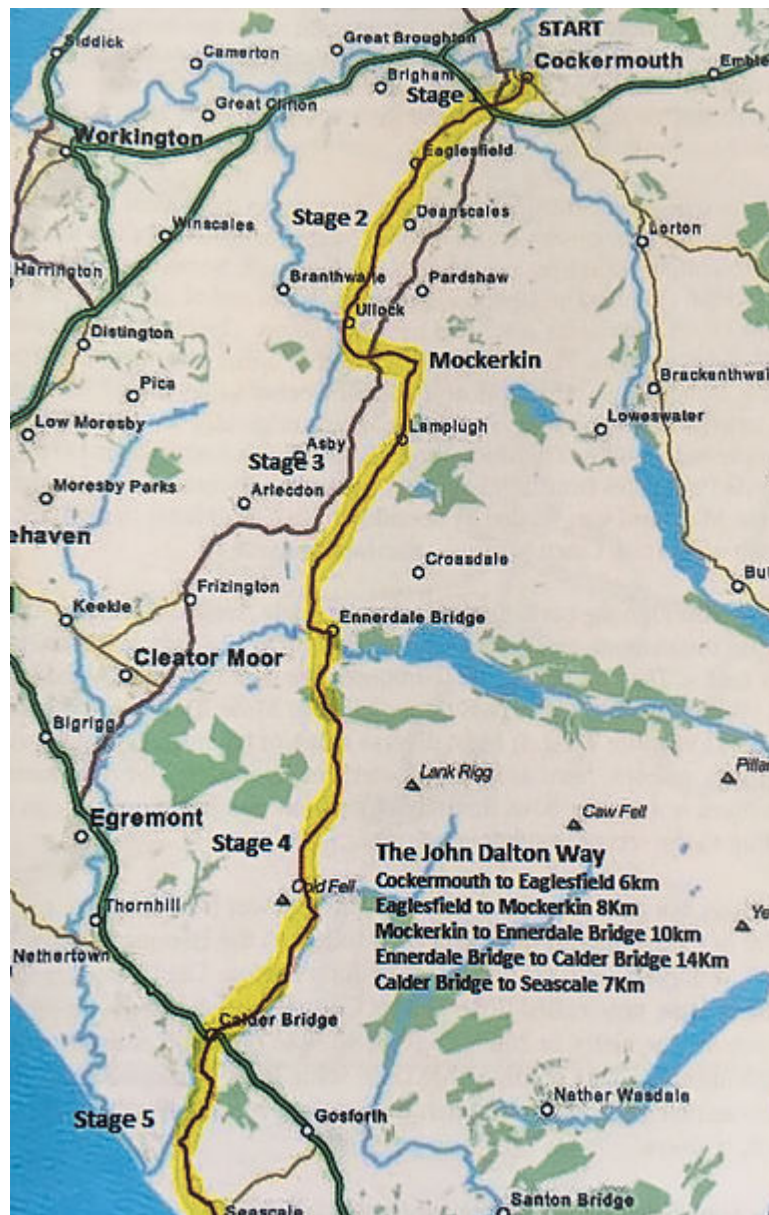


WALK THE JOHN DALTON WAY



The John Dalton Way is a 45km long distance through walk established in commemoration of the 250th anniversary of the birth of John Dalton in 1766, discoverer of atomic theory. It links his birthplace, Eaglesfield, with Cockermouth, where he stayed when visiting the area in his adult life, and Calder Hall, the first commercial atomic power station in the world, which was commissioned in 1956.

This walk and booklet celebrates the development of atomic theory over the intervening 200 years. John Dalton was always interested in walking, coming back to walk in the Lake District from his Manchester home. He regularly came back to Cumberland to visit friends and relatives in the Cockermouth and Eaglesfield area. This walk and booklet therefore also celebrate the scenery and villages of Cumberland where John was brought up and regularly visited in later life.

The walk is described in 5 legs beginning in the historic market town of Cockermouth and each leg thereafter ending in a Cumberland Village, Eaglesfield, Mockerkin, Ennerdale Bridge, Calder Bridge and finally Seascale. It passes through beautiful countryside, never far from the views of the Lake District fells, follows the River Calder for a while, passes Calder Hall and finally ends on the coast. The whole walk can easily be completed in two days by the seasoned walker, but the opportunity is given to proceed at a more leisurely pace.

The booklet can be purchased from the [Cockermouth Tourist Information Centre](#) and local bookshops including [George Fisher](#), the New Bookshop, Cockermouth and Bookends, Keswick.

