

**adventurecapital**  
the lakelakedistrict  
Cumbria

**supported by**  
Cumbria Tourism  
Pure Lake District  
JENNINGS

for more information visit  
[www.golakes.co.uk/adventure](http://www.golakes.co.uk/adventure)

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

on foot  
on wheels  
on water  
on ropes

**where to get on in  
the adventure capital**

**useful information**

**Keswick by train:** The nearest train station is at Penrith connecting with the X4/X5 bus service.

**Keswick by bus:** The X4/X5 service runs between Penrith and Keswick.

Visit [www.traveline.org.uk](http://www.traveline.org.uk) or call **0871 200 22 33** for more information on bus and rail timetables before starting your journey.

**Accommodation in Keswick:**  
Visit [www.golakes.co.uk/stay](http://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.lakelakedistrict.gov.uk/weatherline](http://www.lakelakedistrict.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 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.



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**explore more from keswick**  
on foot

## explore more from keswick

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 Keswick 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](http://www.golakes.co.uk/exploremore)



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Offers available until end March 2012

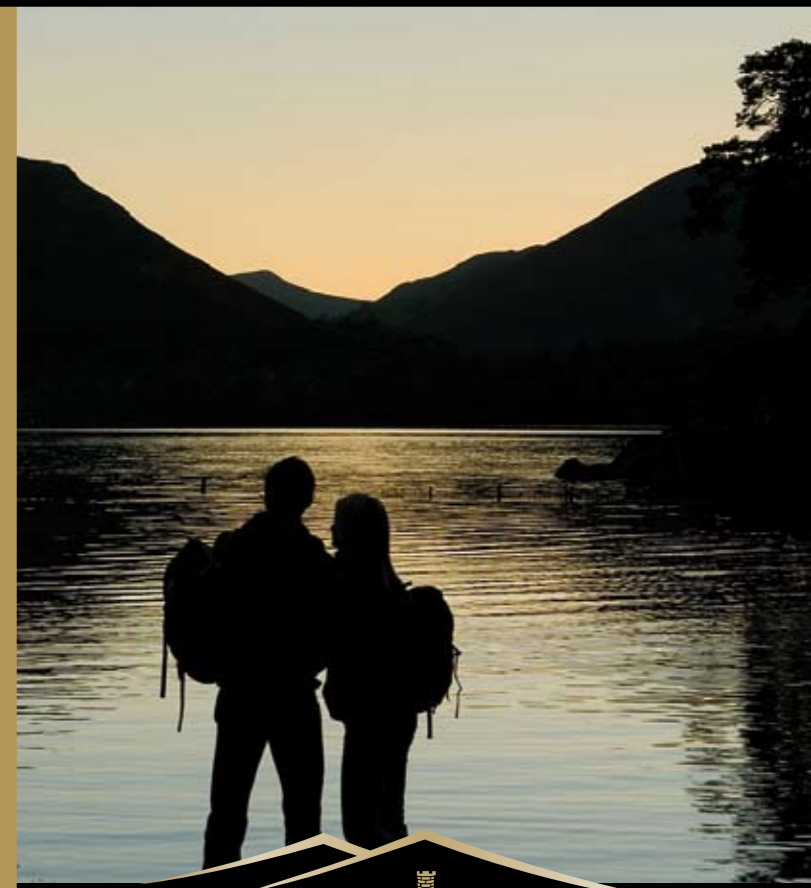
## keswick

Keswick is a vibrant market town in the heart of the Northern Lakes surrounded by a dramatic landscape of lakes and fells.

A pleasing mix of local shops, galleries and cosy pubs make it an ideal base for exploring some of the classic routes that surround the town.

The beautiful valley of Borrowdale is easily reached from the town and its pastures, woodlands and villages are easily explored over a day's adventure.

The area has a fascinating history and a visit to Castlerigg Stone Circle, thought to have been a ceremonial centre for Neolithic people, invokes a sense of the heritage of this area.



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# explore more from keswick

Located between the flanks of Skiddaw and the shores of beautiful Derwent Water, Keswick is a lovely market town and a favourite destination for fell walkers and climbers, with the Borrowdale valley just a short distance to the south. Look out for Jennings pubs along the walks and enjoy a pint of Cumberland Ale - you're never far away from a well-deserved glass of Jennings beer!

## 1 derwent water and castlerigg stone circle

Grade: Easy (Time/Effort 1, Navigation 1, Technically 1)  
 Distance: 10.7km (6.6 miles) Time: 3 hours  
 Height gain: 260m

An easy amble around the north-eastern shores of Derwent Water and a steady climb up through the trees of Great Wood to visit the ancient stone circle at Castlerigg. This route involves a busy road crossing and some road walking. (anti-clockwise)

## 2 cat bells and lingham

Grade: Medium (Time/Effort 2, Navigation 1, Technically 1)  
 Distance: 17.8km (11 miles) Time: 5 hours  
 Height gain: 260m

The Water Bus on Derwentwater makes an exciting start to this traverse across Cat Bells and through the woods of Lingham. From the landing stage near Manesty a woodland walk leads to the short, stiff climb to Cat Bells where you are rewarded by stunning views. (clockwise)

## 3 glenderterra beck and the old keswick railway line

Grade: Medium (Time/Effort 3, Navigation 2, Technically 1)  
 Distance: 19km (11.8 miles) Time: 5-6 hours  
 Height gain: 650m

This route walks around the fascinating valley cut by Glenderterra Beck between Skiddaw and Blencathra and then heads for Threlkeld. The return leg is along the course of the old Keswick railway line following the fast flowing River Grata. (clockwise)

## 4 borrowdale and watendlath

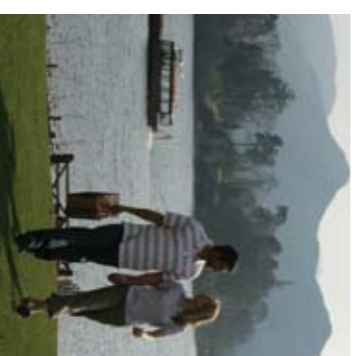
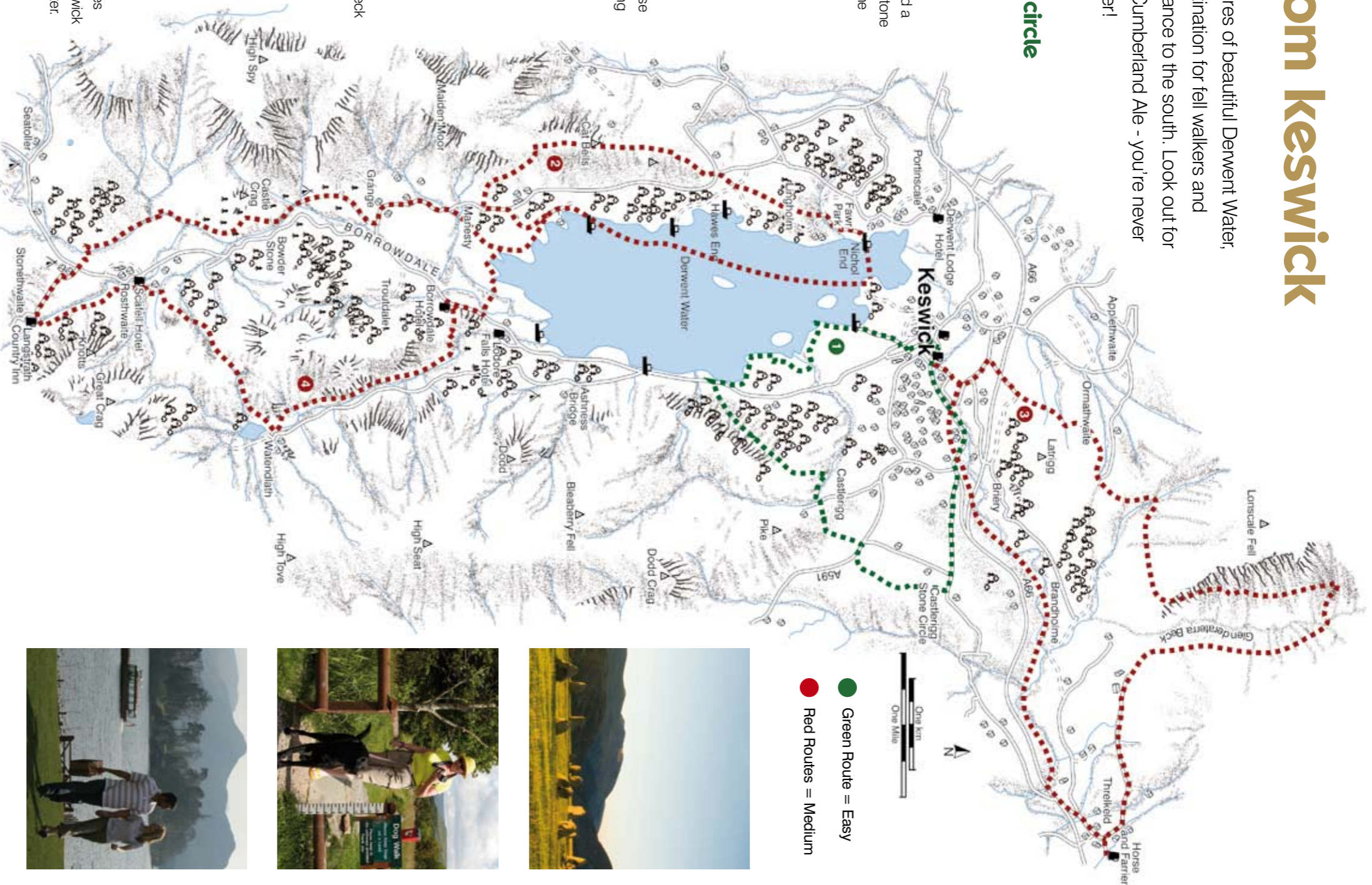
Grade: Medium (Time/Effort 2, Navigation 1, Technically 1)  
 Distance: 17.8km (11 miles) Time: 5 hours  
 Height gain: 530m

A mini expedition that takes in the best bits of Borrowdale and includes an intriguing climb over to the hidden valley of Watendlath. From Keswick this walk is accessed by making use of the Water Bus on Derwentwater. (anti-clockwise)

## walking routes from keswick

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 OL4** and **OL5**, 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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