

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



where to get on in  
the adventure capital

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.

**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 Sprayway kit and plenty of layers.

**Weather:** The weather in the Lake District can change quickly, clear morning skies can rapidly give way to rain, sleet or even snow 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** to check the forecast.

**Accommodation and tourist information:** The website [www.golakes.co.uk/stay](http://www.golakes.co.uk/stay) shows a range of serviced and self catering accommodation in the Buttermere area. The nearest tourist information centres are located in Keswick town centre, telephone **01768 772 645** or Cockermouth, telephone **01900 822 634**.

Visit [www.traveline.org.uk](http://www.traveline.org.uk) or call **0871 200 22 33** to check public transport information before you travel.

**Useful information**

**Getting there:** Bus service 77/77A (The Honister Rambler) runs from Keswick, stopping at Buttermere. To go by car follow the B5289 from Keswick along the side of Derwentwater and over Honister Pass to Buttermere. The walks start from the centre of Buttermere (GR NY 175 169).

## ABOUT Buttermere

Buttermere is a small lake in West Cumbria close to a village with the same name. It is known as a ribbon lake because of its shape and is surrounded by dramatic high fells.

It is a very quiet place and Buttermere village is made up of a just a few farms, some houses, a chapel and two inns.

No-one is sure where the name Buttermere came from. There are two ideas: one is that it means 'lake where butter is made' because of the cattle farming that happened nearby. The second idea is that it is named after 'Boethar' a Viking who came to live in the area a long time ago.

Lots of other Cumbrian words come from Viking times so this could be true. Have a look at the words below and see what you think.

| Cumbrian | Viking / Norse | Meaning  |
|----------|----------------|----------|
| Mere     | Marr           | Lake     |
| Fell     | Fjall          | Mountain |
| Howe     | Haugr          | Hill     |
| Beck     | Bekkr          | Stream   |



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Whatever puts the 'great' into the outdoors for you and your family, Sprayway has the right gear to keep you all comfortable. Our clothing and equipment has been designed to keep you warm and dry in the winter, cool and happy in the summer. So, whether your visit to the Lake District takes you up in the fells or for a lakeside walk, Sprayway has everything you need for a day out in our ever changing weather!

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adventurecapital  
the lake district  
Cumbria  
fewfords  
on foot

## Family Walks in Buttermere

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 two walking routes from Buttermere, perfect for families. There is a shorter route for little ones and a longer one for the more adventurous, so the whole family can get out and enjoy the best of the Adventure Capital. Children are not essential to complete these walks, so families of all ages can enjoy them.



There are lots of things to photograph on both walks - perfect for collecting in a holiday scrapbook!

get snappy with a camera

great things to see and do on the walks...

pack a torch

Hassness Tunnel is passed through on both walks, you can see light from both ends whilst inside but taking a torch allows a thorough investigation.



mum and me on the bridge



a compass to help find the way



a new discovery in the river!

## Buttermere and Scales Force

Since the early days of the first Victorian tourists, the walk around Buttermere has become a bit of a classic.

The footpaths it follows hug the lake shore closely and although there are a few ups and downs they are all fairly tame.

There are lots of opportunities to explore including becks, trees, gravel beaches and even a short exciting section of tunnel!



near the old slate mine

take a magnifying glass

There are lots of stones, twigs and branches to lift to find out what bugs dwell beneath - a magnifying glass makes them much more exciting!

## Green Route (Short)

**Start/Finish** Buttermere (GR NY 175 169)

**Distance** 4.3 miles (7km) **Time** 2-3 hours

**Height gain** 154m

**Terrain** Lake side paths and bridleways, short tunnel, woodland, becks and gravel beaches

**Maps** OS Landranger 89, OS Explorer OL 4, Harveys' Superwalker (1:25 000) Lakeland West, British Mountain Maps Lake District (1:40 000)

- 1 From the centre of Buttermere village walk 50m along the road (B5289) towards Honister Pass (southeast) to the start of a bridleway on the right. Follow this to the lakeshore path.
- 2 Once at the lake turn left and follow the path all the way around the lakeshore, through the tunnel at Hassness to rejoin the road (B5289).
- 3 Turn right and follow the road to Gatesgarth Farm. In the summer there is often an ice cream van by the car park.
- 4 Join the bridleway at the entrance to the farm and follow it across the valley bottom to Peggy's Bridge.
- 5 Cross the bridge and turn right at the junction to join the Burtness Wood bridleway. Follow this alongside Buttermere until it splits at Horse Close just before the trees. Take the right branch by the lake and through the trees. There are lots of little bays which make ideal picnic stops in Burtness Woods.
- 6 The footpath rejoins the bridleway at the end of Buttermere by a footbridge. The dashing waters of Sourmilk Gill which flow out of Bleaberry Tarn high in the mountains above also joins Buttermere Dubs at this point. After heavy rain this dashing gill forms a raging torrent and turns into white froth.

- 7 Turn right, off the Burtness Woods bridleway, and cross the footbridge. The bridleway on the other side is followed back to Buttermere village.



make new friends!

Images © Britainonview, David Levenson, Ben Barden, Rod Edwards

Bring your Binoculars

See if you can spot walkers high up on the surrounding mountain ridges.



see for miles!

## Blue Route (Long)

**Start/Finish** Buttermere (GR NY 175 169)

**Distance** 7.5 miles (12km) **Time** 4-5 hours

**Height gain** 360m

**Terrain** Lake side paths and bridleways, short tunnel, woodland, becks, gravel beaches, open fell and a remote waterfall

**Maps** OS Landranger 89, OS Explorer OL 4, Harveys' Superwalker (1:25 000) Lakeland West, British Mountain Maps Lake District (1:40 000)

- 1 Follow the green route, directions 1 - 6, until you reach the footbridge at the end of Buttermere.
- 2 Ignore the footbridge and continue along the bridleway beside Buttermere Dubs and then alongside Crummock Water. Opposite Scales Island the bridleway leaves Crummock Water and turns west to climb towards Scales Beck. It then turns southwest and climbs more steeply to the foot of Scales Force.
- 3 There is a footbridge below the force, admire the impressive cascade, then take a higher level path leading back down across the fell in an easterly direction to rejoin the bridleway beside Crummock Water.
- 4 Once on the bridleway, retrace your steps as far as Scales Bridge. Turn left and cross the bridge following the bridleway on the other side back into Buttermere village to finish the walk.

remember your wellies!

There are a number of beaches and becks by the lake shore so wellies are handy to save wet feet. For the extension out to Scales Force sturdy and waterproof footwear is essential as there are a number of boggy sections of path.