

Kirkby Stephen Family River Trail

follow signs
to Podgill

River Eden

Frank's Bridge

Kirkby Stephen

Key to map

Footpath - 2 hours approx

Footpath - 1 hour approx

Public Footpath

Road

River

Disused Railway line

map not to scale

Poetry Path

to Natelyby

A685 to Tehay

Stenkrith Park
+ Devil's Mustard Mill

Start
Finish

Start
Finish

P

P



Things you can do at the Riverside

- Take a picnic and enjoy it by the river.
- Seek out the poems on the Poetry Path.

stop and relax...



- Take a bucket and spade and make sand castles.
- Take a few pots and pans and play cafes with your friends and family.
- Watch the water pour into the Coop Kernan hole (Devil's Mustard Mill) from the Millennium Bridge.

- Balance stones in a pile, who can make the tallest tower? Use things found in nature to make patterns.
- Look for the soft red sandstone and grind it against the harder grey rocks for painting.
- Take paint brushes to paint with the water or make your own paint brushes with sticks and leaves.



- Skim stones; throw flat stones underarm and try and get them to skip across the water.
- Use the pebbles to play games like noughts and crosses.
- Make boats or rafts from leaves and sticks.
- Play snap with things you find, like leaves. Can you find two identical rocks?

games to play...

- Look for footprints in the soft sand. What animals live by the river?
- Watch the birds, listen out for the different songs and calls. If you're lucky you may even see the parrots!
- Which plants like to grow by the river? Are they the same as the ones that grow away from the bank?



- Take a fishing net and tray to see what lives in the river.
- Watch fish from the bridge.
- On summer evenings look out for bats hunting over the water.

watch the wildlife...

DON'T FORGET!

Wherever you play by the river make sure you look after yourself, look after other people and look after the things that live and grow in and around the river.

Always keep an eye on people in the water and make sure they don't go out of their depth.

Watch out for wet or slippery rocks especially after rain. And remember that river levels can rise quickly.

Wear appropriate footwear and take a spare set of clothes in case someone gets wet.

At the Riverside is supported by:

