

The Heart of Lakeland

Leave the soft red sandstones of Carlisle and the Eden Valley to weave through hills of volcanic rocks and lakes carved out during the last Ice Age, before heading into the Pennines, with their different, gentler beauty.

ITINERARY

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CARLSLE	▶ Caldbeck (13m-21km)	GRASMERE	▶ Ambleside (4m-6.5km)
CALDBECK	▶ Bassenthwaite (9m-14.5km)	AMBLESIDE	▶ Coniston (7m-11km)
BASSENTH-WAITE	▶ Buttermere (20m-32km)	CONISTON	▶ Bowness (10m-16km)
BUTTERMERE	▶ Keswick (13m-21km)	BOWNESS	▶ Patterdale (13m-21km)
KESWICK	▶ Grasmere (15m-24km)	PATTERDALE	▶ Penrith (14m-23km)
		PENRITH	▶ Halwhistle (34m-55km)
		HALT-WHISTLE	▶ Carlisle (23m-37km)

2 DAYS • 175 MILES • 282KM





i *Carlisle Visitor Centre, Old Town Hall, Green Market, Carlisle*

► Take the **B5299** south from Carlisle to Caldbeck.

1 Caldbeck, Cumbria

This stone-built village is set in undulating countryside with the Lake District hills to the south. In the churchyard is the grave of John Peel, who was buried here in 1854. The famous huntsman inspired his friend, John Woodcock Graves, to write the song '*D'ye ken John Peel*'. There is a plaque outside the house where Graves composed the song.

► Continue on the **B5299** before branching left on to unclassified roads through Uldale to Bassenthwaite.

2 Bassenthwaite, Cumbria
Bassenthwaite is situated off the A591. 'Thwaite' is a Norse word for a clearing in the forest, and is found in many village names in the area. Bassenthwaite Church, 3 miles (5km) south, was founded in the 12th or 13th century and retains its Norman chancel arch and many Early English features. Nearby Lake Bassenthwaite is a large ice-cut lake, and towering above its western shore is Skiddaw, one of only three Lake District hills higher than 3,000 feet (915m).

► Leave Bassenthwaite on unclassified roads towards the **B5291** round the northern shores of the lake, then take the **A66** south to Braithwaite. Continue on the **B5292** and over Whinlatter Pass to Low Lorton then left on to the **B5289** to Buttermere.

3 Buttermere, Cumbria

The tiny village of Buttermere stands in the heart of spectacular landscape. A stiff climb to Whinlatter Pass, beyond the Forestry Commission's Visitor Centre, takes you on to wild moorland. The surrounding hills, Red Pike and High Stile, tower over the flat green valley floor, with impressive waterfalls such as Scale Force. The **B5289** takes you through Borrowdale, a valley which is reached by crossing 1,174-foot (358m) Honister Pass. Dark rocks tower above the skyline and quarries scar the landscape where Borrowdale rock, formed by volcanic activity about 500 million years ago, is extracted. This famous rock is used in buildings as far away as Dallas and Hong Kong, and you can buy small souvenirs from many of the local shops. The southern end of the valley is dominated by the summits of 2,560-foot (780m) Glaramara and 2,986-foot (910m) Great End.

► Take the **B5289** to Keswick.

Crummock Water; Buttermere

4 Keswick, Cumbria

The capital of the northern Lake District now caters for walkers, climbers and holiday-makers, but one of its oldest industries is the manufacture of coloured pencils, which originally used local graphite. The Cumberland Pencil Factory has a museum and among its exhibits is the world's largest pencil.

On a hill to the east of Keswick is Castlerigg Stone Circle, a prehistoric monument in a setting of magical beauty. Cumbrian folklore claims that the famous great stones were once men who were turned into boulders by witches.

i *The Moot Hall, Market Square*

► Take the **A66** for 4 miles (6.5km), then turn right on to the **B5322** through St John's in the Vale and then the **A591** south to Grasmere.

5 Grasmere, Cumbria

Grasmere's hills and lakes are a real tourist magnet. William Wordsworth wrote much of his greatest verse here, and his friends Coleridge, de Quincey and Southey were inspired by the location. Dove Cottage, where Wordsworth lived with his sister Dorothy, is open to the public and contains relics of his

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life and times. A few miles further along the A591 is Rydal Mount, where Wordsworth lived from 1813 until his death in 1850. It houses many of the family's belongings and has a beautiful view of tranquil Rydal Water.

i Redbank Road

SPECIAL TO...

For over a hundred years, Grasmere gingerbread has been made in the village. The recipe is such a closely guarded secret it has to be kept in the vaults of a local bank! The rush-bearing ceremony, held every year, involves the carrying of elaborately decorated bundles of rushes to the church, after which the bearers are rewarded with a piece of delicious gingerbread.

► Continue to Ambleside.

6 Ambleside, Cumbria
Ambleside is a major Lake District centre at the northern end of Lake Windermere. Its

Mysterious Castlerigg Stone Circle

many stone houses include Bridge House, the smallest in the Lake District. Built on a tiny bridge over the Stock Ghyll, it is now owned by the National Trust and is open to the public. In the town library are the relics excavated from the Roman site of Galava Fort, at Borrans Park, and the woodland gardens of Stagshaw, just south of the town, have superb views of the lake.

i Central Buildings, Market Cross

► Leave on the A593 to Coniston.

7 Coniston, Cumbria
Coniston Water is famous as the place where Donald Campbell set a new world record and later died in 1967. The Steam Yacht *Gondola*, an 1859 steam launch, has been restored, and now takes passengers on regular scheduled trips around the lake.

A little further on, at Hawkshead, is the Beatrix Potter Gallery; at Hill Top, in Near Sawrey, Potter wrote some of her world-famous children's stories. The house is open to the public.

i Ruskin Avenue

► Take the B5285 to the Windermere ferry.

8 Bowness and Windermere, Cumbria

The ferry across Lake Windermere to Bowness was restored in 1990 and leads to this small town with its narrow streets and fine 15th-century church.

Windermere, just north of Bowness, is a focal point in the Lake District for sailing and boating. The Steamboat Museum, at Rayrigg Road, has a collection of Victorian and Edwardian boats, many of which still float and are in working order. The lake has 14 islands, including Belle Isle, a privately owned estate with a round 18th-century mansion house.

i Glebe Road, Bowness-on-Windermere; Victoria Street, Windermere

RECOMMENDED WALKS

For a gentle walk, follow the footpath opposite the railway station in Windermere to the top of Orrest Head, 784 feet (239m), where there are fine views of the lake and Belle Isle.





Dove Cottage, Grasmere

FOR CHILDREN

The Lake District National Park Visitor Centre is on the eastern shore of Lake Windermere at Brockhole, northwest of Windermere. As well as providing information about the park, it offers a wide variety of attractions, including special family events during school holidays, lake trips in summer, garden tours from May to September, Teddy Bears' Picnics in spring and summer and a children's Squirrel Nutkin Trail.

- Take the **A592** north to Patterdale.

9 Patterdale, Cumbria
Patterdale was named after St Patrick, who is said to have walked here after being shipwrecked on Duddon Sands in AD 540. St Patrick's Church, built in 1853, is notable for its tapestries by embroidress Ann Macbeth, who lived here until her death in 1948. This attractive village is at the head of Ullswater, a popular boating lake. A steamer plies from the pier at Glenridding to the opposite end of the lake, and the scenery is dominated by 3,117-foot (950m) Helvellyn. At the foot of the sheer eastern slopes is

Red Tarn, a corrie lake in a hollow scooped out of solid rock during the Ice Age. Two miles (3km) from Glenridding is Aira Force, and it was here that Wordsworth was inspired to write of his 'host of golden daffodils'.

i Main Car Park, Glenridding

- Take the **A592** alongside Ullswater to Penrith.

10 Penrith, Cumbria
Penrith was the capital of Old Cumbria, and there are remains of buildings suggesting its former importance. The 12th-century ruins of Brougham Castle are just outside the town, and remnants of a Roman fort built by Agricola are near by. The Gloucester Arms, dating from 1477, is one of the oldest inns in England, and the Duke of Gloucester, later Richard III, is said to have lived here. Three miles (5km) north at Langwathby is Eden Ostrich World, with rare farm animals, tractor rides and feeding programmes. The wild, open spaces round Penrith may be bleak, even in summer, and crossing the Pennines can prove difficult in winter.

i Robinson's School, Middlegate

- Follow the **A686** through Langwathby towards Alston. Turn left on to the **A689** then

RECOMMENDED WALK

A popular walk leads up Helvellyn from Patterdale, via Striding Edge, to the summit and returns by way of Swirral Edge. On a clear day the whole circle of Lake District summits can be seen.

right along an unclassified road to Haltwhistle.

11 Haltwhistle,

Northumbria

This small, grey market town is a good starting point for Hadrian's Wall, built in the 2nd century AD to ward off Scottish tribes. Holy Cross Church, founded in 1178, is a fine example of Early English architecture. There is no tower, and the sanctuary preserves three carved coffin lids, thought to date from the 14th century. The South Tynedale Railway, England's highest narrow-gauge railway, runs from Alston towards Haltwhistle. Further along the A69, at Greenhead, the Roman wall, turret, fort and museum recall life 2,000 years ago.

i Railway Station, Station Road

- From Greenhead take the **B6318** and unclassified roads to rejoin the **A69**. Continue through Brampton to Carlisle.

FOR HISTORY BUFFS

Housesteads, to the east of Haltwhistle, just off the B6318, is the best preserved Roman fort on Hadrian's Wall. Excavations have revealed granaries, a commandant's house, military headquarters, a hospital, baths, latrines and barracks. In the opposite direction, on the way back to Carlisle is the ruined fort of Camboglanna, occupying a ridge-top site near Birdoswald. It was built to guard the Roman bridge carrying Hadrian's Wall over the river at Willowford.