

HIGH STREET STROLL

This is an anytime challenge walk in the Lake District devised by Frank Yates, of some 30 miles, and is intended to provide an interesting tour of Central/Eastern Lakeland.

Maps required 1 :50,000 sheet 90 or 1 :25,000 SE Sheet 7 and NE sheet 5 of the Lake District.

The route can be attempted in either direction, and there are several convenient starting points, the following description starts in Ambleside and travels in an anticlockwise direction.

Leave Ambleside by the Old Lake Road, behind the main street, take the bridleway through Skelghyll

Wood passing Jenkin Crag. Beyond High Skelghyll choose the left hand path (GR394028) to join the Hundreds Road (GR398024) and Robin Lane track, which leads to Troutbeck (GR407026). Cross the main Kirkstone road and pick up the Garburn Road track (GR412026) leading over into Kentmere (GR456044).

Cross the river Kent by footbridge (GR460046). Join Low Lane track at GR461046 then follow track leading to Overend. Take the upper path on the right, signposted "To Mardale, via Nan Bield Pass", until the stone shelter at Nan Bield Pass (GR452096) is reached. Follow the path from here to Harter Fell (GR460093) and the old fence line as far as Gatesgarth Pass. A more distinct fence is then joined which leads over Branstree to Selside Pike (GR491112).

For those who are Wainwright Peak Baggers, Howes (GR499104) may be visited as an optional extra.

The walk then turns east, over Nabs Moor, to the remote valley of Mosedale (GR506109), which is seldom visited these days. Follow the bridleway into Swindale where it was once proposed to flood the valley in order to slake the thirst of Manchester, but fortunately this idea was abandoned. However, you might see the remains of the church and school ~ supposedly the smallest in the district ~ which were demolished in readiness for the deluge. From Swindale Head (GR504125) take the Old Corpse Road to meet a metalled road in Mardale.

This track was once used to carry the dead of Mardale, strapped on horseback, to Shap for burial. Cross the road and go through a gate turning left and take the path alongside the reservoir to the car park at the head of Mardale (GR469107). Then follow the path around the Rigg until Riggingdale Beck has been crossed (GR467118).

A steady climb up over Kidsty Howes (GR461126) and Kidsty Pike leads to Rampsgill Head and the Old Roman Road. Leave this and follow the stone wall that leads unerringly to the trig point on High Street (GR441111).

Horse races were held here at one time and the Ordnance Survey still use the name Racecourse Hill on some maps.

The path to Thornthwaite Crag is straightforward, but care is needed on the

descent of Thornthwaite Crag, and on the ascent of Stoney Cove Pike (GR419099).

Follow the path over John Bells Banner to Kirkstone Pass Inn (GR401080). Take the Ambleside Road. Turn left onto a signposted footpath (GR397075) after Pets Bridge. Cross Stock Ghyll and follow the track past Stock Ghyll Force back to Ambleside.

Badge and certificate (cost £2.50 Cheque payable to J Sidebottom) are available on completion of the walk by sending a stamped addressed envelope (9" x 7") to: ~

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