FIVE THINGS ABOUT CUMBRIA

1. A monument to the ‘Bishop of Barf’
   In 1783 the newly appointed Bishop of Derry wagered that he would ride his horse up the side of Barf and onwards to the summit of Lord’s Seat. Unfortunately, on attempting this feat, his horse fell, killing both horse and rider. The rock was painted white in his memory.

2. The Witching Circle
   Long Meg and her Daughters - the second largest stone circle in Europe, legend has it that Long Meg was a witch who was turned to stone for dancing wildly on the Sabbath. You can break the curse if you count the stones and get the same number twice. Not as easy as it sounds though – no one has ever managed to get the same number so far.

3. The Happiest City
   Carlisle still ranks consistently high in terms of happiness since 2012. Maybe it’s because of the community atmosphere, or the fact that Carlisle is surrounded by nature and wildlife.

4. Old North Road
   There’s a road which runs parallel to the A6 between Kendal and Shap which used to be one of the most important roads in the country. Most of it remains accessible and it makes for a lovely walk well away from the crowds.

5. Fancy being a Knight?
   If you visit the Ship Inn on Piel Island, just off the coast of Barrow-in-Furness, then you can meet the king of the island - he’s the landlord. Buy a round of drinks for everyone at the pub and he’ll grant you a knighthood!

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