



Leg 1 – Roof of England Walk

Leg 1: Appleby-in-Westmorland to Dufton – Directions

Length	Ascent	Time	Version	Updated
19.2km (11.9 miles)*	656m (2,152ft)*	06:07*	1.0	07/05/25

*Using OS Maps (online)

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OS maps for Leg 1: Explorer – OL19 (N); Landranger – 91.

The route is shown on the maps as a thin **red line**.

A:



Leg 1 of the **Roof of England Walk** begins outside the Moot Hall in Appleby (NY 68371 20311 and `///grand.spurtd.district`) and finishes in Dufton (NY 69073 25030 and `///circle.reference.includes`).

For the first 3.3km you will be following the **Wainwright's Pennine Journey** route. Follow Boroughgate downhill. At the bottom turn right and continue following the road as it crosses over the River Eden.

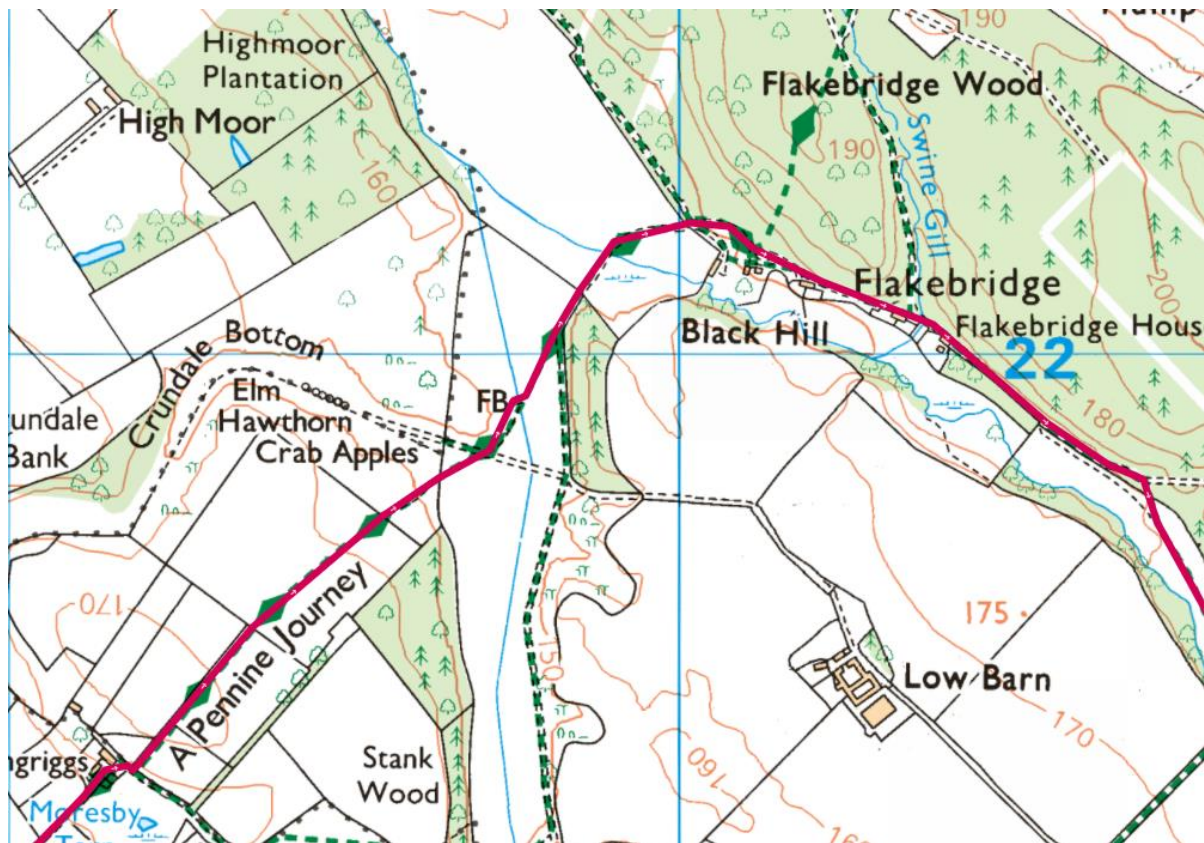
After the bridge turn left and walk along the river. After 200m turn right on the uphill Station Road (signed Station). Go underneath the railway and pass Appleby Primary School – continuing uphill. Follow the road round as it bears to the right. Turn left at the T-junction (signed Brampton and Long Marton). Pass under the A66 and take the first right.

Go through the metal gate and continue ahead on the tarmac road/track. At the end of the road turn right over a wooden stile – signed 'Public Footpath – Brampton, Murton'. Keeping the fence on your left – walk down the field for 150m and then climb over the stile and continue along the farm access road to Hungriggs. When you reach the farm at Hungriggs – pass to the right of the modern barn and go through a metal field gate. Continue ahead up a short climb to a field corner. At the corner continue straight ahead with the fence on your left.



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B:



Cross the wooden stile and head straight across the next field – bearing slightly right – there is no discernible path on the ground. At the other side of the field climb over the stile/go through the gate and continue downhill to another stile in a drystone wall.

Cross the stile over the drystone wall and bear left to cross a grassy track, and skirting round a small hill on your left, head towards a footbridge over a drainage channel. Once over the stream, head towards a gate in the far corner of the field. Go through the wooden field gate and continue following the track straight ahead – across a stream and round to the right through another gate/stile.

Go through the gate/climb the stile and follow the stone track ahead, initially bearing right and uphill. At NY 70117 22156 Wainwright's Pennine Journey route turns left and climbs up into Flakebridge Wood. Continue ahead on the track and start to **follow the purple Roof of England Walk waymarks**.

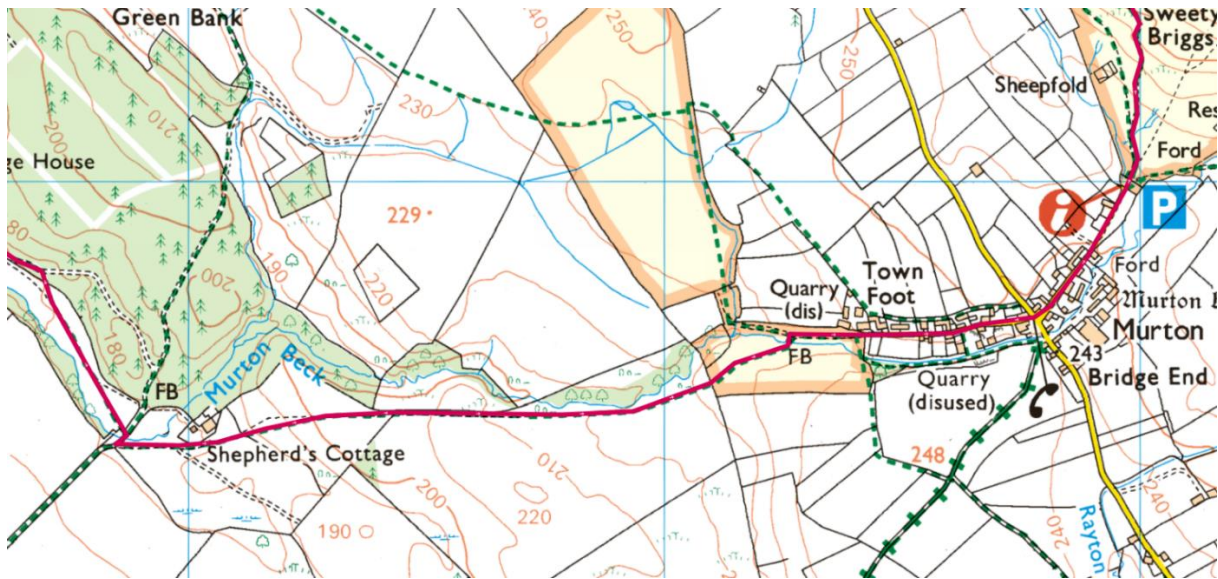
At Flakebridge ignore the track on the left – continue straight ahead, passing Flakebridge House. Just before the track starts rising (before a layby on the left), turn off to the right and go through a wooden bridle gate into a field.

Having gone through the wooden bridle gate turn left on the faint path. Follow the path to the far-right hand corner of the field.



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C:



Cross the stile and turn right on the access road, cross over the stream and immediately turn left (over a cattle grid) to follow the access track to Shepherd's Cottage (signed 'Public Footpath - Murton').

Pass Shepherd's Cottage on the right and follow the footpath straight ahead, up the hill. When you reach the top corner of the field cross the stone step stile (to the left of the metal gate) and continue ahead with the drystone wall initially on your left.

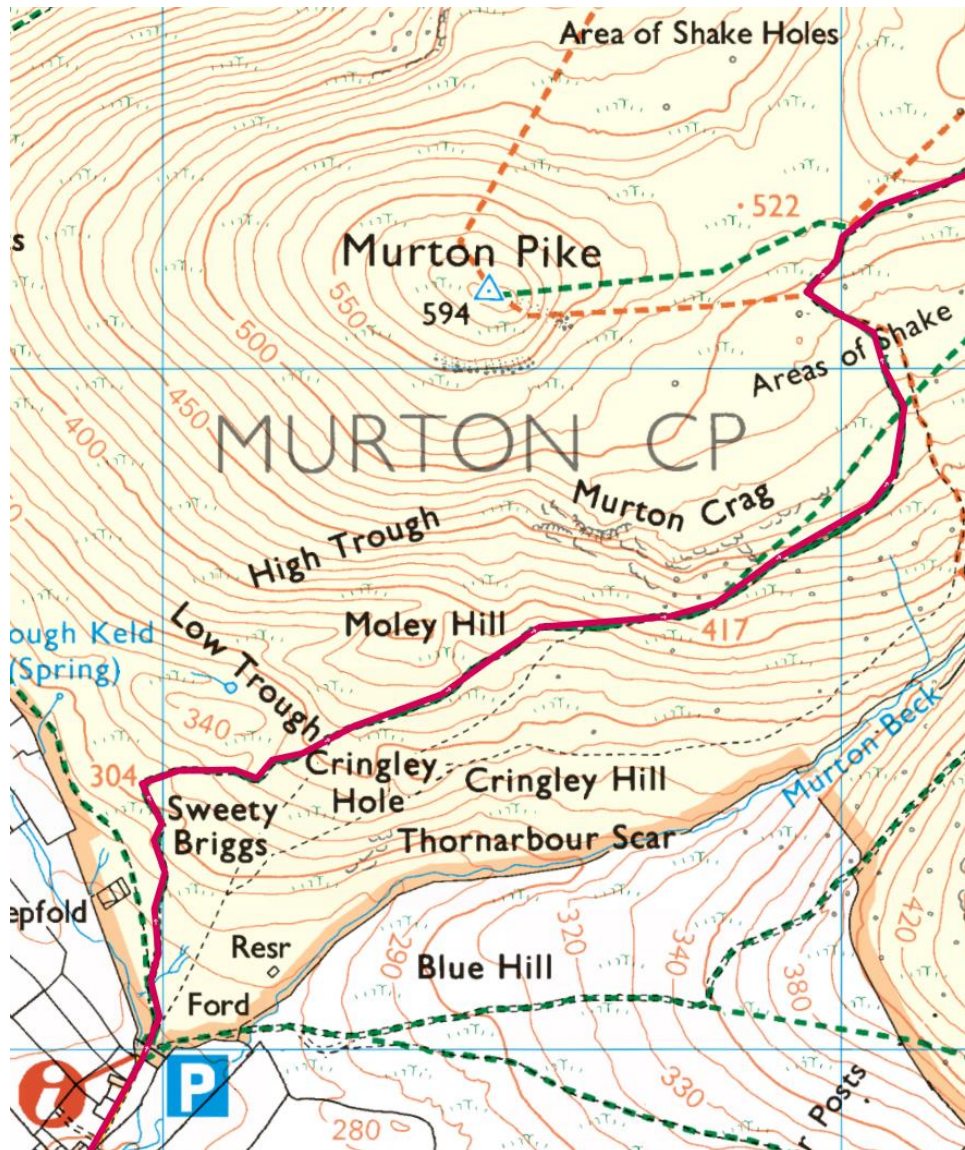
When you reach the end of the wall continue ahead along the edge of the field – keeping the wooded Murton Beck on your left. Cross the stone step stile at the top of the field and continue straight ahead. Descend to the footbridge across Murton Beck.

Cross the footbridge over the beck. Turn right onto the track and follow into the village of Murton. Go straight across at the crossroads and follow the road all the way up through the village to the small car park at the road end.



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D:



From the small car park go through the kissing gate and follow the uphill track, bearing left – heading towards Murton Pike. After a short distance ignore the grassy footpath peeling off to the left – continue on the stony track.

Continue following the track as it veers round to the right and contours round the hillside on a rising traverse below Murton Crag.

Beyond Murton Crag continue following the stony track as it bears round to the left and climbs, more gently now, to a col below, and to the East of, Murton Pike.

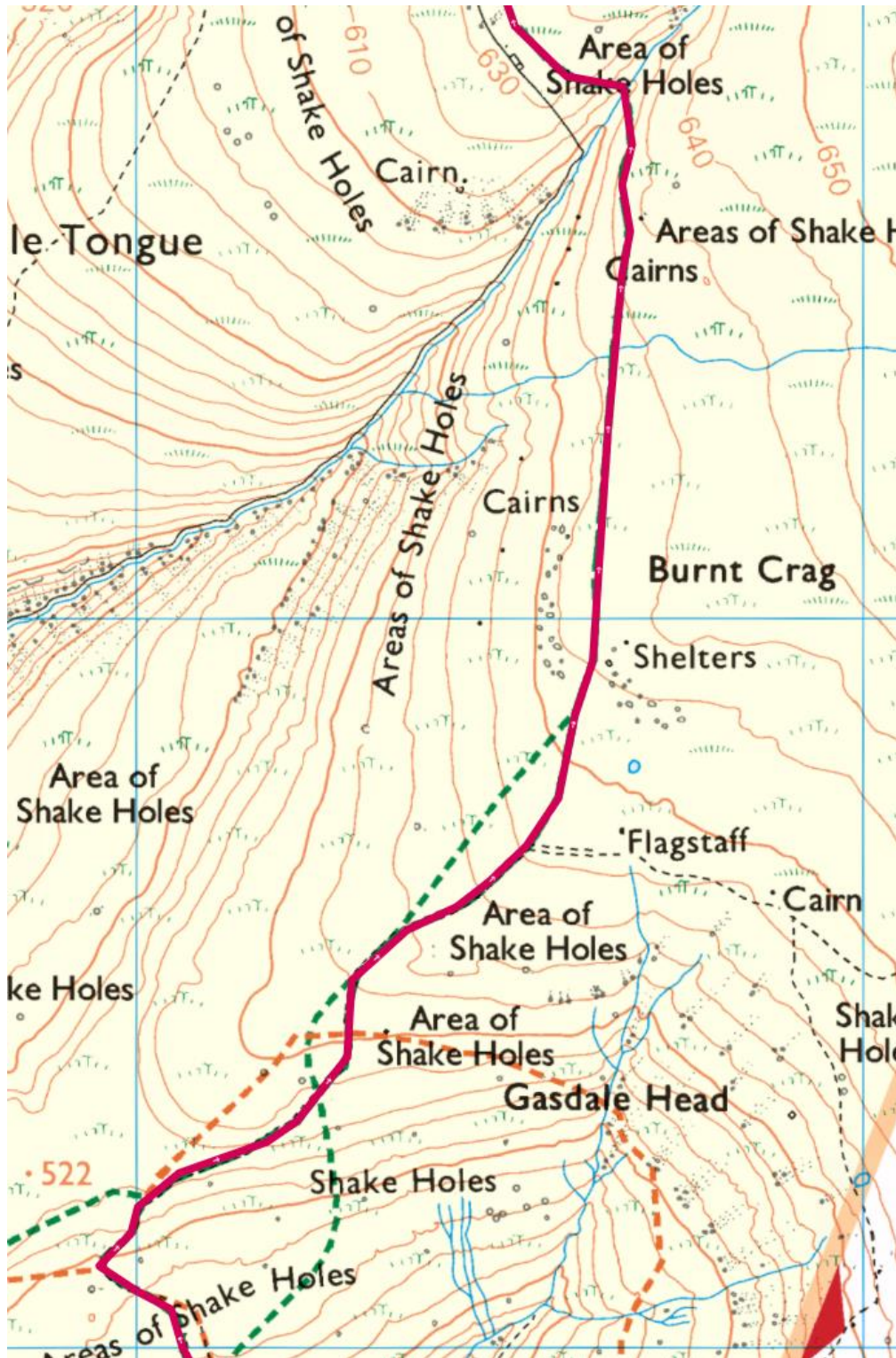
When you reach the col continue to follow the stone track ahead, around the side of the hill. It is worth taking a detour (80m ascent, 0.5km) to climb to the trig point at the top of Murton Pike – for the view.

The track gradually bears round to the left – until Murton Pike is directly behind you. Continue following the track past a small quarry on your right.



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E:



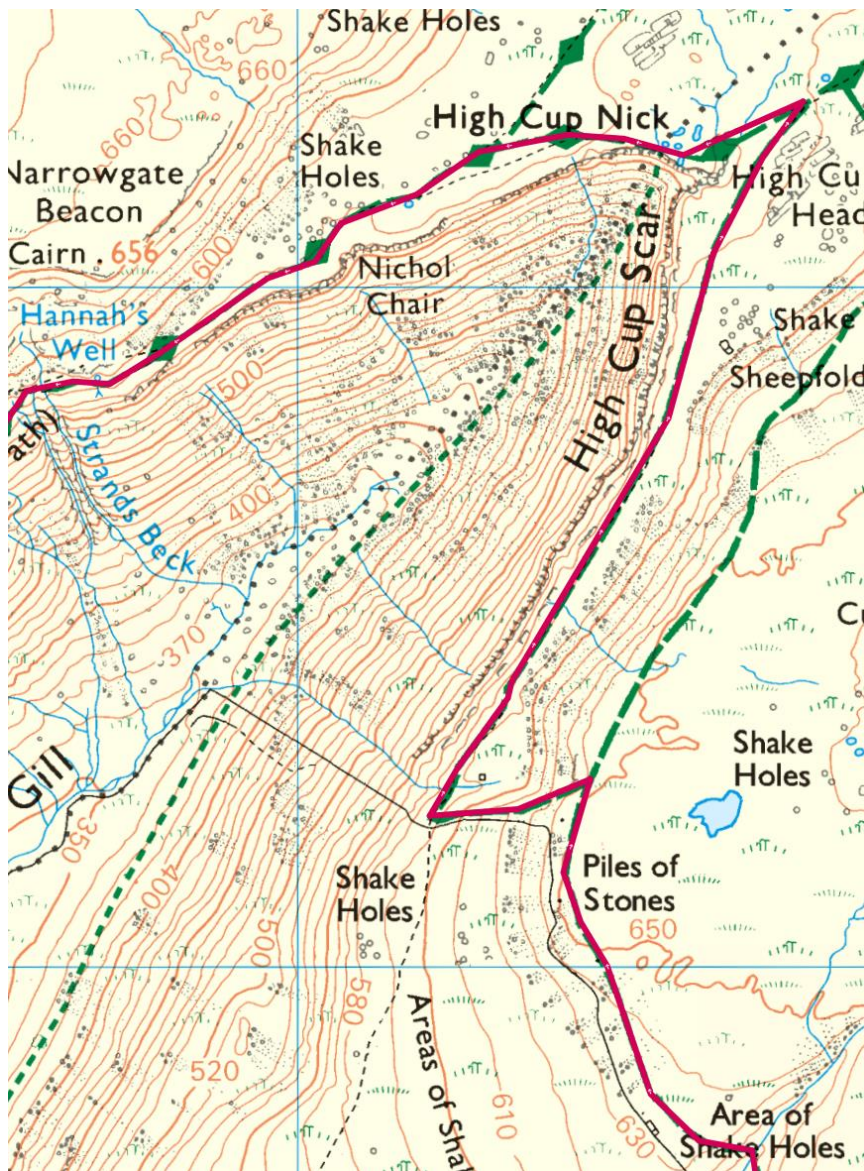
Where the stony track bears right (at NY 74537 23689) continue ahead (leaving the track) on the grassy/boggy path. After passing some stone built shelters the path bears to the left, and the gradient levels out – continue following towards Trundale Gill.

Descend into Trundale Gill and climb up and out the opposite side of the small valley. Continue ahead on the boggy path with the stone wall on your left.



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F:



Approximately 500m after crossing Trundale Gill you will pass two medium sized cairns – on your left. One hundred metres after the second cairn you will reach a wooden waymarking post. At the post double back on yourself to follow a faint path (passing to the right of another cairn). After a short distance pick up the dry stone wall again and follow it downhill (the wall will be on your left).

After a short, steep descent you will reach a metal gate and ladder stile. Do not cross the stile. Instead turn right and follow a faint, grassy, path along the side of the hill all the way to High Cup Nick – keeping High Cup Gill on your left.

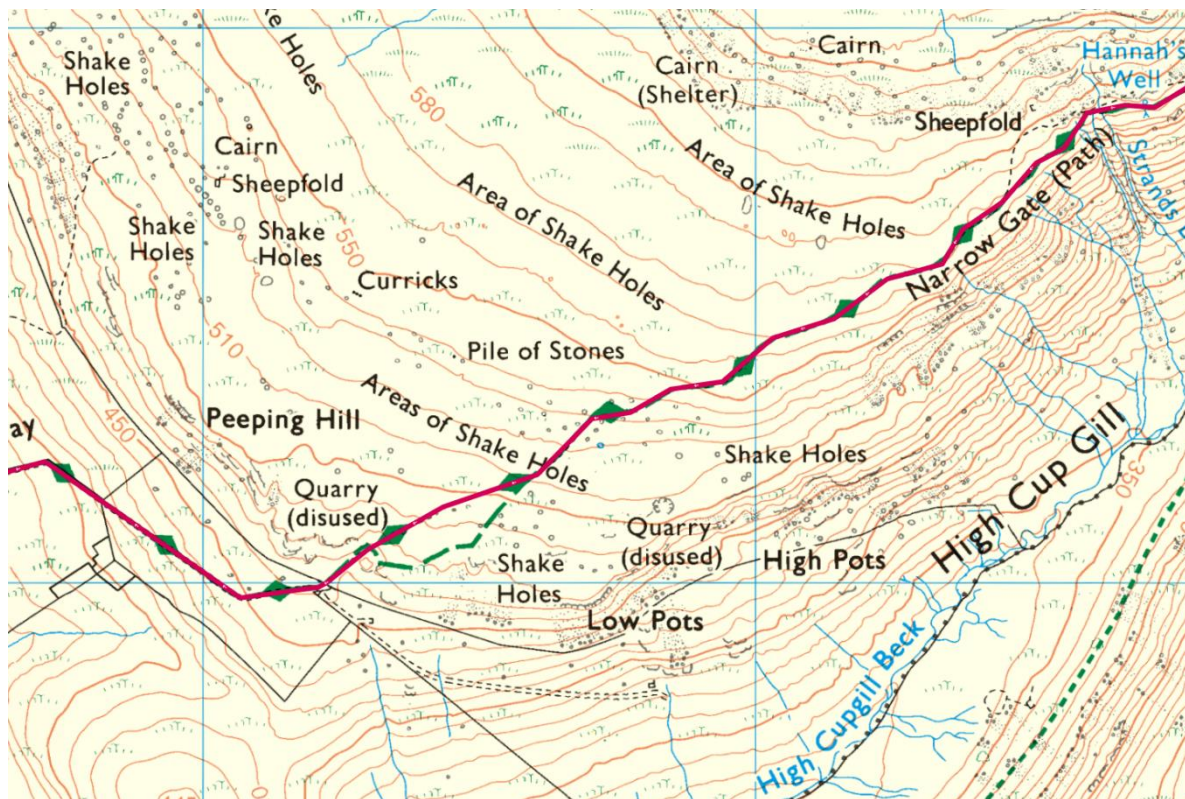
Take care as you are walking just above the whin sill crags of High Cup Scar and a steep drop down into the magnificent High Cup Gill.

As you approach High Cup Gill Head bear left on the path and descend to the Nick itself – to pick up the route of the **Pennine Way National Trail**. Follow the faint path round the head of the gill and continue along the northern side of the gill – following the Pennine Way all the way to Dufton (another 6km). Follow the occasional golden arrow carved into waymarker stones.



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G:



When you reach a large cairn bear right, trending away from the gill – following the rocky path and more cairns.

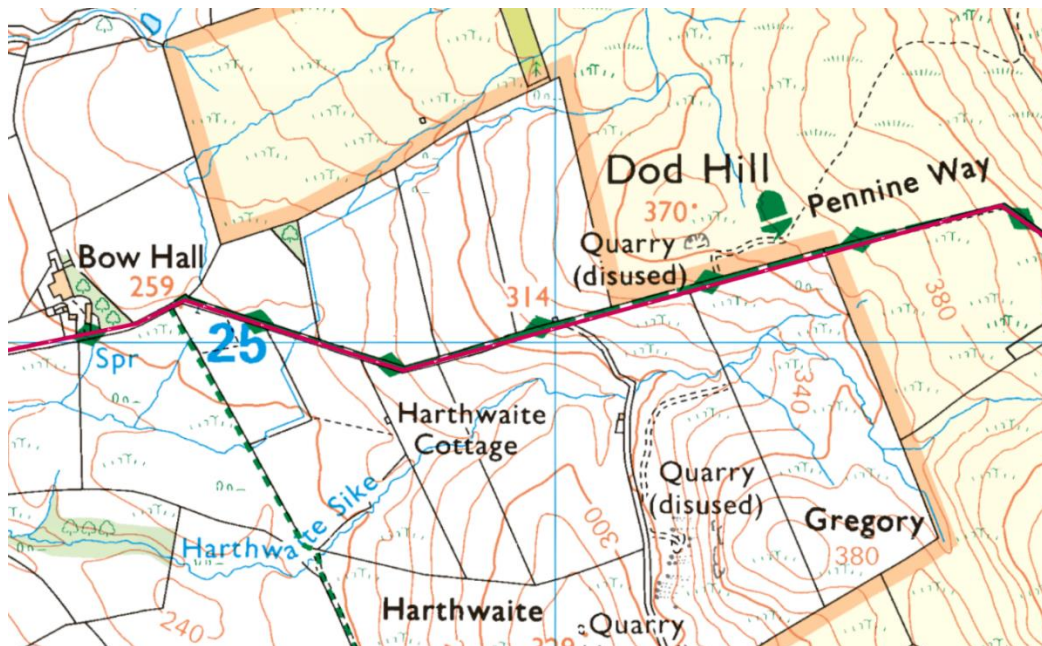
After the disused limestone quarry go through the metal bridle gate in the wall and turn right onto a stone track bearing right. As you round the hill the track leads straight towards the pointy bulk of Dufton Pike.

Go through the kissing gate and continue following the track as it bears left down to another gate – keeping the drystone wall on your right. Go through the next gate and continue downhill on the stone track – now with walls on both sides.



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H:



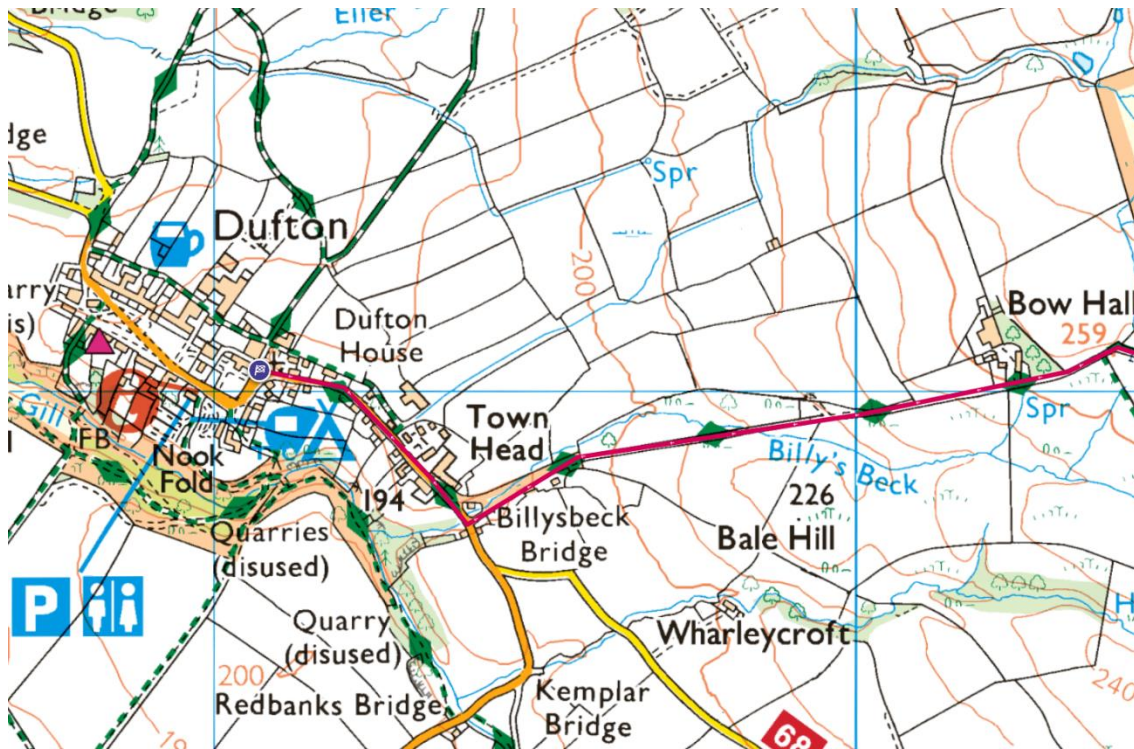
Ignore the track joining on the left – continue straight ahead, downhill, past the small stone building on the right.

At the road end/start – continue ahead on the tarmac – signed 'Pennine Way - Dufton ½ mile'.



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I:



At the bottom of the hill turn right at the T-junction and follow the road into Dufton village.

Leg 1 finishes just beyond the Methodist Chapel, as the road bends round to the left.

Roof of England Walk – a journey around the North Pennines. This is Leg 1 (of 14) of this multi-day 301km (188 mile) route. The whole trail takes you on a fantastic journey exploring the North Pennines National Landscape and UNESCO Global Geopark. Find out more at www.roofofenglandwalk.org.uk