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the lake district
Cumbria
polartec® routes
walking from Keswick
on foot



Polartec® routes walking from Keswick

Welcome to the Adventure Capital of the UK – 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 enjoy the best of the Adventure Capital.

Whether you are happier on foot or on wheels there is a route for you. Visit www.golakes.co.uk/polartec to download all of the Polartec® routes.



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Innovative fabrics that are designed to perform under extreme conditions. We offer over 300 different fabrics and hold well over 100 patents. Like the enthusiasts who wear Polartec, we prefer to lead rather than to follow.

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Leading fabric creator Polartec® wants to put you, and your outdoor clothing, to the test.

Think of Polartec® fabrics as the protection nature didn't give you. They can keep you warm when it's cold, keep you dry when you sweat, and even repel wind, rain, and snow to protect you from the elements. Just what you need for a challenging day out in the Lake District's ever changing weather!

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Keswick

Keswick, at the heart of the Northern Lakes, lies in a dramatic landscape of mountains and lakes. To the north are the smooth outlines of the Skiddaw massif. To the south lies the glistening waters of Derwentwater beckoning towards the 'Jaws of Borrowdale'.

This is a dramatic area waiting to be explored. A real challenge can be found on the Coledale Round, an 11 mile high level walk taking in several peaks. Coledale is a classic U shaped valley typical of the Lake District, but unlike others it has no habitation giving the surrounding peaks and ridges a pleasant wild feel.

For a more gentle day spend a couple of hours exploring Borrowdale and Castle Crag. Over 3.7 miles experience the intimacy of the surrounding woods and river banks and take in grand views up and down the valley from the summit of Castle Crag.

get the latest news at:
www.golakes.mobi/keswick

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.

Practical information: Appropriate clothing can make all the difference. It is important that you are warm, comfortable and dry when out exploring so make sure you have the appropriate kit and plenty of layers. Want advice from the experts, or the latest gear? Polartec stockists in Keswick will be happy to help! Your rucksack should hold everything you need 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 can prove invaluable.

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 you set off. Call 0844 846 2444 or visit www.lake-district.gov.uk/weatherline to check the forecast.

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

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

Service X5 Penrith – Keswick - Cockermouth - Workington.

Keswick by bus: connecting with bus service X5.

Keswick by train: The nearest railway station is Penrith,

Useful information



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for more information visit
www.golakes.co.uk/adventure
conquer your competitive spirit,
or just get out there and enjoy
pedal or paddle, hike or climb,



where to get on in
the adventure capital

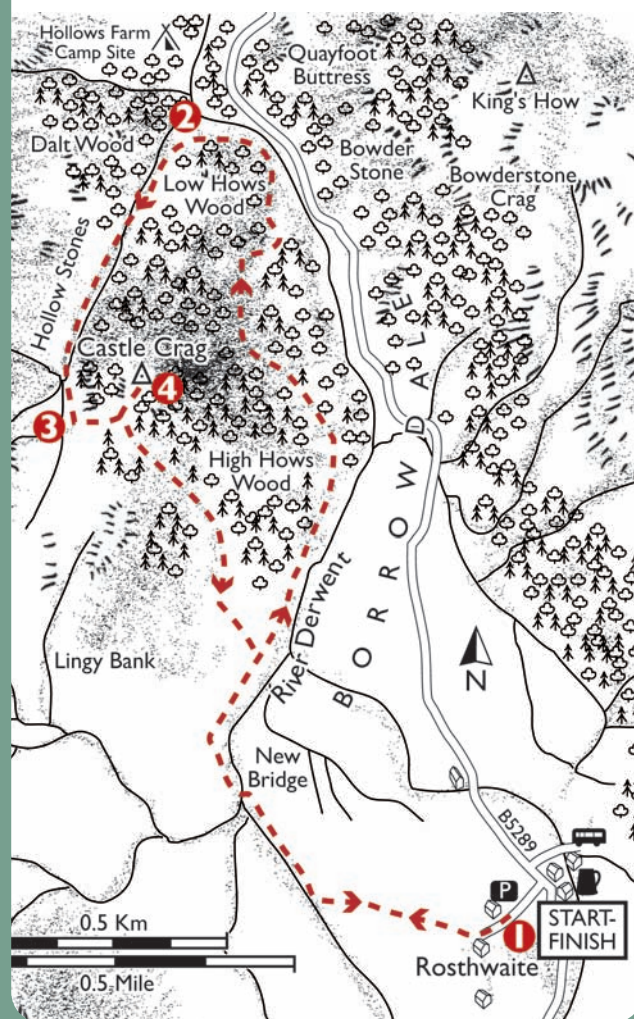


Borrowdale and Castle Crag

In the middle of Borrowdale is Castle Crag. From its summit you can peer up and down the valley and take in the grand views that are on offer. From its flanks you can experience the intimacy of the surrounding woods and river banks. Essentially a low level walk but the ground is rough in parts and shelter can take time to get to so dress for higher fells.

Grade	Time / Effort 1, Navigation 2, Technicality 2
Start/Finish	Rosthwaite, GR NY257148 - parking at Rosthwaite or bus service from Keswick to Rosthwaite.
Distance	3.7 miles (6km)
Time	2 hours
Maps	height gain 263m OS Landranger 90, OS Explorer OL4, Harvey's Superwalker (1:25 000) Lakeland West, British Mountain Maps Lake District (1:40 000).

- 1 Turn right out of the car park and head along the lane to the River Derwent. Follow the path to New Bridge. Cross the bridge and follow the path into the woodland. The path leaves the river and climbs steadily through the trees. After 1km you will reach a junction with a bridleway.
- 2 Follow the stony bridleway as it climbs for 600m until just past the foot of the crags of Castle Crag to a steep path on the left.
- 3 Follow this path to a ladder stile. Continue along the path as it climbs to a col then as it zig-zags north to the summit of Castle Crag - take care near the quarry edges.
- 4 Back-track to the col then take the path that leads down to the side of the River Derwent. Join the path and follow it to New Bridge. Cross the bridge then retrace your steps back to Rosthwaite.



more routes are available from
www.golakes.co.uk/polartec

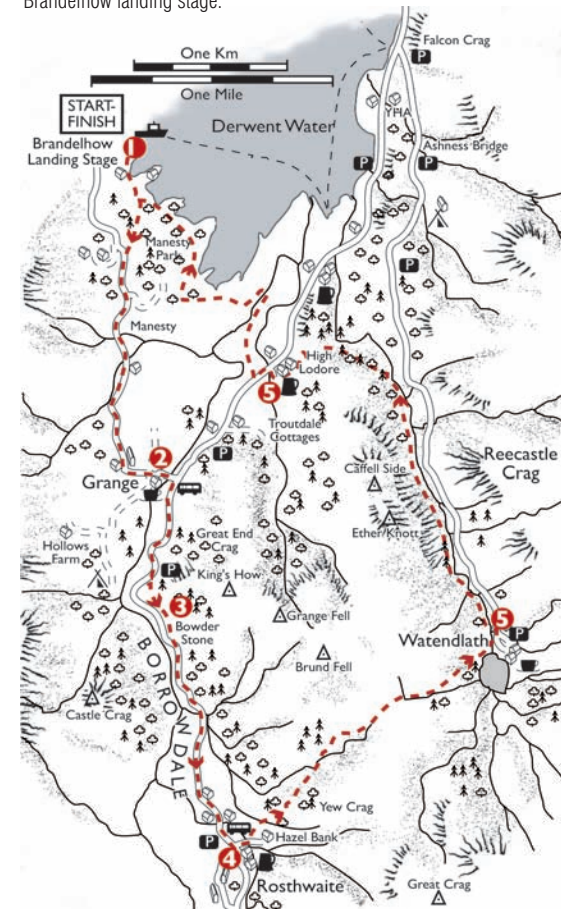
Bowder Stone and Watendlath

Tucked high amongst the fells in a secluded and hidden valley on the eastern side of Borrowdale is the picture perfect hamlet of Watendlath. It sits nestling in a glacier-carved hollow beside the mirrored waters of a tarn and surrounded by trees, crags, and a network of ancient dry-stone enclosed fields. It is a delight to visit and makes an ideal target for an exploratory walk through Borrowdale.

Grade	Time / effort 2, Navigation 1, Technicality 2
Start/Finish	Brandelhow Landing Stage (GR NY251197)
Distance	8.5 miles (13.7km)
Time	4 - 5 hours
Maps	height gain 430m OS Landranger 90, OS Explorer OL4, Harvey's Superwalker (1:25 000) Lakeland West, British Mountain Maps Lake District (1:40 000).

- 1 From the Brandelhow landing stage follow the path then track through the woods of Manesty Park to join the minor road to Grange.
- 2 From Grange cross the bridge over the River Derwent. Turn right on to the B5289 and follow it into Borrowdale, after 700m take the bridleway on the left at the entrance to a car park. Follow it as it climbs first past an old slate quarry, then below a rock face to arrive at the Bowder Stone.
- 3 Continue on the bridleway and descend to re-join the B5289. Follow the road along Borrowdale to a bridleway on the left just on the edge of Rosthwaite.
- 4 Follow the bridleway over the beck and along the pleasant lane by Hazel Bank. Past Hazel Bank the bridleway climbs steadily to a broad col with superb views at Puddingstone Bank. An easy walk leads down to the delightful hamlet and tarn at Watendlath.
- 5 Follow the permissive path down the western side of Watendlath Beck to a junction by the footbridge at Moss Mire. Ignore the bridge; continue on the path over a brief rise to descend through the trees of Mossmire Coppice to the hotel at High Lodore. Follow the path around the back of the hotel and join the B5289.

- 6 Turn left onto the B5289 and follow it for about 50m to a path on the right. Follow this over fields to a footbridge over the River Derwent. Cross it and follow the footpath around the shores of Derwentwater back to the Brandelhow landing stage.



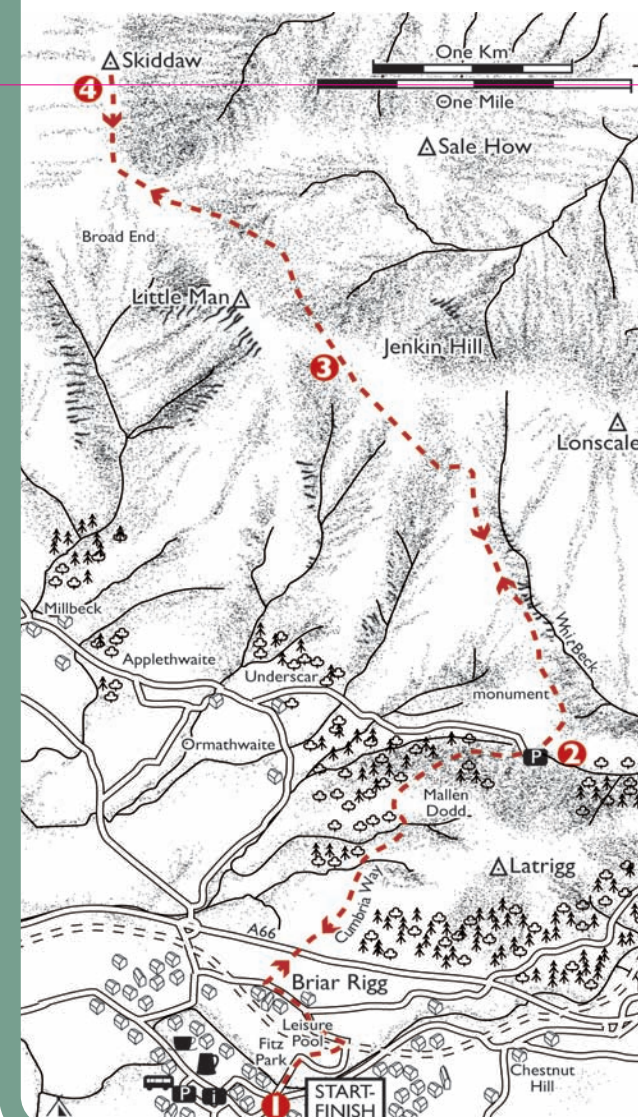
Skiddaw via Jenkin Hill

Skiddaw's simple symmetry appeals to the child in us all. Its form needs no explanation; it is a mountain simple as that, with steep slopes and a summit. From the most ardent mountaineer to the most languid couch potatoes the appeal of this great mountain is uniquely strong.

The most popular route to Skiddaw's wild and open summit is the Jenkin Hill path, established as a pony route for Victorian tourists.

Grade	Time / effort 4, Navigation 3, Technicality 3
Start/Finish	Keswick, GR NY267234
Distance	10 miles (16km)
Time	5 - 6 hours
Maps	height gain 940m OS Landranger 90, OS Explorer OL4, Harvey's Superwalker (1:25 000) Lakeland North, British Mountain Maps Lake District (1:40 000).

- 1 Follow the Cumbria Way out over the River Greta bridge past Fitz Park to the Leisure Pool. Continue along the Cumbria Way to Briar Rigg then follow it along a track and across a bridge over the A66. Continue along the bridleway which skirts around Latrigg to Latrigg car park.
- 2 Follow the fenced bridleway to a fork. Take the left branch past the Hawell Monument and climb the steep fellside towards Jenkin Hill.
- 3 At the gate pass through it and follow the bridleway to another gate and up a final climb onto the summit ridge. Follow the crest to Skiddaw's summit.
- 4 To descend head along the summit ridge and descend to a fence and gate. Continue around the flank of Little Man to another gate and follow the bridleway to the Hawell Monument and onto the intake wall. Join the fenced bridleway and follow it back to the car park. Retrace your steps back down the Latrigg bridleway.



Coledale Round

From Keswick the peaks surrounding Coledale are an intriguing sight and many are linked at a high level making them ideal for a skyline walk that gains the summits in one round.

Coledale is a classic U shaped valley typical of the Lake District, but has no habitation giving the surrounding peaks and ridges a pleasant wild feel.

Grade	Time / effort 5, Navigation 3, Technicality 4
Start/Finish	Braithwaite (NY231236)
Distance	11 miles (17.5km)
Time	7 - 8 hours
Maps	height gain 1500m OS Landranger 89 or 90, OS Explorer OL4, British Mountain Maps Lake District (1:40 000).

- 1 Follow the B5292 towards Whinlatter, after 300m follow the path on the left as it climbs then heads west to the first summit, Kinn, establishing you on the main ridge. Follow this to Grisedale Pike then Sand Hill and Hopegill Head.
- 2 From Sand Hill descend to the deep col of Coledale Hause. From here Crag Hill can be climbed by heading south south east. To visit Grasmoor head instead south south west alongside the beck. Gain the broad higher col between Crag Hill and Grasmoor. A path climbs to the cairn.
- 3 Return east to the col, continue over it to Crag Hill. The descent to the southern ridge is down a narrow arête with steep slopes - take care. Arrive at a narrow col and continue the climb to Sail.
- 4 Descend to the next col in an east north east direction. At the junction of paths take the one that skirts the steep fellside to gain the broad col / moss on the south west side of Outsider. Continue north east to the top of Outsider. Cross the summit, descend to a col at Low Moss. Cross this and climb Stile End.
- 5 Descend to the col at Barrow Door, turn east then east north east for Barrow. A fitting end offering fine views and a high level peek at Keswick and Derwentwater. Descent is simple, drop north east down the main ridge, then follow the path through Braithwaite Lodge to the village.

