



KESWICK

Perfectly located for an outdoor adventure this scenic market town is right on the shores of Derwentwater and surrounded by high fells.

A walk to the summit of Latrigg is the perfect way to pass a morning or afternoon with a reward of stunning views across the Vale of Derwent and the fells of the central lakes. Or try a classic horseshoe route; The Newlands Round takes in the famous trio of Cat Bells, Maiden Moor and High Spy and the more remote summits of Dale Head and Robinson.

The town knows just how to cater for weary walkers; lots of pubs and hotels serving classic Cumbrian fare and locally brewed real ales, restaurants serving international cuisine and cosy cafes on hand to top up energy levels with home made cakes and plenty of tea!

Outdoor shops are plentiful so top up those supplies of Smartwool gear and head out on the hills for a classic Lake District adventure!



adventurecapital
the lake district
Cumbria



Smartwool walking routes

KESWICK

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 an adventure on foot!

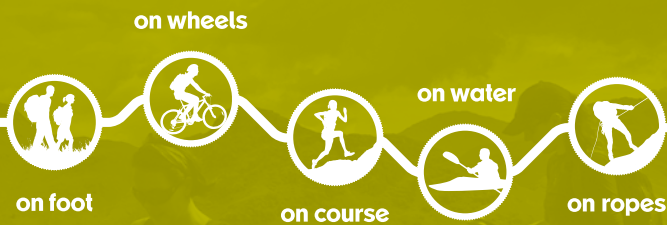
This leaflet contains two walking routes starting from Keswick designed to give both new and seasoned explorers inspiration to get out and discover more of this fantastic landscape.

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

supported by

CumbriaTourism

adventurecapital
the lake district
Cumbria



USEFUL INFORMATION

Keswick by train: The nearest railway station is Penrith, connecting with bus service X5.
Keswick by bus: Service X5: Penrith-Keswick-Cockermouth-Workington.

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 Keswick:
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 Keswick 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.

SMARTWOOL
ONLY THE FINEST MERINO WOOL

Our founders were ski instructors struggling to keep their feet warm. After trying a variety of materials, they rediscovered an age-old classic: wool. But while these socks may have been warm, they were itchy and shrank. So we worked on a process to make them soft and easy care. SmartWool was born on a simple belief: keeping feet comfortable on the slopes, or where ever your mountain activities take you.

For more information on SmartWool products please contact us - one of our efficient customer service team will happily speak to you about all things Woolly!

E - europe@smartwool.com T - 01753 497190



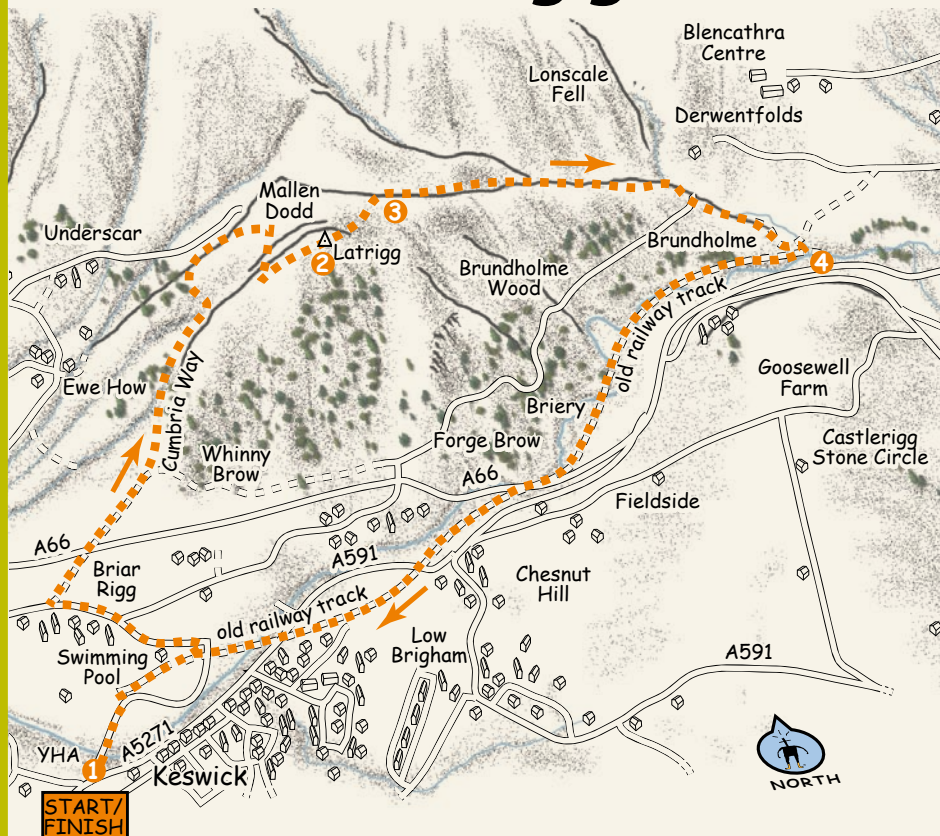
KESWICK WALKS



adventurecapital
the lake district
Cumbria

Supported by
EUROPEAN REGIONAL DEVELOPMENT FUND
INVESTING IN
england north west

Latrigg



Latrigg is Keswick's premier viewpoint. It sits in a superb position high above the northern edge of town with its back nestled against Skiddaw's towering flanks and its front and sides open across the whole Vale of Derwent. From its lofty summit you can sit and have a fantastic time spotting almost the whole of the Lake District's central fells.

Most people tend to climb Latrigg direct from Keswick and return the same way, but a much superior option is a traverse across the top of Latrigg with a return to Keswick along the old railway line.

The advantage of this is the extended range of views towards the impressive flanks of Blencathra and Lonsdale, and the secretive delights of the River Greta as it cuts its course thorough a narrow gorge.

Start/Finish: Keswick (GR NY 267 234)
Distance: 6.2 miles (10km)
Time: 4 hours
Height gain: 390m
Terrain: Minor roads, bridleway, fell side path, grassy summit, broad gentle ridge, cycle-way along a disused railway.
Maps: OS Landranger 90, OS Explorer OL 4; Harveys' Superwalker (1:25 000 Lakeland West); British Mountain Maps Lake District (1:40 000).

1. From Keswick (near the YHA) follow the Cumbria Way out over the River Greta bridge past Fitz Park and up to the Leisure Pool. Continue along the Cumbria Way to Briar Rigg then follow it northeast along a track and across a bridge over the A66. Continue northeast along the bridleway which skirts around Latrigg. Ignore the various paths and tracks off the bridleway and stick to the Cumbria Way until after 1.5km a path turns off on the right and zig-zags steeply south up the flanks of Mallen Dodd.

This is the main ascent of the route and although steep to start with soon eases and climbs onto the summit of Latrigg.

2. Head northeast from Latrigg summit along the path to cross a fence by a stile. Follow the path as it gently descends to join a track at the edge of the woodland.
3. Turn right and follow track east down to a junction of paths at a road end. Ignore the road and continue descending east past Brundholme and follow the track down a series of bends to join the old Keswick railway line at a bridge over the River Greta.
4. This provides an easy and picturesque walk back to Keswick. Turn right and follow for 3km over a series of bridges to the Leisure Pool then head back past Fitz Park to the town centre.

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

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

Newlands Round



The Newlands Valley nestles within the fells on the western side of Derwentwater. Only a stones throw from Keswick it encompasses an amazing array of mountain scenery. Its upper reaches are as wild as any British hills, whilst its mouth is a classic patchwork of fields, walls, trees and hamlets.

This walk tackles the skyline crest and exploits the line of least resistance to reach a significant number of summits. It crosses the famous trio of Cat Bells, Maiden Moor and High Spy then turns west to cross the more remote summits of Dale Head and Robinson.

Distance and height gain are modest for this type of 'horseshoe' but it's a full day out and a map and compass may be needed.

Start/Finish: Little Town, near Keswick (GR NY 233 194)
Distance: 8 miles (13km)
Time: 5-6 hours
Height gain: 923m
Terrain: Steep sided valley, packhorse track, narrow col, broad ridge, moorland shoulder, steep slope, grassy summit ridge.
Maps: OS Landranger 90, OS Explorer OL 4; Harveys' Superwalker (1:25 000 Lakeland West); British Mountain Maps Lake District (1:40 000).

1. From car park head northwest up the road to Hause Gate bridleway on the right. This ancient packhorse routes climbs steadily to gain the notch on the ridge between Cat Bells and Maiden Moor.
2. Although not on main horseshoe Cat Bells is reached by making a short out and back walk north along the main crest.
3. Maiden Moor is the first real summit on main horseshoe. From Hause Gate follow the main crest south; it's fairly steep but eases to give a pleasant climb with wide ranging views.
4. The next leg to High Spy involves only a little height gain and is a real delight along an elevated crest with good views on both sides.
5. From High Spy a gentle descent leads to a scooped out shoulder on the eastern side of Dale Head. Scattered across the shoulder are Dalehead Tarn, Launchy Tarn and High Scawdale Tarn. Dalehead Tarn is the largest and its surrounding rocks make a sheltered place for lunch!
6. The path descending north from the shoulder beside Newlands Beck is a shortcut back to Little Town if time is short.
7. From the shoulder the ascent to the summit of Dale Head is the hardest of the day but it's the highest peak of the round and a fantastic viewpoint. To the north; the upper Newlands Valley and to the west is Buttermere, Crummock Water and Loweswater.
8. Head west along Hindscarth Edge; a fairly narrow crest with lofty drops on both sides, take care. At its western end Hindscarth Edge merges into a raised dome with two ridges splitting off. Follow the northern ridge to the summit of Hindscarth.
9. The path off Hindscarth is reasonably obvious, but in poor visibility check on a compass; it's easily confused with the subsidiary ridge leading to precipitous craggy ground of Squat Knotts.
10. Above High Crag the path swings northeast and drops down the steepening, stepped crest of Scope End. Towards the foot of ridge turn sharp right, follow path to the farm at Low Snab. Follow track to the church, turn right along the lane to join road back to Little Town.