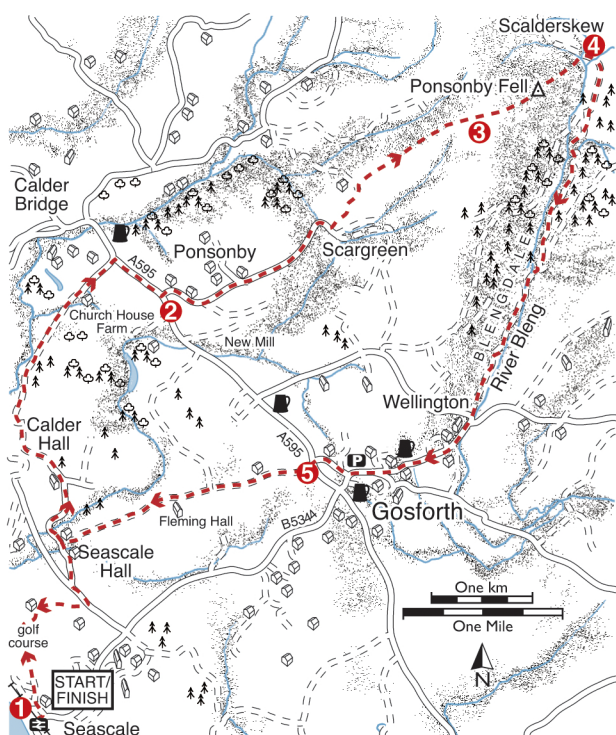
**Start/finish:** Seascale Station (GR NY 036 010)

**Distance:** 22.5km (14 miles)

**Time:** 7 hours

**Height gain:** 510m

**Maps:** OS Landranger 89, OS Explorer OL 6.



1. Turn left then immediately left again. Follow the lane to a fork; take the right branch past the school to the golf links. Take the bridleway that climbs past the greens and then skirts How Farm to a road. Turn left and follow the road a short distance to a junction. Turn right and follow the road past Seacale Hall to another junction at Calder. Carry straight ahead and join the bridleway, past Calder Hall to join a road at Church House Farm. Follow the road to the A595, turn right and carefully follow it for 400m to a road on the left.
2. Join the road and follow it to a bend at Scargreen. Go around the bend and then turn left onto a bridleway. Follow the bridleway as it climbs steadily northeast to a wall corner below the open fell of Ponsonby Fell.
3. Go through the gate and climb to the rounded grassy summit. To descend head down to join a track at Scalderskew Beck.
4. The track is then followed as it works its way down through the trees of Blengdale Forest. The track roughly follows the course of the River Bleng all the way to the road at Wellington. Join the road and follow it into Gosforth. At the centre of the village take the right fork and follow the road to the A595. Cross the A595 and turn left a short distance to the start of a bridleway (lane).
5. Follow the bridleway past Flemming Hall to the road at Seascale Hall. Turn left and retrace your steps from earlier in the day.