

Map 12

Lowther Map 4

Directions for Parking at P6: From Kemplay Roundabout, take the A6 towards Shap. Travel 0.4 miles, turn right on the B5320, travel 1.0 mile, turn left for Askham and Haweswater. Travel 6.7 miles, and on arriving at Bampton Grange Bridge, park on lay-by at junction.

Directions for Parking at P8: As for P6, but turn right at Bampton Grange Bridge, signed Rosgill, and travel 1.3 miles, park on verge on right-hand side on sharp corner just before Rosgill Bridge.

Directions for Parking at P9: As above, but from turning off at Bampton Grange Bridge, travel 1.9 miles, passing through Rosgill, at T junction turn right, travel 1.3 miles, turn right for Shap Abbey, travel 0.5 miles and park in Abbey visitor car park.