## TRAIL 5-AROUND PENRITH

T wo miles north of the A66, on B5288, lies GREYST OKE, a "collegiate" church - that means one established in the later middle ages for a "college" or group of priests to pray for the soul of the benefactors. The largest church as you see it is predominantly Perpendicular in style and may indeed be of the period known as "Gothic survival" - the 17th century when few churches were built at all. The east window has 15th century glass telling the story of St. Andrew.

If Whitehaven (Trail 2) has the finest Georgian interior in the county, PENRIT H probably has the stateliest exterior. St. Andrews was built in 1720-2 although the west tower survives from the earlier building. In the churchyard is the "Giant's Grave". Penrith has its share of dignified nonconformity too - the Friends M eeting H ouse, the M ethodist C hurch in Sandgate (1815) the showier M ethodist Church of 1872 in D rovers Lane, and the U nited Reformed Church in Duke Street (1866).

Drive 7 miles south west of Penrith by Cliburn to MORLAN D, the only church in Cumbria where pre-N orman building survives - the tower indeed is claimed as the oldest church building west of the Pennines. The rest of the church is full of interest (and the services are uncommonly lively).

Retrace your route to Eamont Bridge on A6 and then turn left down B5320 to BART ON. St. M ichael's C hurch is another "minster" church which, like Bridekirk (T rail 1) and St. Bees (T rail 2). It once served a vast area, later divided into separate parishes. The church now seems to be in the middle of nowhere, loved and cared for nonetheless, with a fine N orman central tower, and building of many later periods.

C ontinue to Pooley Bridge, turn right on to the A592, and then left for D ACRE. This was the site of a N orthumbrian monastery, mentioned by Bede. In the church are two cross shaft fragments, one of the pre-Viking period, the other from the Viking age, showing Adam and Eve (man's fall) and the sacrifice of Isaac in lively fashion.

