

for more information visit
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

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.

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.

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 shows a range of serviced and self catering accommodation in the Patterdale area. The nearest tourist information centre is located in Glenridding, telephone **01768 482 414**.

Visit www.travelling.org.uk or call **0871 200 22 33** to check public transport information before you travel.

Getting there: Bus service 108 runs between Carlisle and Patterdale stopping at Patterdale Hotel. To go by car follow the A592. The walks start from Patterdale (GR NY 397 158).

Useful information

About Patterdale

Patterdale is a small village close to Ullswater.

It is popular with walkers who go to climb famous fells such as Helvellyn (England's third highest mountain).

Local folklore suggests that Patterdale is named after St Patrick (387-461 AD) who walked there after being shipwrecked on Duddon Sands. He preached at a holy well and gave his name to the valley of 'Patrichesdale'.

Ullswater is the second largest lake in the Lake District and is 9 miles long. It may have been named after Ulfr - a Viking lord!

Donald Campbell achieved his first world water speed record here on the 23 July 1955, when the jet-propelled Bluebird K7 reached a speed of 202.32 mph.

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



Family Walks from Patterdale

Family Walks from Patterdale



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 Patterdale, 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.



take a compass Bearing

The path off the summit of Place Fell is fairly vague to start with making it an ideal spot to set a compass and let young navigators find the way.

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

lets go fly a kite!

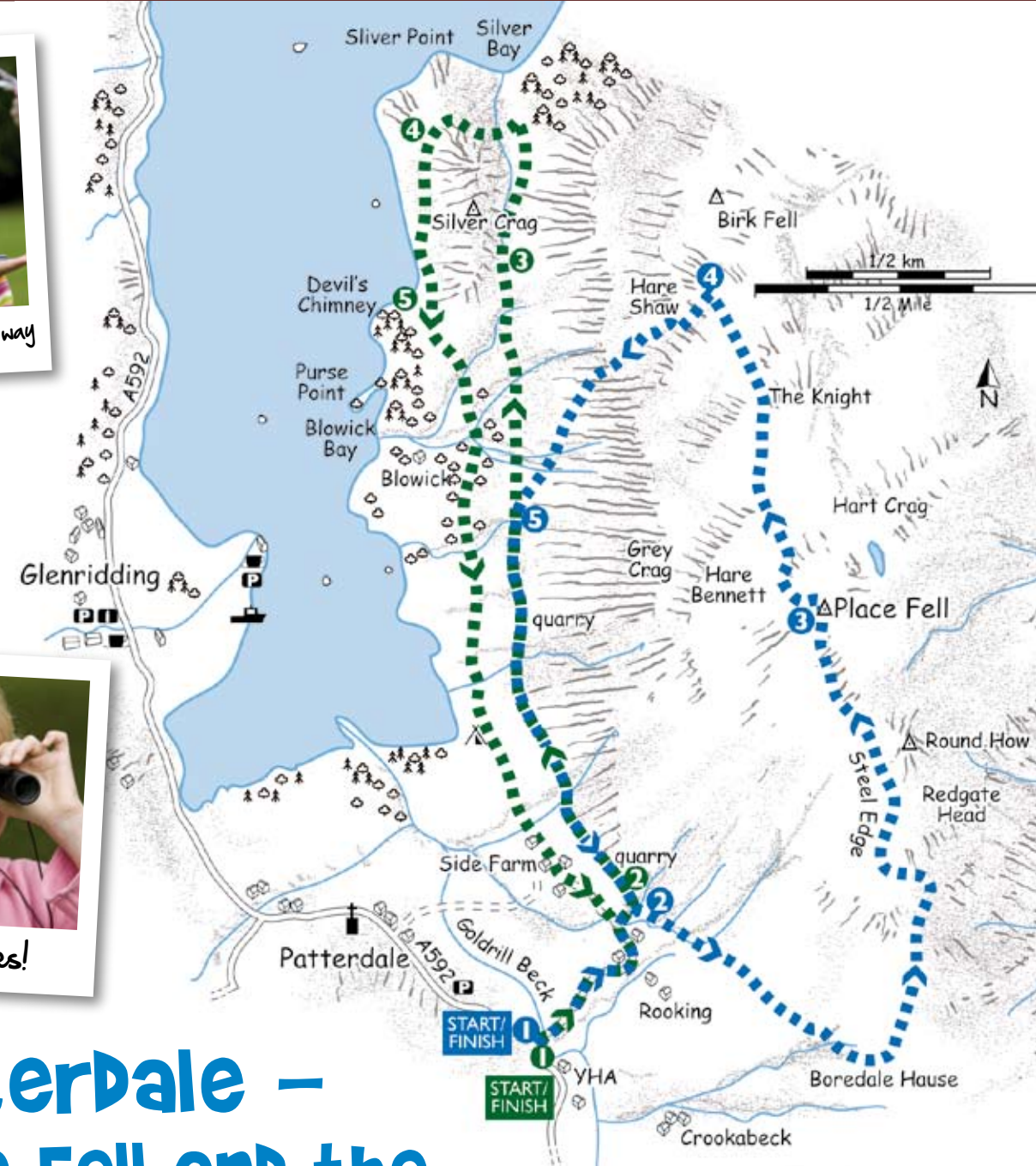
Even on the calmest summers day there is usually a breeze on the summit area of Place Fell so it is worth packing a pocket kite for a bit of aerial antics!



a compass to help find the way



see for miles!



Patterdale – Place Fell and the Ullswater Bridleway

Place Fell towers over the southern end of Ullswater like some mythical castle. Its craggy flanks soar skywards and when viewed from the tranquil waters of the lake they look impossibly steep with no obvious route up to the summit.

This though is just an illusion and Place Fell is perfect for families with a desire for adventure!



a "steamer" on ullswater



lots of sail boats at ullswater



a new discovery in the river!

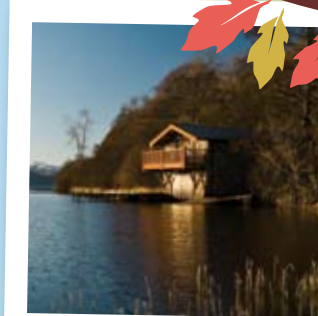


make new friends!

Blue Route (Long)

Start/Finish Patterdale (GR NY 397 158)
Distance 4 miles (6.4km) **Time** 4-5 hours
Height gain 538m
Terrain Lanes, fellside bridleway, broad col, steep rounded ridge, rocky summit, steep path and rocky bridleway
Maps OS Landranger 90, OS Outdoor Leisure 5, Harveys' Superwalker (1:25 000) Lakeland East, British Mountain Maps Lake District (1:40 000)

- 1 From the road (A592) walk along the lane to Rooking. On the right at the end of the lane is a bridleway, join it and follow it up hill a short distance to a junction with the Boredale House bridleway.
- 2 The bridleway climbs southeast and is followed as it cuts across the fellside to gain Boredale House. The bridleway turns east as it reaches Boredale House - just before the actual crest is reached a distinct path branches left. Join this path and follow it as it climbs steeply north. This path zig-zags slightly but generally follows the crest of Place Fell's South Ridge and leads directly to the summit trig point.
- 3 From the trig point skirt around the summit rocks and head north along the path to The Knight (a rock knoll). The path then steepens slightly and trends to the north-west, follow it down to a hairpin bend above Hare Shaw.
- 4 Follow the path around the bend as it descends steeply south-west across the fellside overlooking Ullswater to join the higher branch of the Ullswater bridleway.
- 5 The Ullswater Bridleway is rough in parts but generally provides an excellent high level path. Follow it back to the lane head at Rooking. Join the lane and return to the start.



a boathouse on ullswater

Green Route (Short)

Start/Finish Patterdale (GR NY 397 158)
Distance 3.6 miles (5.8km) **Time** 3 hours
Height gain 230m
Terrain Lanes, fellside bridleway, lake side bridleway, woodland, walled track, campsite and farmyard
Maps OS Landranger 90, OS Outdoor Leisure 5, Harveys' Superwalker (1:25 000) Lakeland East, British Mountain Maps Lake District (1:40 000)

- 1 From the road (A592) walk along the lane to Rooking. On the right at the end of the lane is a bridleway, join it and follow it up hill a short distance to a junction with the high level branch of the Ullswater Bridleway.
- 2 Turn left onto the bridleway and follow its rough course north across the lower slopes of Place Fell.
- 3 Continue north along the bridleway into the impressive gap behind Silver Crag. Follow the bridleway down towards Silver Bay. Near the trees the bridleway reaches a junction, turn left and follow the lower level of the Ullswater Bridleway west around the head of Silver Crag.
- 4 Once you have rounded Silver Crag the bridleway is followed south as it descends towards the shores of Ullswater.
- 5 A brief climb then leads inland to gain a track beside a wall. This is followed south past the campsite and farm yard at Side Farm to the lane end at Rooking. Join the lane and return to the start.



listen carefully

During week days in summer the RAF regularly fly low over Ullswater so keep your eyes peeled for fast jets. Also listen out on Boredale House, it is crossed by a big underground water pipe from Hayewater and the water in it makes gurgling noises!

Bring your sketch pad

There are lots of things to draw on both walks. For younger children drawing around collected leaves is the perfect easy way to start drawing.

get hooked on fishing

There are plenty of brown trout in Ullswater so it's worth packing a rod. You must have an Environment Agency Fishing Licence which are available at any Post Office.

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