



Haweswater Dam under construction in 1930

Haweswater Dam was built to supply water to Manchester, and changed the landscape forever.

By the 20th century, the north's big industrial cities were casting a greedy eye on Lakeland water.

Livelihoods depended on water. In the 19th century, water drove the machinery at lead mines like **Myers Head**, which helped meet the growing demand for pipes and roofing.

Water works

as one of these. **Dalemain** began life

or stockade) to protect themselves from meaning stake

Lordly families also owned large estates. They built fortified tower-houses or 'pele' towers (from the Old French word *pel*, meaning stake or stockade) to protect themselves from cross-border raiders. **Dalemain** began life as one of these.

Dalemain's splendid 18th century façade



Medieval grave at Shap Abbey

After the Norman conquest, the best land was divided up into big estates for the new ruling classes. Monasteries like **Shap Abbey** were not just religious centres but powerful landowners, controlling villages and tenant farms.

Land and power

The Romans took control of the Lake District because they needed secure communication routes to the sea. They policed the area with strategically placed forts, linked by good, straight roads. The fells were no obstacle to the Roman engineers who built **High Street**.

What the Romans did

People have lived in this area since prehistoric times. The first residents may have moved with the seasons, using the valleys in winter and grazing their animals on the fells in summer. High places had a special significance. Some are marked with standing stones, burial mounds and stone circles like **The Cockpit**. Perhaps this was a meeting place for people from the valleys on either side.

Stones on the skyline



Roman coin from Ambleside, at one end of High Street

Preserving the past
Though they've survived hundreds or thousands of years, archaeological sites can easily be damaged. Please help preserve the Lake District's heritage by leaving places exactly as you found them.

You may find Ordnance Survey Landranger map 90 helpful.

This leaflet introduces you to some of the area's most fascinating sites. The fold-out map tells you more about these places and shows you where they are.

This area shows particularly well how people's lives were influenced by the landscape – and how they influenced the landscape in return.

East of Ullswater lies a quiet, less-visited part of the Lake District. But in the past this was strategic, sought-after land. Prehistoric communities, Roman armies, medieval landowners, Victorian miners and 20th century engineers all harnessed its natural resources.

Lives and landscape

The Cockpit Stone Circle



Roman road over High Street

Unlocking the past, understanding the present

Think of the Lake District and you'll probably think of nature at its most sublime. But this spectacular landscape is far from natural.

People have lived here for some 12,000 years. Their actions have shaped the landscape we see today, just as our actions will shape the landscapes of tomorrow.

They've left behind a wealth of evidence, from barely-visible hut circles to triumphs of Victorian engineering.

The six leaflets in this series help you explore this evidence. The maps and site details suggest where to go and what to look out for.

They're your key to unlocking the Lake District's past and understanding its present.



Bronze Age axe found near Penrith

The Lake District National Park Authority

We are committed to achieving the Vision for the Lake District National Park:

Working together for a prosperous economy, vibrant communities and world class visitor experiences - and all sustaining the spectacular landscape.

This Vision was developed by organisations with an interest in the National Park.

Our role is to:

- help partner organisations work together through an agreed action plan
- carry out our part of the work identified in that action plan



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Front cover: Shap Abbey and an ampulla, used by pilgrims to carry holy water, found there

Design: www.sinclair-design.co.uk 01539 737913
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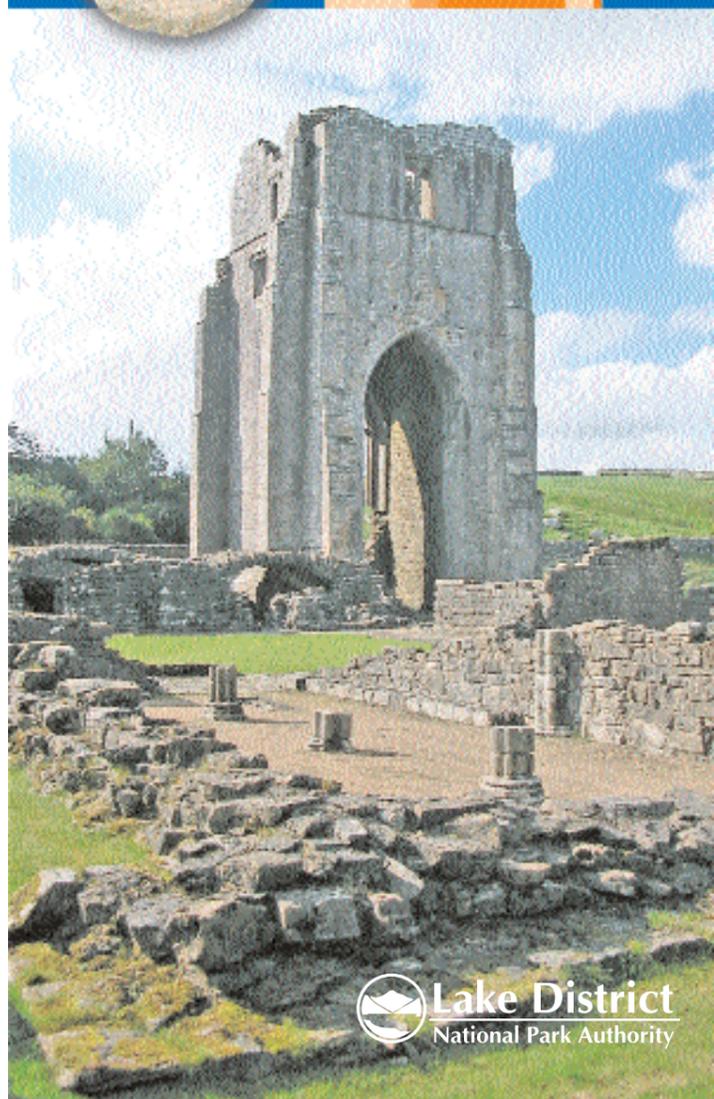


Rocks, routes and rivers



Discovering the past in the eastern Lake District

Publication number 07/07/LDNPA/5000 In support of the conservation principles of the National Park Authority, the paper used in this publication is from a sustainable forest.



Stars of the east

A guide to some of the eastern Lake District's most fascinating archaeological sites

1 High Street Roman Road

If 'High Street' makes you think of shopping, think again! This is a 2,000-year-old road built by the Romans to link their forts at Brougham (near Penrith) and Ambleside. It's believed to follow the line of a much older, prehistoric track. The highest fell it crosses is named after the road. On some stretches you can see kerb stones and patches of metalling. Part of route managed by the National Trust.

Location: Grid ref NY425060-NY490244. Whole route is 20 kilometres (12.4 miles) from Ambleside to Penrith.



2 The Cockpit Stone Circle

High above Ullswater, the windswept upland known as Moor Divock is scattered with prehistoric monuments. The Cockpit is one of the most impressive. It's a circular stone bank, 27 metres (90 feet) across, with larger stones set into its inner face. Like all stone circles, its original purpose is a mystery. It may have been for rituals and gatherings, or a sign of land ownership.

Location: Grid ref NY482222. 3.5 kilometres (2.2 miles) south west of Askham. Fairly steep walk from Askham or Pooley Bridge

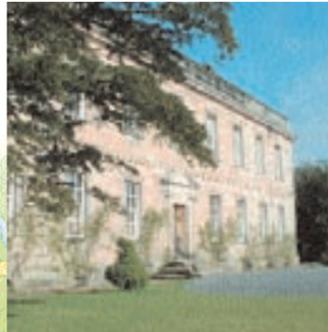


3 Dalemain

The Dalemain Estate includes a splendid house, gardens, a deer park and tenant farms. Documents tell us that a fortified 'pele' tower stood here in the 12th century. A spiral staircase is all that survives of this early building. Dalemain became a manor house in Tudor times, and the Georgian façade was added in the mid-18th century. It's been the home of the Hasell family since 1680. The house and garden are open to visitors.

Location: Grid ref NY477268. Off A592, 5 kilometres (3 miles) south west of Penrith.

Entry charge.



4 Myers Head Lead Mine

This small mine was worked for less than 10 years in the 1870s, until the miners broke into a cavity and the shaft was flooded. But unsuccessful mines are often the best preserved. You can see the pit that once housed a massive water-wheel, and the stone pillars that supported the wooden 'launder' or chute, which carried water to drive the wheel. Managed by the National Trust.

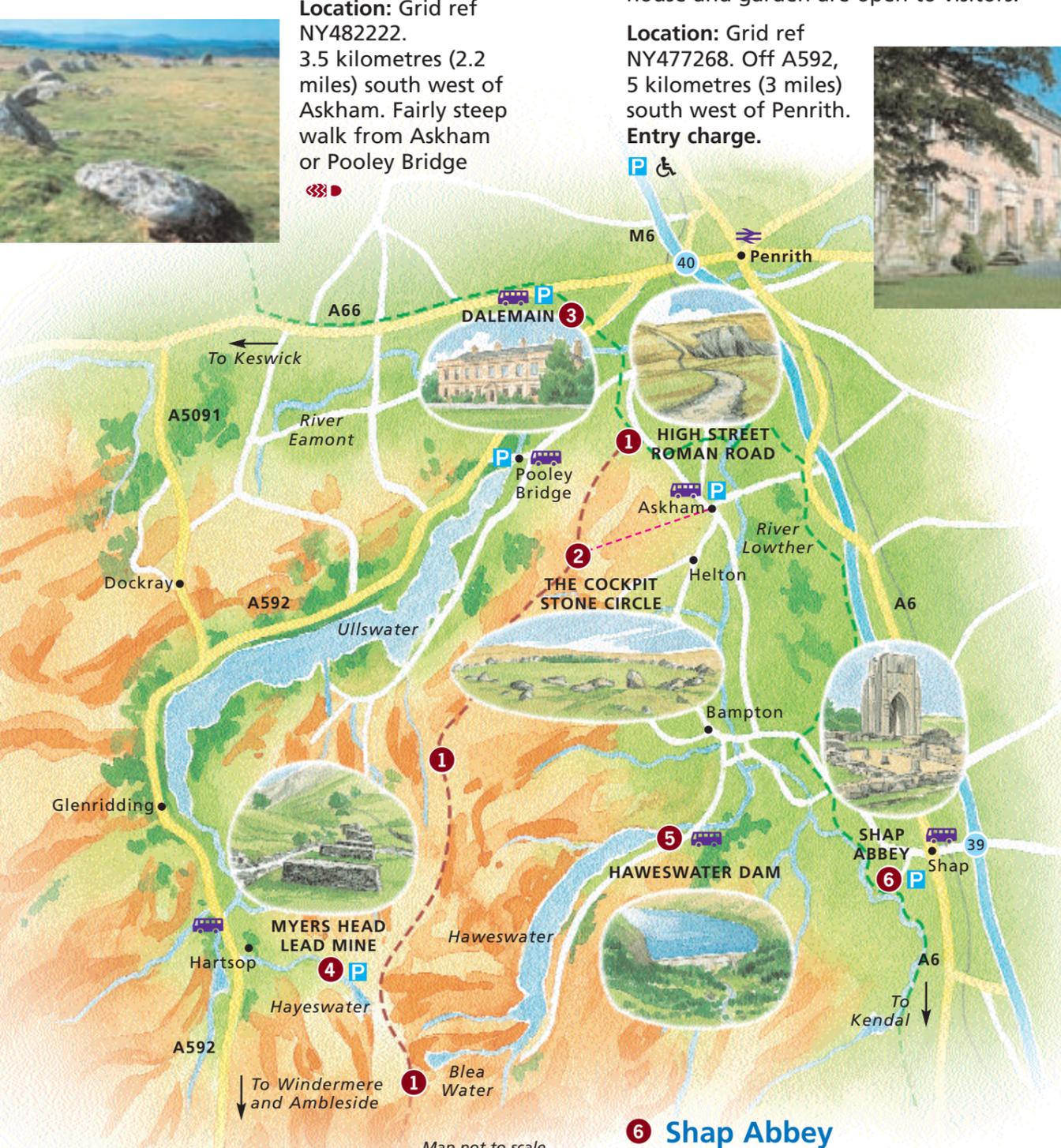
Location: Grid ref NY415127. Just outside Hartsop, 3.5 kilometres (2.2 miles) south of Patterdale, off A592. Limited parking near site.



5 Haweswater Dam

Built in the 1930s, this was Britain's first concrete buttress dam and the highest in the country. Hundreds of unemployed workers from Manchester were hired to build it. They were housed, along with their families, in Burnbanks, a model village with prefabricated houses and state-of-the-art community facilities.

Location: Grid ref NY502157 - NY503155. 6 kilometres (3.7 miles) west of Shap.



Map not to scale

Key to symbols

- Railway station
- Bus stop
- Footpath
- Access for wheelchair users
- Car park
- Rough track
- National Park boundary

For bus and train times please contact traveline on 0871 200 22 33.

Find out more at:

- www.lake-district.gov.uk
- www.visitcumbria.com
- www.bampton-history.org.uk
- www.dalemain.com
- www.english-heritage.org.uk
- www.nationaltrust.org.uk

6 Shap Abbey

These lonely ruins are the remains of the once-powerful Shap Abbey. Built around 1200, it housed a thriving monastic community. The church, chapter-house and living areas were grouped around a square cloister. Outside are traces of guest rooms, stables, workshops and the Abbey mill. Henry VIII closed the Abbey in 1540 and it slowly decayed. Some of its stone was used to build Shap Market Hall. Managed by English Heritage.

Location: Grid ref NY548153. Off A6, 1 kilometre (0.6 mile) west of Shap.

