

The Cumbria Way —Dalston to Caldbeck

A stroll through Sebergham—People and Places-Past and Present

This 100-page book has recently been published by Peter Weston. He is a retired surgeon, whose family has for many years lived in this northwest corner of Cumbria.

They have explored the northern fells on foot, and the Solway Firth in kayaks. His researches have revealed such a variety of interesting people and their activities, that the author decided to share this information with other travellers on this 10 mile section of the Cumbria Way.

The book has turned out to be more of a travelogue than a guide. It tells how our forbears lived, worked, and fought during the last 1500 years; and how their lives were shaped by changes in society, by technical developments, and by climate change. Diagrams will help to define the route, and to describe older techniques, such as cutting planks for building, and constructing cartwheels. The text has been enlivened by anecdotes and by extracts from the works of local poets and poetesses.

The author hopes that walkers may enjoy reading these pages as they pause for refreshment on the millennium bench outside St. Mary's Church Sebergham.

Copies available from local bookshops(£8.00), or Tel:01697476263.