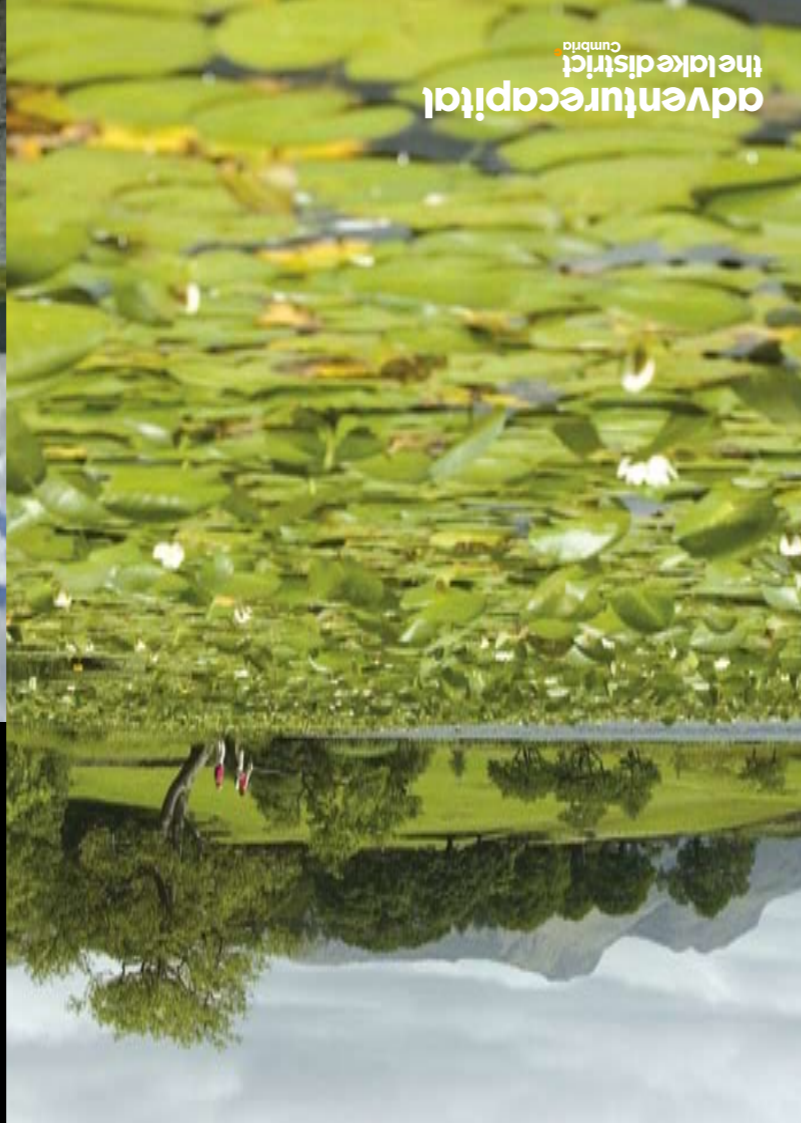




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the lake district
 adventure capital
 Cumbria

adventure capital
 the lake district
 explore more
 from elterwater
 on foot

explore more from elterwater

Welcome to the Adventure Capital - the Lake District, Cumbria. Famous for its stunning landscapes of lakes and fells the country's biggest adventure playground is breathtaking - in every sense of the word!

This leaflet contains four walking routes starting from Elterwater which vary in length and difficulty so everyone from the novice rambler to the seasoned explorer can get out and Explore More of the Adventure Capital.

To order the other guides in the 'Explore More' series please visit www.golakes.co.uk/exploremore



JENNINGS Pure Lake District
 Enjoy a FREE guided tour of Jennings Brewery in Cockerthwaite

when accompanied by another paying adult. Book to save disappointment on 0845 1297190

FREE JENNINGS TOUR STAMP

JENNINGS Homemade Food
tea room Offer!

Why not take advantage of our tea-room offer and enjoy **10% discount off lunch** when you spend £8 or more

10% off lunch

Bring this with you to the Jennings Brewery shop and tea rooms to take advantage of the above offers
 Jennings Brewery, Castle Brewery, Cockerthwaite CA13 9NE
www.jenningsbrewery.co.uk

Offers available until end March 2012

useful information

Elterwater by train: The nearest railway station is Windermere.

Elterwater by bus: The Langdale Rambler (service 516) runs between Ambleside and Elterwater.

Visit www.traveline.org.uk or call 0871 200 22 33 for more information on bus and rail timetables before starting your journey.

Accommodation in Elterwater:
 Visit www.golakes.co.uk/stay to search for local accommodation.

Weather: The weather in the Lake District can change quickly, particularly on the fells where clear morning skies can rapidly give way to rain, sleet or even snow on the summits, so be prepared! Changes in weather can dramatically alter the difficulty of a route so please consider this before setting off.

Call 0844 846 2444 or visit www.lakedistrict.gov.uk/weatherline to check the forecast.

Practical information: Appropriate clothing can make all the difference. It is important to be warm, comfortable and dry when out exploring so make sure you have the appropriate kit and plenty of layers.
 Your rucksack should hold everything needed and be carried comfortably. Have extra layers, a hat and gloves, enough food and drink, and a first aid kit. A compass, map and the knowledge to use them is invaluable.

Mobile phone reception isn't always good in the Lake District. Leave details of your route and expected finish time with a buddy. If you are delayed please contact your buddy to let them know. This will prevent mountain rescue, a team of volunteers, being called out unnecessarily. If there is an emergency call 999. Ask for Cumbria Police and give your location: an accurate grid reference is ideal.

elterwater

The gateway to The Great Langdale Valley and surrounded by awe inspiring views of Wetherlam, Pike O'Blisco and the Langdale Pikes, this typical rural village is the perfect starting point for exploring the Langdale Valley in the heart of the Lake District National Park.

This is a very popular destination with walkers because of the classic routes and stunning scenery. The area is also home to some important climbing crags and peaks, Pavey Ark and Gimmer Crag to name just two, so keep an eye on the surrounding rock faces for climbers.

Elterwater hosts a village green, pub, corner shop and a number of Lakeland cottages. The Langdale Beck flows through the village down to Elterwater lake, sometimes known as the lake of the swans because of the migrating Hooper and Mute swans which visit the Lake in the winter months.



where to get on in the adventure capital

on wheels
 on water
 on foot
 on ropes

pedal or paddle, hike or climb, conquer your competitive spirit or just get out there and enjoy

for more information visit www.golakes.co.uk/adventure

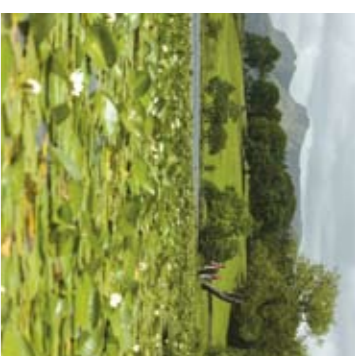
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explore more from elterwater

Within easy reach yet right at the heart of the Lake District, Elterwater enjoys a magnificent setting with the most stunning of backdrops, the Langdale Pikes. Look out for Jennings pubs along the way and enjoy a pint of Cumberland Ale - you're never far away from a well-deserved glass of Jennings beer!



1 tour of lingmell fell

Grade: Easy (Time/Effort 3, Navigation 1, Technicality 1)
Distance: 14.7km (9.1 miles) **Time:** 5 hours
Height gain: 500m

A circumnavigation of Lingmell Fell taking in the mountain drama of Langdale and the contrasting pastoral intimacy of Little Langdale. There is one major climb but the rest of the walk is along well graded valley paths. (clockwise)

2 loughnrigg fell

Grade: Medium (Time/Effort 2, Navigation 2, Technicality 2)
Distance: 8.3km (5.2 miles) **Time:** 3 hours
Height gain: 430m

A brisk traverse across the summit crest of Loughnrigg Fell. This independent little mountain is the perfect introduction to the Lake District fells, giving a stunning summit experience after a short and interesting walk. (anti-clockwise)

3 little langdale, tilberthwaite and tarn hows

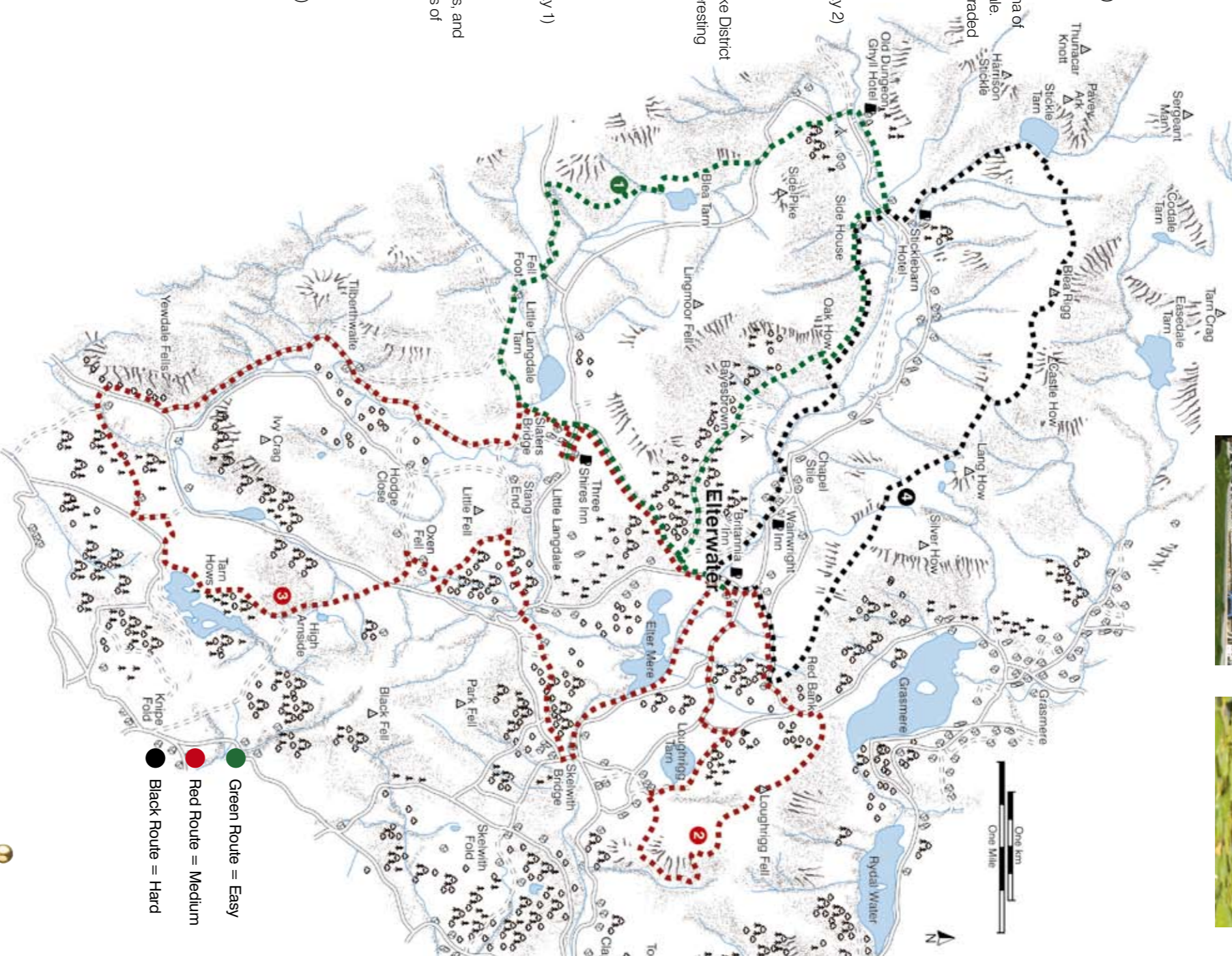
Grade: Medium (Time/Effort 3, Navigation 1, Technicality 1)
Distance: 18.8km (11.7 miles) **Time:** 6 hours
Height gain: 670m

A low level inter valley walk, making use of old packhorse tracks, and quiet lanes to explore the succession of woods, rivers and tarns of Little Langdale, Tilberthwaite and Tarn Hows. (anti-clockwise)

4 blea rigg

Grade: Hard (Time/Effort 3, Navigation 2, Technicality 2)
Distance: 14.2km (8.8 miles) **Time:** 6 hours
Height gain: 720m

A ridge top walk involving a pleasant warm up approach along Langdale and a steep climb to Stickle Tarn. The crags around Stickle Tarn are particularly impressive and the views from Blea Rigg are wide ranging. (clockwise)



- Green Route = Easy
- Red Route = Medium
- Black Route = Hard

walking routes from elterwater

There are many miles of footpaths that criss cross all over the Lakeland Fells and these footpaths form many walking routes. This leaflet is designed to help piece together the network of footpaths and to offer some truly spectacular route ideas, which can be shortened, lengthened or joined together.

So long as the routes stick to the rights of way, walk away! Before setting off on any of these walks please make sure you have plotted the route using the appropriate map. Maps include **OS Explorer OL6** and **OL7**, and **OS Landranger 90**.

cumberland ale (4.0% Abv. / 4.7% Abv. in 500ml bottles)

A superb golden coloured ale, brewed with English pale ale malt and using only the finest English aromatic hops. Traditionally brewed for over a hundred years, using pure Lakeland water drawn from the brewery's own well.

A full flavoured beer with a delicate hop character that's ideal for the demanding, modern beer drinker. **Cumberland Ale** has become a firm favourite nationwide and is Jennings best selling brand outside the Lake District.

Cumberland Ale has won silver in 2009 and bronze in 2010's International Beer Challenge.

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