



Family Walks from Eskdale

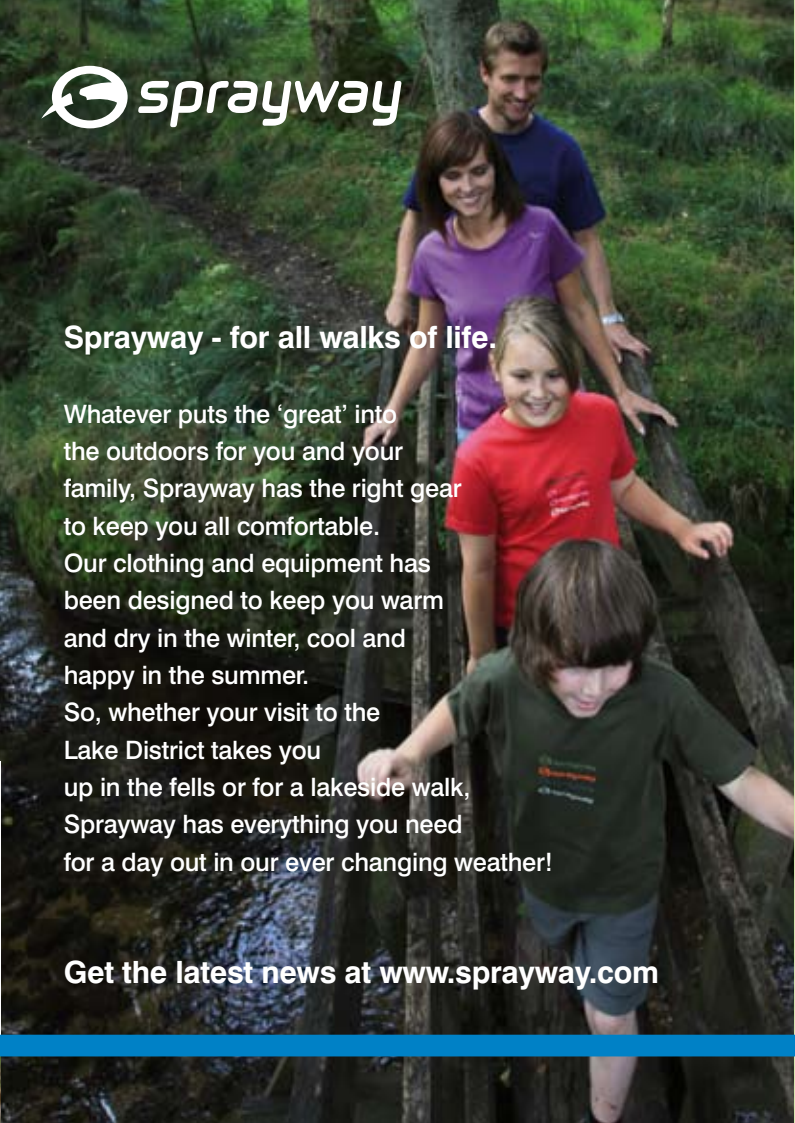


Family Walks from Eskdale



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 two walking routes around Eskdale, 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.



Sprayway - for all walks of life.

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!

Get the latest news at www.sprayway.com

Useful information

Getting there: The scenic Cumbrian coastal railway takes you to Ravenglass where you can join 'Ratty'. To go by car follow the A595 to Ravenglass. The walks start at Dalegarth Station (GR NY 173 007). Visit www.traveline.org.uk or call 0871 200 22 33 to check public transport information before you travel.

Accommodation and tourist information: The website www.golakes.co.uk/stay shows a range of serviced and self catering accommodation in the Eskdale area. The nearest tourist information centres are located in Egremont, telephone 01946 820 693 or Whitehaven, telephone 01946 598 914.

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.

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.

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 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.

ABOUT Eskdale

Eskdale is a valley in West Cumbria with lots of green fields and pretty woodlands.

A railway runs through the valley and connects lots of small villages. It opened in 1875 and was the first narrow-gauge railway to be built in England.

These are smaller than normal railways and were usually built for industry. This one carried iron ore from a mine at Boot to Ravenglass.

Now it runs steam trains and carries passengers who want to see the lovely scenery. It is very popular with tourists and local people who call it the 'La'al Ratty'.

'La'al' is a West Cumbrian word for little.

These two walks are great fun with stepping stones to be crossed, mountains to be spied, fish in the river to be spotted, and tumbling waterfalls to be amazed by.

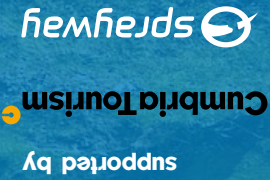


Where to get on in the adventure capital



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



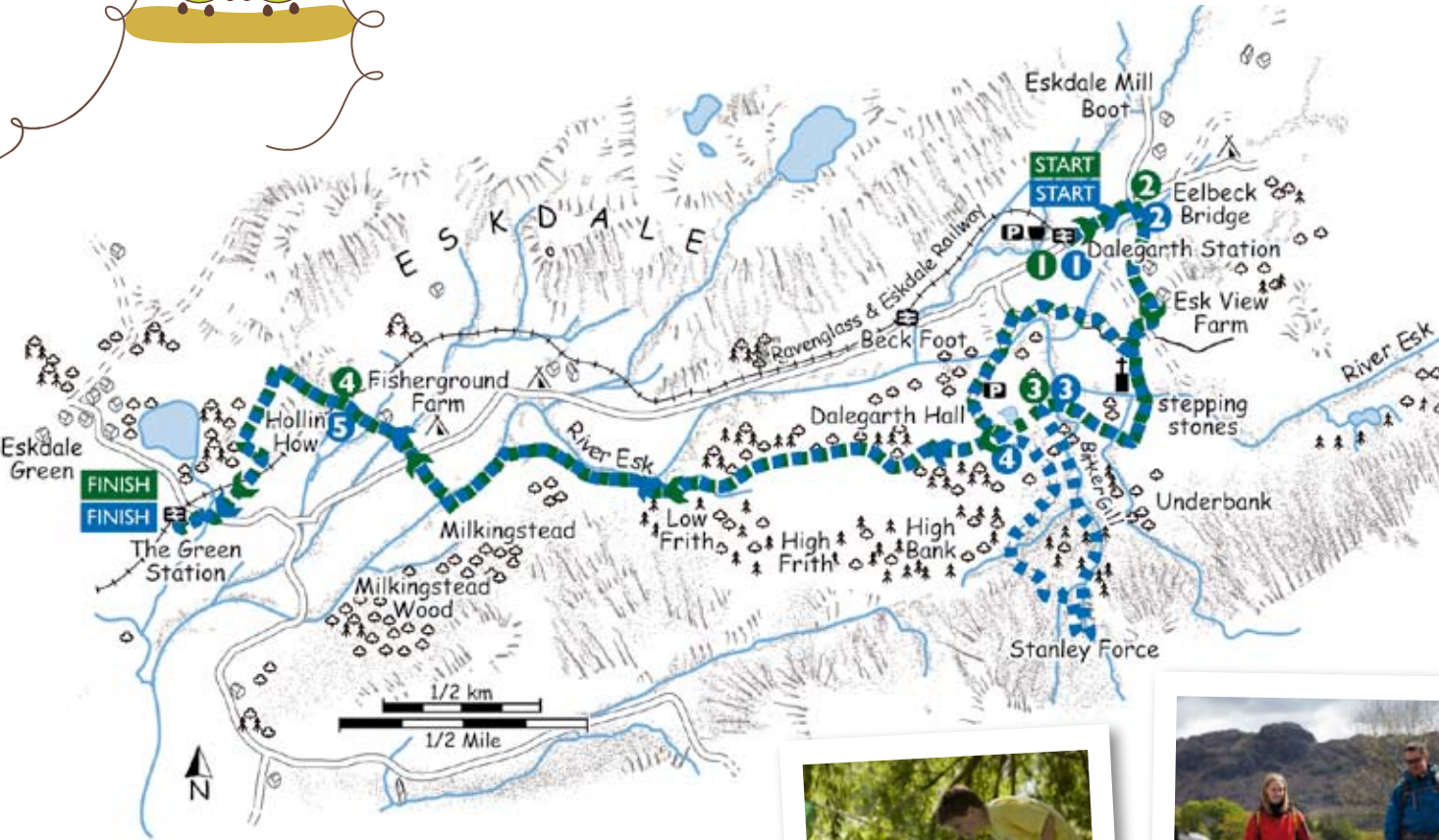
great things to see and do on the walks...

an old piece of canvas

Tents and dens can be rigged with a piece of material, a bit of string, a few dead branches and some rocks. Remember to put everything back when you've finished.

Eskdale – Walks With ‘Ratty’

Forest glades and bright green fields enclosed by dry stone walls, crystal clear rivers and becks all topped off with the magic of a narrow gauge steam railway make Eskdale the perfect place for a family adventure.



a compass to help find the way



la'l ratty steam train!



a new discovery in the river!



at the train station



see for miles!

Green Route (Short)

Start/Finish Dalegarth Station (GR NY 173 007)
Distance 3.8 miles (5km) **Time** 2-3 hours
Height gain 80m
Terrain Valley lanes, riverside bridleways, stepping stones, woodland, pastures and fell side paths
Maps OS Landranger 89 and 96, OS Explorer OL 6, Harveys' Superwalker (1:25 000) Lakeland South & Western Lakeland, British Mountain Maps Lake District (1:40 000)

- 1 From Dalegarth Station turn left on the valley road and follow it to the cross roads at Brook House.
- 2 Turn right and follow the lane to the church beside the River Esk. A set of stepping stones leads over the river. If the flow is low enough cross the river by the stepping stones and join the path on the other side. Follow it up to a junction with a bridleway. Turn right and follow the bridleway to reach a ford and footbridge over Birker Beck. Continue along the bridleway on the other side for a short distance to a junction.

(If the River Esk is too fast or deep to safely cross at the stepping stones there is a safe alternative path. Back track past the church to a junction. Take the left branch and follow the path to join a road beside a bend in the River Esk. Turn left on to the road and follow it past the car park to join a bridleway at a junction.)

- 3 Follow the bridleway west along Eskdale for 1.9km to a bridge over the River Esk near Milkingstead. Cross the bridge and head along the path to join the main valley road. Cross the road and follow the lane into Fisher Ground camp site. By the entrance to the camp site a path splits off left - join it and follow it past the house to the Ravenglass & Eskdale Railway.
- 4 The next section involves a short climb, if it is too much for younger walkers the walk can be shortened by catching the train from Fisher Ground Halt which lies a short distance along the track to the right.

To continue the walk cross the track and follow the path up the hill beside the trees to a junction. Turn left and follow the path down Hollin How to re-cross the railway track and join the valley road at Eskdale Green. The station lies just across the road beside the bridge.

take a magnifying glass

Blue Route (Long)

Start/Finish Dalegarth Station (GR NY 173 007)
Distance 4 miles (6.3km) **Time** 3-4 hours
Height gain 160m
Terrain Valley lanes, riverside bridleways, stepping stones, woodland, pastures and fell side paths
Maps OS Landranger 89 and 96, OS Explorer OL 6, Harveys' Superwalker (1:25 000) Lakeland South & Western Lakeland, British Mountain Maps Lake District (1:40 000)

- 1 Follow the green route, directions 1 and 2, until you reach the bridleway.
- 2 Turn left on to the bridleway and follow it for 100m to a junction just before a footbridge and ford. At the junction turn left (right, if you took the alternative route and avoided the stepping stones) and climb up the path over two bridges until you come to a third viewing bridge below Stanley Force.

Continue over the bridge and follow the footpath on the other side down hill to rejoin the valley bridleway. There are other paths from the bridge that climb higher by the edge of the force but these are exposed and dangerous for children.

- 3 Turn left on to the bridleway, walk for 1.9km to a bridge over the River Esk near Milkingstead. Cross the bridge and head along the path to join the main valley road. Cross the road and follow the lane into Fisher Ground campsite. By the entrance a path splits off left. Follow it past the house to the Ravenglass & Eskdale Railway.
- 4 The next section involves a short climb, if it is too much for younger walkers the walk can be shortened by catching the train from Fisher Ground Halt which lies a short distance along the track to the right.

To continue the walk cross the track and follow the path up the hill beside the trees to a junction. Turn left and follow the path down Hollin How to re-cross the railway track and join the valley road at Eskdale Green. The station lies just across the road beside the bridge.



make new friends!

Bring your Binoculars

There are plenty of chances to spot 'Ratty' along the walk so it's worth packing binoculars so you don't miss him as he puffs in and out of the trees.

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!

take your wellies!

There are a number of fords and becks to cross so wellies or walking boots are handy to save wet feet.

Bird Book

Can you name the amazing number of birds that live in the hedges, trees and crags?