

AMBLESIDE & LANGDALE

This classic walking destination caters perfectly for adventurers. The many outdoors retailers and local cafés make it easy to stock up on Smartwool® gear and home made cakes; brilliant for helping to keep feet comfy and tummies full! So head for those hills, tick off a classic route and experience some of the best walking in the country.

The Jenkin Crag Bridleway makes for a superb walk of just over 4 miles with outstanding long range views. For a really special day make use of the ferry service to get to the start point.

A round of the Langdale Pikes is a Lake District classic, with over 78 miles to take in stunning views, and ticking the peaks of Pavey Ark, Harrison Stickle, Thorn Crag, Loft Crag and Pike of Stickle before returning via Mickleden packhorse way.

After a full day on the fells a hearty meal is always on the cards and Ambleside's pubs and hotels know just how to revive tired walkers, with traditional Cumbrian food and plenty of locally brewed real ales!

Get more information on your mobile
www.golakes.co.uk/ambleside



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Smartwool walking routes

AMBLESIDE & LANGDALE

The Lake District, Cumbria is the Adventure Capital of the UK. Famous for stunning landscapes of lakes and fells the country's biggest adventure playground is perfect for exploring on foot! This leaflet contains two walking routes starting from Ambleside and Langdale designed to give both new and seasoned explorers inspiration to get out and discover more of this fantastic landscape.

Visit www.golakes.co.uk/smartwool to download all of the Smartwool® routes.

www.golakes.co.uk

where to get on in the adventure capital



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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USEFUL INFORMATION

Ambleside by train: The nearest railway station is in Windermere and connects with bus services 505, 555, and 559.
Ambleside by bus: Service 505 Coniston Rambler; Service 555 Lancaster-Kendal-Keswick; Service 559 Bowness to Ambleside.

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 Ambleside:
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 latest Smartwool® kit and plenty of layers. Want advice from the experts, or the latest gear? Smartwool® stockists in Ambleside will be happy to help!

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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The 4-Degree Fit means that your foot gets extra-special attention in your ankle, arch, and all along your instep.



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AMBLESIDE AND LANGDALE WALKS



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Jenkin Crag Bridleway



Ambleside and Troutbeck are linked by an old bridleway that traverses the southern flanks of Wansfell.

Set high above the eastern shores of Lake Windermere this high level route makes a superb walk through lanes, woodland and hamlets whilst at the same time delivering outstanding long range views.

Start: Brockhole (GR NY 391 010)
Finish: Waterhead, Ambleside (GR NY 377 031)
Distance: 4.6 miles (7.4km)
Time: 4 hours
Height gain: 300m
Terrain: Lake, parkland, fellside lanes and bridleways, and woodland.
Maps: OS Explorer OL7 (1:50 000), OS Landranger 90 (1:50 000), British Mountain Maps Lake District (1:40 000).

1. From Waterhead catch one of the ferry services to Brockhole Pier. If for any reason the ferries are not running there are regular buses along the A591 to Brockhole.
2. From Brockhole turn right onto the A591 and follow it briefly until opposite Mirk Lane (sign and bus stop). Carefully cross the A591, join Mirk Lane and follow the tarmac section past the houses to the start of a bridleway. This is followed over a rise and across a dip to Wood Farm. Continue on the bridleway past the farm and follow it east up hill to join Holbeck Lane.
3. Turn right onto Holbeck Lane and follow it east then northeast to a junction by the Post Office.
4. The track on the left before the Post Office is Robin Lane; this is the start of the Jenkin Crag Bridleway. The first bit of Robin Lane is a climb, follow it southwest then west, after 600m the gradient eases and it turns northwest to a junction. Take the left fork and make the pleasant descent to a beck, cross the beck, make the short climb on the other side then make another descent to Holbeck. Continue west up hill to High Skelghyll.
5. High Skelghyll marks the start of the best bit of the route; it's a long descent west then northwest through Skelghyll Woods down to Old Lake Road. Turn left and head down to the A591. Turn left again and follow the A591 back to Waterhead.

Visit www.golakes.co.uk/smartwool to download more great walking routes in this series.

Langdale Pikes



The compact group of peaks that form the Langdale Pikes are amongst the most easily recognisable in the Lake District. This walk takes in the four main peaks that form the Pikes followed by a steady descent back to the start via the ancient packhorse route of Stake Pass and Mickleden.

Start/Finish: Car park near New Dugeon Ghyll Hotel, Langdale (GR NY 456 040)
Distance: 7.8 miles (12.5km)
Time: 6 hours
Height gain: 860m
Terrain: Steep-sided gill, tarn, craggy corrie, rocky summits, high-level moorland, broad col, steep bridleway and valley bottom track.
Maps: OS Landranger 90, OS Explorer OL 6; Harveys' Superwalker Lakeland Central (1:25 000); British Mountain Maps Lake District (1:40 000).

1. From the car park follow the path to the left of the toilet block up the side of Stickle Ghyll to cross the footbridge. Continue along the path up the right-hand side of the beck (east) as it climbs to Stickle Tarn.
2. Skirt around the east side of the tarn and follow the path beside Bright Beck to the eastern extremity of Pavey Ark. Once around the side of Pavey Ark a grassy rake comes into view, this is North Rake, offering a simple path to the summit of Pavey Ark.
3. From the rocky summit descend southwest then south to the col below Harrison Stickle. Cross the col and make the short ascent on to Harrison Stickle. The summit is made up of a number of cairns so visit each one to get the best views.
4. To gain Thorn Crag descend the path west then south to cross the upper reaches of Dungeon Ghyll at a grass comb. Make the short ascent south on the other side to reach Thorn Crag's summit cairn.
5. Loft Crag is reached by a simple 300m walk west northwest.
6. Continue west northwest from Loft Crag to the head of a steep walled gully. Pass the head of the gully and follow the path as it skirts right to gain the rocky summit of Pike of Stickle.
7. Descend northwest and follow the path over Martcrag Moor to the broad col at the head of Stake Pass.
8. Turn left and follow the bridleway southwest down into Mickleden. Join the valley track and follow it southeast to Old Dungeon Ghyll Hotel, passing below Pike of Stickle, Loft Crag and Thorn Crag.
9. At Old Dungeon Ghyll Hotel a bridleway climbs slightly east behind the hotel to the car park. Alternatively take the valley road.

Before setting off on any of these walks please plot the route on an appropriate map.