

	Penrith & Eamont Bridge Historical PT (PT 343 11Km)		
START VENUE	Primary: Penrith Clock Tower, Market Square, Penrith, Cumbria, CA11 7BY. Alternative: Start venue at Q2 - A686 Carleton Avenue at its junction with Carleton Road and Regional Cycle Route No 71, Carleton Village, Penrith adjacent to The Cross Keys Public House. Free on-street parking on Carleton Avenue close to the start point. If starting here, walk downhill away from the traffic signals along a cul-de-sac road signposted Cycle Route 71 keeping the Cross Keys on the left. Alternative: Start venue at Mayburgh Henge, Eamont Bridge, Penrith, CA10 2BY where there is a small free carpark/layby nearby. If starting from this point, keeping your back to Mayburgh Henge, turn right towards Southwaite Green Mill.		
CAR PARKING	Sandgate Pay & Display Car Park, Albert Street, Penrith, CA11 7UP – 350m (6 mins) from start. Bluebell Lane Pay & Display Car Park, Bluebell Lane, Penrith, CA11 7LX – 350m (4 mins) from start. Friargate Pay & Display Car Park, Penrith, CA11 7XR – 350m (4 mins) from start.		
PUBLIC TRANSPORT	Penrith Railway Station, Ullswater Road, Penrith, CA11 7JQ is approximately 0.5Km from the start. Penrith Bus Station, Sandgate, Penrith, CA11 7TP is approximately 0.3Km from the start.		
GEOCACHING	There are no known Geocache sites along or close to the route.		
DISTANCE/GRADE	11Km Grade 2		
TERRAIN	A mixture of tarmac roads/footpaths, gravel surfaces and grassy paths through fields. There are several gates and some stiles to negotiate.		
GENERAL INFORMATION	Steeped in history, the market town of Penrith is now the shopping, business and social centre of Eden District. With easy access to the beautiful Eden Valley, the Pennines and Lake District, it is at the heart of Cumbria. Penrith and the surrounding area are steeped in history going back to the Neolithic period, and more recently Roman and Mediaeval periods including the now partly demolished Brougham Castle and Brougham Hall. Eamont Bridge, named after the bridge over the river of the same name. It is also home to the Neolithic era King Arthur's Round Table Henge and the magnificent Mayburgh Henge. A significant part of the route is along lightly trafficked minor roads that do not have footpaths alongside. Please walk in single file along the right-hand side of the road to face oncoming traffic.		
SPECIAL PROGRAMMES	River Connections: There are several Rivers Connections on this PT.		
	Royal Connections: There are several Royal Connections on this PT.		
REFRESHMENTS	Places to buy food and drink along the route are available during regular opening hours.		
TOILETS	Public toilets are in the town centre at Little Dockray (just off Market Square) along a brick-paved walkway, turn left under arch just before Little Dockray bears right. Also available at Bluebell Lane (CA11 7HL); Penrith Castle, Ullwater Road (CA11 7EG & Penrith Bus Station, Sandgate (CA11 7TP). They should be open during daytime hours. Toilets are also available along the route at Cross Keys Public House, Brougham Castle and Brougham Hall during opening hours (all customers only).		
BWF / IVV	This trail is registered until 31st December 2026. BWF declaration on next page.		
ROUTE DESCRIPTION CHECK / UPDATED	6 th September 2024 (Please make sure you are using the most up to date version, particularly if printed off a while ago). Admin update 05/04/2026. Section UK IPA Walking Group – BWF Club 113.		
DATA PROTECTION	The data provided on his form will be retained until 1st February 2027 for statistical analysis and will then be securely destroyed.		
ENTRY FEE	£1.50 per walker. Payment preferred by Bank Transfer to Metro Bank Account: 45237087; Sort Code: 23-05-80; Name: IPA Region 3 (NB: Metro Bank do not operate "Confirmation of Payee" so a warning indicating this account cannot be checked is likely). Please use PT 320 + Surname as payment reference. Cheques, payable to Mrs J A Smith, accepted only by exception when bank transfer is not possible please.		
TRAIL ORGANISER: (TO CLAIM IVV STAMPS)	Judith Smith (BWF), 13 Chantry Road, East Ayton, Scarborough, North Yorkshire YO13 9EP. Email: judith.a.smith@btinternet.com Please use the form on Page 2 to submit your entry and claim IVV stamps. Please enclose a STAMPED SELF ADDRESSED ENVELOPE [A5 size (162mm x 229mm)] with this form and send it to the Trail Organiser.		
BWF DECLARATION	The organisers are not liable for accidents, thefts and/or damage to property. Every effort will be made by the organisers to make this a safe, enjoyable and memorable event.		

PERMANENT TRAIL COMPLETION & IVV STAMP CLAIM FORM

(Please print details clearly)

PT NAME:	PENRITH & EAMONT BRIDGE HISTORICAL PT		PT NUMBER:	PT343
DATE WALKED:		ROUTE UPDATED:	06/09/2024 Admin – 29/12/2025	

NAME:				
ADDRESS:				
POSTCODE:		TELEPHONE: *		
E-MAIL: *				

NAMES OF <u>ADDITIONAL</u> WALKERS:		

AWARD & SOUVENIR STICKER:	At the present time, there is no award available for this trail. If you wish to be notified if an award (cloth badge) is produced, please indicate YES / NO. Please ensure your E-mail address is entered above.
	A free Souvenir Log Book sticker is available YES / NO

Please put my IVV stamps on a new set of insert cards.	YES / NO
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ENTRY FEES:		Walkers @ £1.50 each=	£
		Awards @ £2.50 each =	£ Not applicable
	Total transferred / enclosed (delete as necessary) =		£

ANSWERS	
Q1:	Q6:
Q2:	Q7:
Q3:	Q8:
Q4:	Q9:
Q5:	

If you wish to make any comments, please add them to a separate sheet.
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If you have a problem with this trail, please try to resolve it with the trail organiser. If you are unable to resolve the problem, please contact the BWF Trails Officer.
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The details on this form will only be used in order to process your claim for IVV stamps and will not be used for any other purpose. Your details will not be passed to any third party.
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*These Details will only be used in the event of a query relating to this claim for IVV stamps.

ROUTE DESCRIPTION

TL = TURN LEFT; TR = TURN RIGHT; SO = STRAIGHT ON

Start at Penrith Clock Tower [#1].

QUESTION 1: What was the name of the eldest son of Sir George and Lady Musgrave?

With your back to the Clock Tower and the Market Square behind you, walk SO across the cobbled King Street to the lane between the white two-storey building (NatWest Bank) and the three-storey red sandstone building (formerly Barclay's Bank). At St Andrew's Church [#2], TR keeping a metal railing fence, and later, a low wall on the left. Follow the lane (St Andrew's Place [no sign]) around to the left taking note of Penrith Parish Centre on right where there is a blue plaque to Ann Louise Clarke referencing her having worked for Nottinghamshire Police. Continue and emerge into a small car park (Friargate Car Park).

Cross Friargate (no sign) towards Abbots Banks, the cream-coloured house with stone portico directly ahead. Having crossed Friargate TL and head up the slight incline to the left. At the 'T' Junction with Benson Row and Folly Lane, TR onto Folly Lane and walk along the footpath on the right adjacent to the road. As you pass the allotments on the right, look to the right for a great view of the Lake District Fells (for a better view cross the road where the footpath is more elevated). Towards the end of Folly Lane, there is a 100 metres-long section of road without a footpath so stay on the right and proceed with care onto what is now Barco Terrace. At the STOP sign, TL and follow Cycle Route 71 (sign under STOP sign) onto Carleton Terrace then Carleton Road.

Continue SO remaining on the footpath on the left until reaching the A686 Carleton Avenue. At the end of the road opposite the Cross Keys Public House, cross road using Pedestrian Crossing and ahead on road at side of pub signposted Cycle Route 71.

QUESTION 2: Which Monarch's initials are shown on the post box in the wall of the Cross Keys Public House?

Continue SO and downhill along the road signposted Cycle Route 71 past the entrance to Frenchfield Sports Centre which is on the left. Pass through a metal gate, signposted 'Bridleway – No motorised vehicles'. Continue SO along a track keeping the sports fields to the left and at the end of the track, turn right and walk through the underpass (tunnel) which passes under the A66 dual carriageway.

After walking through the underpass, TL and then TR at next junction (no footpath) signposted Cycle Route 71 (may be concealed by foliage) away from the dual carriageway. Continue SO over the stone hump-back bridge across the River Eamont (**HINT: River Connection**) to the entrance to Brougham Castle [#3] (**HINT: Royal Connections – research required**). It is worth stopping on, or close to the bridge, for a fabulous view (and photo opportunity) of the Castle. Brougham Castle is managed by English Heritage and is open to members of the public with free entry to members of English Heritage. In addition to offering some magnificent views of the surrounding area from the top of the Great Keep, it provides a fascinating insight into local history and is well worth a visit. Visitors to Brougham Castle may use the small café and toilet facilities.

QUESTION 3: On the sign at the entrance to Brougham Castle, what type of photography is prohibited on this site?

Continue along the road (no footpath) to the crossroads.

Another fascinating piece of local history, the Countess Pillar [#4] which is closely linked to Brougham Castle, is situated about 700 metres away. Whilst not forming part of the route, you may want to consider visiting it. If you choose to visit the Countess Pillar, TL at the crossroads towards the A66. Where the road bends to the left to join the A66, continue SO into the cul-de-sac layby towards the A66 and onto the metalled footpath beyond. Bear right in front of a wooden fence towards a metalled footpath and wooden gate keeping the A66 on the left. Pass through the gate and continue SO along the footpath almost parallel route to the A66. After about 300 metres, you will arrive at The Countess's Pillar. NB: parts of this addition can be quite muddy after adverse weather. After visiting the Countess Pillar, retrace your steps to the crossroads.

If you choose not to visit the Countess's Pillar, after walking to the crossroads from Brougham Castle, TR following the signs for Brougham Hall. Continue SO (no footpath) for about 800 metres to a junction then follow the road to the right. Continue SO following the road to the left keeping mature woodland on the right and a row of houses on the left. Directly ahead is Brougham Hall [#5] (**HINT: Royal Connections – research required**) with a junction to the left immediately prior to the Hall. Brougham Hall provides a refreshment & toilet stop during opening hours.

QUESTION 4: The entrance to Brougham Hall directly ahead is the 'Postern Gate' with a 'corbelled parapet' build over it. How many corbels (supports) support the parapet over the gate?

Ignoring the junction on the left, follow the road around the right then left taking note of the fascinating Brougham Door Knocker [#5].

Continue SO following the road to the left (**NO FOOTPATH – EXTREME CARE NEEDED**) under a bridge which crosses from Brougham Hall to the Cromwellian Chapel [#6] on the right then continue SO along the road until you reach the A6. TR onto the footpath next to the A6 and walk across the bridge over the River Lowther (**HINT: River Connection**). Follow the path around to the right keeping the A6 road to the left. Prior to entering the village of Eamont Bridge, cross to the opposite side of the A6 road when safe to do so and continue walking towards the village.

To the left is King Arthur's Round Table [#8], a superb example of an ancient and neolithic henge.

Continue towards the junction (mini roundabout) with the Crown Public House on the opposite corner, then TL along the B5320 signposted King Arthur's Round Table and Mayburgh Henge (Brown Sign). Walk along the left-hand side of the road (**NO FOOTPATH – EXTREME CARE NEEDED**) for a few metres before entering King Arthur's Round Table via a wooden kissing-gate on the left. This is an English Heritage site which is free to enter at any reasonable time of day. Check the information panel near the gate you entered through.

QUESTION 5: The unauthorised use of what is not permitted?

Leave the Henge via the wooden kissing-gate that you entered through and cross the B5320 road to the opposite footpath when safe to do so. TL and continue along the footpath away from the mini-roundabout to a junction on the right signposted Southwaite Green, Mayburgh Henge and Eden Millenium Monument. Just beyond the junction is the Eden Millenium Monument [#9], a large block of granite.

At the junction, TR then follow the road (no footpath) around to the left, descending slightly to the bottom of the gradient where you will find the Eden Millenium Monument Car Park on the left (alternative start point). Follow the road (no footpath) to the right then continue SO to the entrance to Mayburgh Henge [#10]. Mayburgh henge is in the care of English Heritage and has free entry at any reasonable time of day. It is well worth exploring the site.

QUESTION 6: The banks of Mayburgh Henge are constructed of cobbles taken from which river?

From the entrance gate to Mayburgh Henge, continue SO (no footpath) and walk past some houses on the right. The noisy M6 motorway is on the left. TR by (or over) a stone stile opposite the 'Southwaite Greenmill' millstone onto a footpath sign-posted (wooden finger post) Eamont Bridge. The footpath, fenced on the right, follows the boundary of a field. Pass through a wooden gate and continue following the left-hand boundary of the field, fenced on both sides, until you reach another wooden gate, which brings you out onto a tarmac track. Bear right and continue SO to Eamont Bridge keeping the River Eamont to the left. Follow the track around to the right then left to where it meets the A6 Kemplay Bank. To the left is Eamont Bridge, a bridge over the River Eamont with traffic controlled by traffic signals. TR and walk a few metres towards the nearby pedestrian crossing and take note of 'Bridge End' [#11], the white painted house on the right with a Latin inscription above the door.

QUESTION 7: What is the name and date above the Latin inscription?

Use the nearby pedestrian crossing to cross to the opposite side of the A6 Kemplay Bank then TL and walk towards the Bridge [#12]. Just before the bridge, TR through a metal gate and follow the footpath across a pedestrian bridge next to the old stone bridge over the River Eamont (**HINT: River Connection**). Once across the bridge, TR, signposted Public Footpath (Wooden finger post) and follow the surfaced drive (Kemplay Foot) keeping the river on the right. At the end of Kemplay Foot, at the entrance to Low Mill, TL and use the wooden stile to reach a footpath at the edge of a field (Take care of raised tree roots). Continue SO along the path which meanders along a woodland path. Cross another stile into a large field and continue SO following a riverside path with the River Eamont (**HINT: River Connection**) on the right (Caution: Field may contain livestock).

Follow the course of the river as it meanders through the countryside for about 1.5km. Keep looking to your left towards a tall metal communications tower. This building complex is Carleton Hall [#13], the Headquarters of Cumbria Constabulary. Continue along the path by the river over a gated footbridge, a new wooden gate and past a redundant wooden stile. Brougham Castle should also come into view on the right as you continue along the riverbank.

The path leaves the riverbank and bears left, along the line of a fence around a property where a swimming club building was once situated (the old swimming pool may still be visible). Leave the field via a wooden pedestrian gate. TR the almost immediately TL onto Cycle Route 71 and walk through the underpass (under the A66) that you walked through soon after the start.

The path leaves the riverbank and bears left, along the line of a fence around a property where a swimming club building was once situated (the old swimming pool may still be visible). Leave the field via a wooden pedestrian gate. TR the almost immediately TL onto Cycle Route 71 and walk through the underpass (under the A66) that you walked through earlier.

Retrace your steps along Cycle Route 71 towards the Cross Keys Public House keeping the Frenchfield Sports Centre and Fields on the right.

QUESTION 8: What is the Latin inscription on the entrance gate to Frenchfield Sports centre?

Continue SO and back to the Cross Keys Public House. Cross the main road using the pedestrian crossing by the Cross Keys Public House into Carleton Road opposite (also has a road name for Winters Park).

Continue along Carleton Road, passing over end of Folly Lane (no street name sign but 'No Entry' to vehicles – take great care of traffic emerging from Folly Lane) and on reaching Old London Road junction, cross over and, keeping phone/post box to your right continue ahead into Roper Street (sign on right low down adjacent to the post box) to a junction controlled by Traffic Signals. At the Traffic Signals, TR onto Victoria Road which becomes King Street at the junction of Old London Road and Langton Street.

QUESTION 9: Which famous English Romantic Poet stayed at 51 King Street? (Street numbers are all on the left).

Continue SO to Penrith Clock Tower and the end of the walk.

Welcome Back. Section UK IPA Walking Group hope you enjoyed the Penrith & Eamont Bridge Historical PT and that you have enjoyed exploring this fascinating area with its many interesting historical features.

Much of this route follows a route devised by the Eden River Trust to whom credit and thanks must be given.

ADDITIONAL INFORMATION

[#1] Penrith Clock Tower, also known as the Musgrave Monument, is a distinctive clock tower standing in the Market Square. It was erected in 1861 as a tribute from the town to Sir George and Lady Musgrave of nearby Eden Hall, in memory of their eldest son.

[#2] St Andrew's Church, with its Georgian nave and medieval tower, has been described as 'the stateliest church of its time in the county'. In the churchyard near the tower are the Giant's Thumb and Giant's Grave comprising 10th century crosses and pre-Norman tombstones. Though linked by tradition, both to a legendary giant and a 10th century king of Cumbria, their origins are shrouded in mystery.

[#3] Located in a picturesque setting close to the confluence of the Rivers Eamont and Lowther, and beside a bridge over the River Eamont, in Cumbria, Brougham Castle was founded in the early 13th century by Robert I de Vieuxpont. After the grandson of Vieuxpont was declared a traitor, the Vieupont estates, including Brougham Castle were confiscated by Henry III. After being returned to the Vieuxpont family several years later, the estates passed to the powerful Clifford family through marriage. Brougham Castle became an important military base and stronghold at the outbreak of the Wars of Scottish Independence in the late 13th century. Constantly at risk from the Scots, the Castle was captured and sacked in 1388 after which, it fell into a state of disrepair as members of the Clifford family increasingly stayed elsewhere on their grand estates. Following the death of George Clifford, 3rd Earl of Cumberland, 13th Baron de Clifford, 13th Lord of Skipton and Champion to Queen Elizabeth I in 1605, the ancient Barony passed to his sole surviving heir, his daughter Lady Anne Clifford who became the 14th Baroness de Clifford. His Earldom and estates were bequeathed to the male heir, his younger brother Francis, as was customary in that period. In 1617, Lady Anne Clifford began what was to become a lengthy and protracted legal battle to pursue her claim to legal title to the family estates, including Brougham Castle. It was not until 1643, following the death of her cousin Henry Clifford, 5th Earl of Cumberland, who died without an heir, that Lady Anne Clifford was successful in regaining title to the estates although she did not obtain actual possession until 1649, 32 years after starting her legal challenge. After taking possession of Brougham Castle, Lady Anne Clifford set about restoring it to a good state of repair. Lady Anne Clifford died at Brougham castle in 1676 and her grandson, Nicholas Tufton, 3rd Earl of Thanet inherited the estates. He died in 1679 and over the next five years possession passed through his three younger brothers. Under the youngest, Thomas Tufton, 6th Earl of Thanet, Brougham Castle suffered particular neglect. Over a period of time, he sold the contents of the Castle and then stripped the fabric of the Castle as a source of building materials for the nearby village of Brougham. The Castle was now in ruins. The great keep largely survives, amid many later buildings - including the unusual double gatehouse and impressive 'Tower of League'. Both a formidable barrier against Scots invaders and a prestigious residence, the Castle was visited by King Edward I in 1300. A complex of passages and spiral stairways makes Brougham a fascinating castle to explore.

#4 The Countess Pillar is a monument erected in 1656 by Lady Anne Clifford of nearby Brougham Castle, to commemorate her last meeting with her mother in 1616. The pillar marks the place where Lady Anne Clifford, then Countess of Dorset, bade farewell to her mother, Margaret, on 2 April 1616, at what was then the gateway to Brougham Castle. On the low stone beside it, money was given to the poor on the anniversary of their parting.

#5 Brougham Hall is a medieval site that has been fortified and settled for centuries although the exact date of its construction is unknown. Its strategic location on top of a hill and its access to nearby springs made it an ideal defensive position. Many of the walls, gates and other structures still present today date back to the 15th century. Brougham Hall is a grade II* listed building and was initially owned by the de Burgham (Brougham) family. In the 16th century, a complex range of buildings existed on the site, including a manor house, a byre, and a gate. A pele tower was added in the 17th century. Lady Anne Clifford, Countess of Dorset, Pembroke, and Montgomery, who was responsible for the conservation and restoration of 14 castles in the region, acquired the estate in 1651. She oversaw extensive renovations to the Hall. The Brougham family re-acquired the Hall in 1726, and it became their family seat. The Hall was rebuilt in the 19th century, and it was the home of the Lord Chancellor Brougham. During the Victorian era, Brougham Hall was known as 'the Windsor of the North' due to visits by King Edward VII and his son, the future King George V. The Hall fell into decay after passing out of the ownership of the Brougham family in 1934. It was abandoned, roofless, and even used for the development of a top-secret WWII weapon. It was only restored in the 1980s by Christopher Terry, who saved it from destruction. Today, a scale model of the Hall can be viewed by appointment.

#6 The Brougham door knocker is a fascinating piece, with a long and storied history. Four examples of this 12th century design exist: two in Durham and two from Brougham. The original graced the north door of Durham Cathedral, from 1172 to 1977, when it was removed to the safety of the Cathedral Treasury and replaced by a replica, cast by the British Museum. Both the Durham rings were bronze, whilst the original Brougham ring was

made of iron – it was believed that sanctuary in the Cathedral was assured to any fugitive who grasped the ring. It survived the War but was stolen, crated and sent to Sotheby's for auction. In an attempt to replace it, the Brougham Hall Charitable Trust asked the Bishop of Durham for consent to use the British Museum mould. The Bishop was amenable but the Dean and Chapter were not – this resulted in the laborious operation of drawing another, from which the monster's head was carved in wood. A sand mould was taken from the wooden head and was finally cast in bronze, in seven pieces, by Collier's foundry, in Sussex in 1993.

#7 The present-day Cromwellian Chapel of St. Wilfrid's opposite Brougham Hall, designed and built by Lady Anne Clifford in 1659, replaced an earlier place of worship that had been on the site since at least 1310 AD. It is one of four places of worship that were constructed during the Cromwellian Period approached either by road or via a bridge over the road from Brougham Hall.

#8 King Arthur's Round Table. Despite its name, this ancient and mysterious monument has been dated to the late Neolithic period (between about 2000 and 1000 BC). It consists of a low circular platform surrounded by a wide ditch and earthen bank, a layout characteristic of prehistoric henges. There were originally two entrances to the central area – one on the south east, which still exists, and another to the north west; the latter was destroyed, along with part of the bank and ditch, when the adjacent road was constructed. The site was excavated in 1937, when evidence for two standing stones at one entrance was found; these are also shown on a seventeenth century plan. The exact purpose of the monument remains unknown: it may have been the meeting place for a large prehistoric community, perhaps for trading though possibly also for ritual or ceremonial use. During the excavations a long, shallow trench – perhaps where the dead were cremated – was discovered near the centre of the circular platform. The site may have acquired its name in the seventeenth century or even earlier, due to its circular form and a revival of interest in Arthurian legends – it was thought to be a location for jousting – or the traditional associations of King Arthur with the North West.

#9 Eden Millenium Monument. The fifty tonnes block of granite was transported from Shap quarry, about 18Km away before being erected on site. It was dedicated on July 2nd 2000 by the Bishop of Penrith at the culmination of the Eden Millennium Festival. The site was chosen because of its association with neighbouring Mayburgh Henge, the 4,000 years old Bronze Age amphitheatre which was the first great gathering place in the Eden Valley. The granite is 330 million years old, and the Monument is intended to last thousands of years. In a trench round the base are buried about 2,000 small stones, decorated mostly by primary school children of Eden, and placed during the dedication service as birthday presents for Jesus' 2000th birthday. The carved symbols on three sides of the Monument are an Alpha, a Cross with the number 2000, and an Omega. The Alpha and the Omega are the first and last letters of the Greek alphabet and represent the beginning and the end, the past and the future, God the Creator and God the Holy Spirit. The Cross and the 2000 represent the present, 2,000 years of Christianity, and Jesus Christ our Lord alive with us today. commemorating the Millenium.

#10 Despite being situated close to the motorway, Mayburgh Henge, an impressive prehistoric monument, can be a remarkably peaceful place. Once you pass through the entrance into the henge on the east side the reason for this is clear: the central area, almost 325 feet (100 metres) in diameter, is surrounded by an enormous bank and now crowned in places by trees. Some parts of the roughly circular bank are almost 3 metres (10 feet) high, creating a vast enclosed space. Although the henge is within 2Km (1.25 miles) of the centre of Penrith and within a few hundred yards of the neighbouring monument of King Arthur's Round Table, this mysterious monument has remained largely undisturbed. Unusually for a site of this type there is no surrounding ditch, while the bank is extremely tall. Slightly north west of the centre is a single large standing stone, just short of 3 metres (10 feet) high. Originally seven others accompanied this: three more in the centre, forming a square with the fourth, and two pairs flanking the entrance. The other stones were recorded as standing in the eighteenth century. It is thought that they may have been removed to provide building material for either Penrith Castle or Eamont Bridge, although there is no real evidence to support this suggestion. Legend has it that the labourers responsible were cursed for their act of desecration, one going mad and another hanging himself. Mayburgh Henge probably dates to the end of the Neolithic period or the beginning of the Bronze Age, about 4,500 years ago. The function of such large monuments is not fully understood, although it is thought that they played a role in social or ritual activities, perhaps involving trade or astronomical observations.

#11 Bridge End. The Latin inscription above the door reads, "OMNE, SOLVM, FORTI, PATRIA, EST, HP. 1671" which translates as "His own country is everything to a brave man". Little is known about the history of the property.

#12 Eamont Bridge is a Grade 1 listed Scheduled Monument which crosses the Eamont River at the old boundary between the historic counties of Westmorland and Cumberland. The village built up around it takes its name from the Bridge. It probably dates back to the 15th century but was widened in the 19th and 20th centuries. It is one of the oldest bridges in the country still in daily use.

#13 Carleton Hall is the headquarters of Cumbria Constabulary, but was once the home of the Carleton family, the last of whom died in the eighteenth century. During the first half of the twentieth century it was the home of the Carleton-Cowper family. The northern part of Carleton Hall's grounds is now divided between the Pategill housing estate and the Penrith Rugby Club. The manor of Carleton was held as a sub-manor of the larger manor or Honour of Penrith.