

# Kingmoor South walk 6



Open and accessible to all



## Time

15 - 30 mins

## Distance

1.7km (1 mile)

## Steps

Approx 2,000

## Route

Tarmac and firm gravel

## Start point

Kingmoor Nature Reserve car park  
CA3 9QJ

## Parking

Free (car park)

## Bus routes

76,  
(101 - infrequent)

## Walk category

Moderate

This walk follows a short circular route in Kingmoor South Nature Reserve. It requires two laps to complete the walk distance. The stone path is well surfaced and there are no steps, stiles or gates. There are some gentle gradients. It is accessible for wheelchairs and pushchairs.

Kingmoor Nature Reserve has been enjoyed by the public for nearly 700 years, since King Edward II gifted the original moorland to the people of Carlisle in 1352.

It was also the first venue for the Carlisle Horse Race with the world's oldest surviving horse racing prize, the Carlisle Bells. The Bells date back to 1580. Following this, the site was designated as a nature reserve in 1913, making it one of the oldest in Cumbria.

Today, it is a haven for wildlife and if you are lucky you may spot a woodpecker, owl or roe deer.

Depending on your level of fitness it will take:

♥  
Under 30 mins  
(2 miles per hour)

♥♥  
Under 20 mins  
(3 miles per hour)

♥♥♥  
Under 15 mins  
(4 miles per hour)

### Calories used

Women: 129kcal

Men: 155kcal

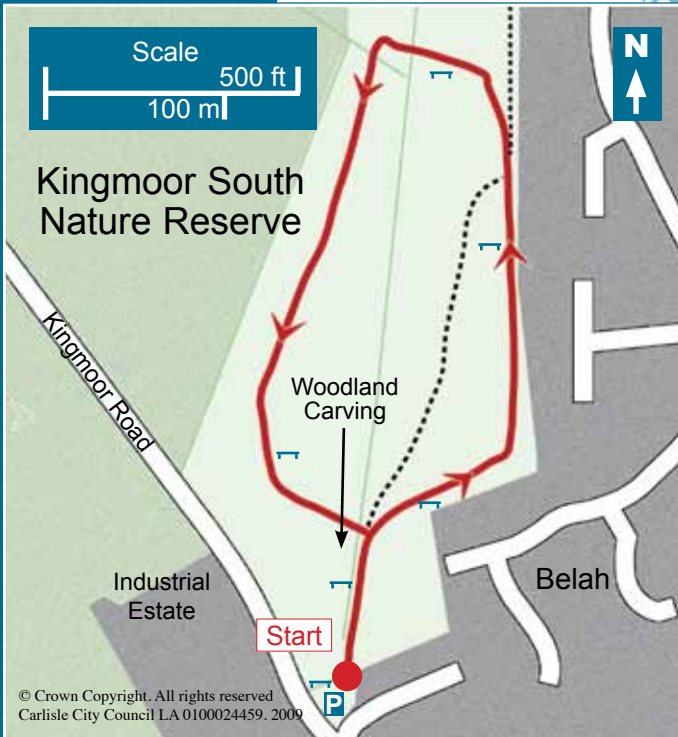
### Route description

The route follows the numbered trail posts 1 to 7.

Take the path into the woods. Turn right at the first junction by post 2. Follow the path around the wood. Turn left at post 4, follow the route past post 6 and turn right immediately after the adjacent bridge. Continue along the path, crossing an accessible boardwalk and bridge to post 7 before returning to the car park.

Walk another lap to achieve the 1.7km.

Alternatively, the route can be extended to a longer route by following paths further around the reserve. A variety of benches provide resting places along the paths.



Roe deer