

## Introduction

This walk will take you on a journey through Eastern Lakeland linking three Hostels at Windermere, Patterdale and Grasmere. The Hostels at Helvellyn, Langdale and Ambleside offer alternative locations for accommodation.

The route passes through remote valleys and over some of the highest passes in the area. You will see two of Lakeland's biggest lakes and some of its most beautiful tarns. It is a fairly strenuous route, suitable for people with some experience of hill walking. You will be walking on footpaths but some sections follow steep mountain paths. In places you will be crossing boulder strewn hillsides and rough pasture. The route is physically demanding and you must ensure that you are equipped for mountain walking. Please refer to the notes in this booklet on mountain safety. It is recommended that this booklet is used together with a suitable map. The Ordnance Survey Landranger map No. 90 (Penrith & Keswick) covers the whole route.

### Windermere to Paterdale 11 miles/17,5km

This is the longest section of the walk and the most strenuous. The high level route follows an ancient track, once used by Roman Legions, up to the summit of Thornthwaite Crag. It then descends to Patterdale via Threshthwaite Mouth. On the summit you will find a very large cairn called The Beacon. From here, on a clear day, there are superb views in all directions. Your view will encompass many of the lakes and tarns that you will pass on your route and the dramatic mountain scenery of central Lakeland. It is a long climb to the summit from the valley but well worth the effort. If the weather is poor and cloud is covering the fell tops we recommend that you follow the low level route. This route takes you up the Troutbeck valley to reach Threshthwaite Mouth. If you have energy to spare when you reach Hartsop you have the option of taking an alternative route around Brotherswater.

### Patterdale to Grasmere 7.5miles/12km

You will find this section of the walk less demanding than your first day. The route follows a mountain path, first up lovely Grisedale to a climax at the tarn which takes its name from the valley, then a scenic descent to Grasmere village. You should arrive in Grasmere with time to explore the village and the many places of interest associated with Wordsworth.

### Grasmere to Windermere 8miles/12,8km

You have two routes to choose from on the final stage of your walking tour. One route is low level and takes you along a path overlooking pretty Rydal Water, passing Dove Cottage and Rydal Mount on the way. The other route offers you the option of a high level footpath over Loughrigg Fell. Loughrigg is a beautiful fell, modest in height but it has a lovely view from its summit cairn. From here you descend to Ambleside where you can have a short rest before the final climb past Jenkin Crag and Skelghyll Farm en-route back to Windermere Youth Hostel. From the path you will enjoy beautiful views down the whole length of Windermere, a very appropriate way to end this tour of the Lakes and Tarns of Eastern Lakeland.