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Cumbria
explore more of
wasdale & eskdale
on foot



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the lakelake district
Cumbria

explore more of wasdale & eskdale

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 Wasdale and Eskdale 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



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useful information

Wasdale & Eskdale by train: The nearest railway station is Ravenglass.
Wasdale & Eskdale by bus: Service 6/X6 runs between Whitehaven and Ravenglass.

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 Wasdale & Eskdale:

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.

wasdale & eskdale

Wasdale and Eskdale are beautiful valleys in the west of the county, and although popular with walkers and climbers, are a peaceful escape from the bustling crowds of the central lakes.

Wasdale is home to Wastwater and 'Britain's Favourite View', awarded by the ITV show of the same name.

At nearly three miles long, almost half a mile wide and, with a depth of 258 feet, Wastwater is the deepest lake in England. Add to this the fact that it is overlooked by England's highest mountain, Scafell Pike at 3,210 feet, and it's easy to see why this area of dramatic extremes is so well loved.

Eskdale is a quiet valley made up of pretty green fields and woodland. Snaking through the valley is the Ravenglass and Eskdale Railway, the first narrow gauge railway to be built in Britain, which now runs steam trains.



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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



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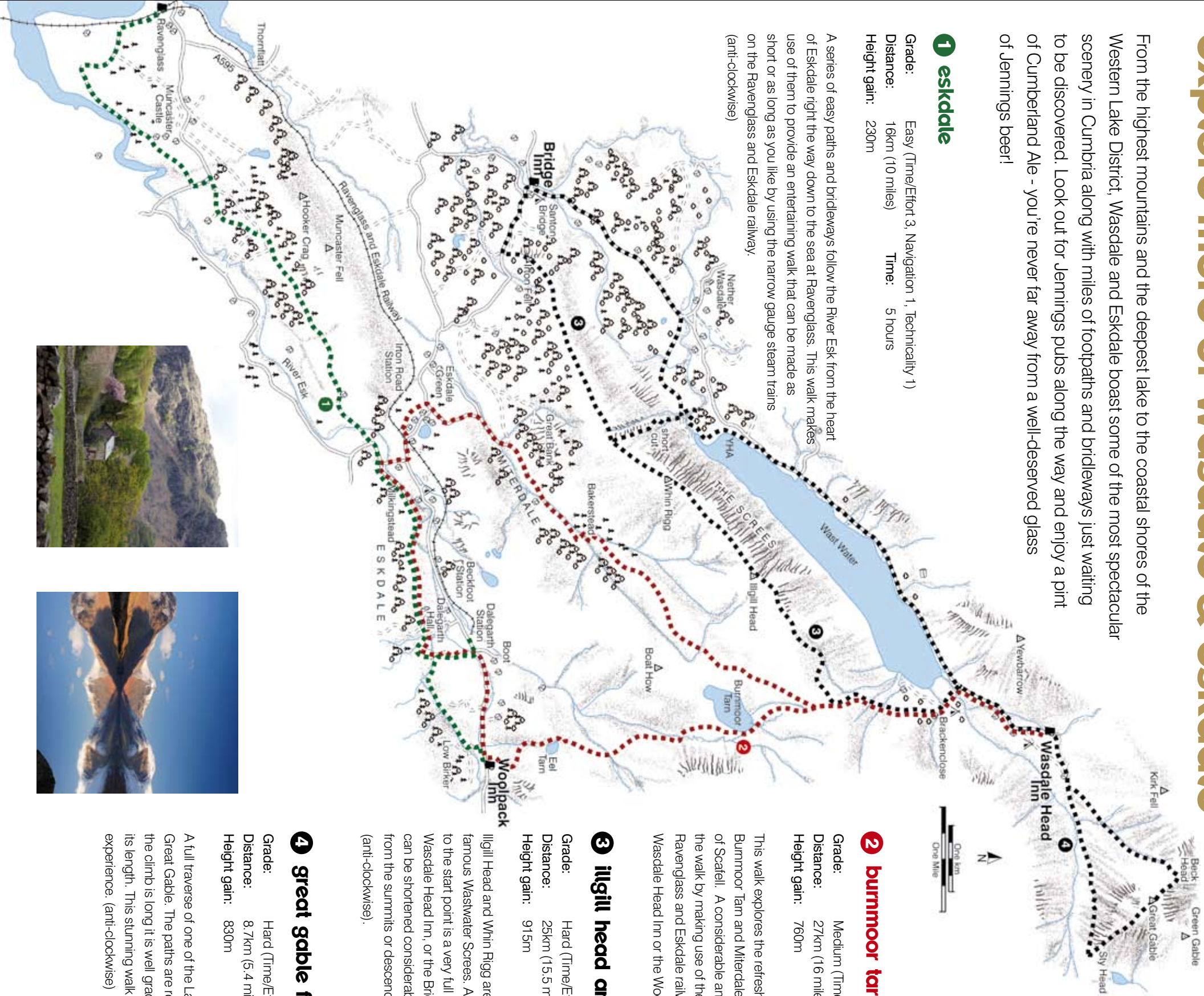
explore more of wasdale & eskdale

From the highest mountains and the deepest lake to the coastal shores of the Western Lake District, Wasdale and Eskdale boast some of the most spectacular scenery in Cumbria along with miles of footpaths and brideways just waiting to be discovered. 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 eskdale

Grade: Easy (Time/Effort 3, Navigation 1, Technicality 1)
Distance: 16km (10 miles) Time: 5 hours
Height gain: 230m

A series of easy paths and brideways follow the River Esk from the heart of Eskdale right the way down to the sea at Ravenglass. This walk makes use of them to provide an entertaining walk that can be made as short or as long as you like by using the narrow gauge steam trains on the Ravenglass and Eskdale railway.



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

2 burmoor tarn and mitredale

Grade: Medium (Time/Effort 3, Navigation 2, Technicality 1)
Distance: 27km (16 miles) Time: 6 hours
Height gain: 760m

This walk explores the refreshingly remote land occupied by Burmoor Tarn and Mitredale on the extensive western shoulder of Scatell. A considerable amount of distance can be taken off the walk by making use of the narrow gauge steam trains on the Ravenglass and Eskdale railway. It can be started from either the Wasdale Head Inn or the Woolpack Inn in Eskdale. (anti-clockwise)

3 ilgill head and whin rigg

Grade: Hard (Time/Effort 3, Navigation 2, Technicality 2)
Distance: 25km (15.5 miles) Time: 7 hours
Height gain: 915m

Ilgill Head and Whin Rigg are the two summits that top off the famous Wastwater Screes. A full traverse across them and back to the start point is a very full day, however starting at either the Wasdale Head Inn, or the Bridge Inn at Santon Bridge the route can be shortened considerably by either returning the same way from the summits or descending the Great Hall Gill Path (short cut). (anti-clockwise).

4 great gable from wasdale head

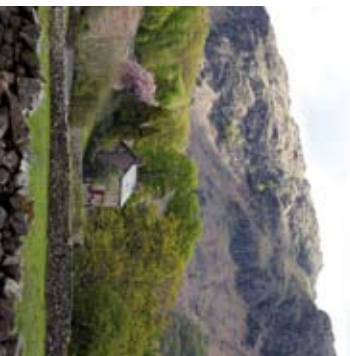
Grade: Hard (Time/Effort 3, Navigation 3, Technicality 3)
Distance: 8.7km (5.4 miles) Time: 6 hours
Height gain: 830m

A full traverse of one of the Lake Districts most iconic peaks; Great Gable. The paths are rocky and rough in parts and although the climb is long it is well graded and maintains interest throughout its length. This stunning walk will best suit those with fell-walking experience. (anti-clockwise)

walking routes from wasdale and eskdale

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**, **OS Landranger 89** and **96**.



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

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

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