



Miles without stiles



Interesting facts ...

- If you put all the public rights of way in Cumbria end to end, they would join Keswick with Kathmandu.
- We are trying to reduce the amount of stiles and barriers in the countryside. This makes access easier for people with limited mobility. For example, parents with a pushchair, people with visual impairments, or artificial hip joints, as well as people using a wheelchair.
- About half of Cumbrian people don't manage 30 minutes moderate exercise once a week. Walking can help increase the number of people who do. What are you waiting for?
- The World Health Organisation estimates that that physical inactivity is one of the ten leading causes of death in developed countries.
- How about building some exercise into your daily routine? Get off the bus one stop early. Take the stairs, not the lift. Cycle to the corner shop. Encourage your children to walk or cycle to school. Do some more gardening, or volunteer in your local area to help others.
- The average person burns about 100 calories in half-an-hour of walking.



Local people have been telling us that they would like information about where to find short, local walks, suitable for everybody, and what to expect when they get there.

So, the Countryside Access team in Cumbria County Council are working on preparing a set of "Miles without Stiles" routes. Longlands Lake near Cleator is one of the first to be ready. The "Miles without Stiles" routes will give detailed information about distances, slopes and any gates or gaps that you will come across.

The circular walk around Longlands Lake is about 1 mile long and designed with people with limited mobility in mind. The wildflowers are at their best in early summer and the site is a haven for wildlife of all kinds. The lake itself is a former iron ore mine, flooded in the 1930s. There are road signs to

Gentle walking is a great form of exercise, not only for joints and fitness, but also for lifting mood! This time of year is great for getting out in the evenings for a summer's walk – it's better than watching TV! You don't need to be a keen hiker, there are plenty of short, local routes.

Longlands Lake from Cleator on the A5086. On site you will find a parking area near the lake (which includes bays for disabled people) and a picnic area with benches. The gates you will come across are suitable for everyone to access.

The photos you see here are members of Allerdale Disability Association. Cumbria County Council are working with them on the information provided about Longlands Lake. They can provide free information and advice on

a wide range of disability-related topics. Contact **0845 1299954**.

For more details about the Longlands Lake route and the rest of the project please phone **01228 601022**. If you know of another local route that would be good to include on the project, or if you would like to be one of our 'information testers' please get in touch. "Miles without Stiles" route information will soon be available on the website at yourcumbria.org.uk