



jennings 3 day threlkeld ale trail

Grade: Time/effort: 5 Navigation: 3 Technicality: 3

Start / Finish: Horse and Farrier, Threlkeld GR NY386170

Distance: 32.4 miles (52.1km)

Time: 3 days

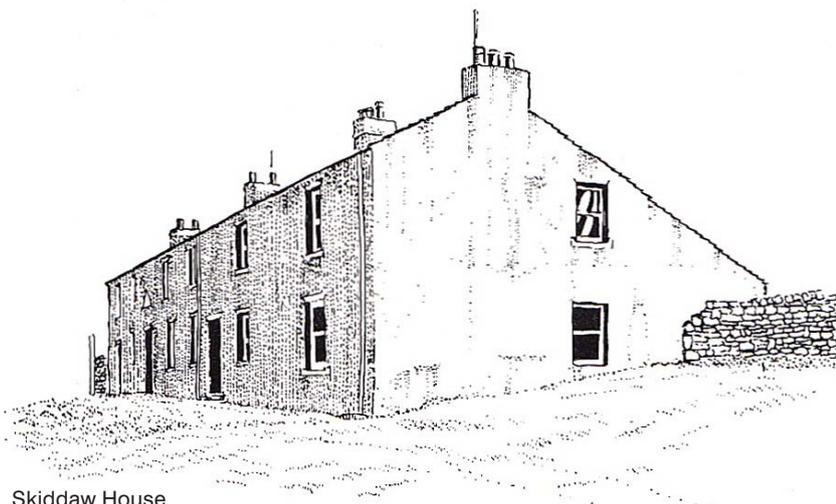
Height gain: 943m

Maps: OS Landranger 90 (1:50 000), OS Explorer OL 4 & 5 (1:25 000), Harveys' Superwalker (1:25 000) Lakeland Central and Lakeland North, British Mountain Maps Lake District (1:40 000)

Borrowdale is blessed with an amazing range of mountain scenery. From the lofty heights and lonely moorland of the Skiddaw massif, to the gentle woodland on the banks of Derwentwater, through the craggy enclosing ridges of High Spy and the secretive side valley of Watendlath. Any walk through Borrowdale is a delight, but to immerse yourself on a three day expedition is an unforgettable experience.

The route heads out from the Horse and Farrier at Threlkeld then circumnavigates Derwentwaters enclosing sky line with stops at the Derwent Lodge Hotel and the Lodore Falls to sample one of the treasures of the Lake District – Jennings ale! Along the way you will top out on Skiddaw's three thousand foot summit, bag the stepped peaks of Cat Bells, Maiden Moor and High Spy and then cross the lonely heights of the Armboth Fells. Each day is a proper fell walking day and although there are opportunities for breaks along the way you can expect to be on the go most of the time. You will enjoy this route best if you have some prior walking experience and if you relish a moderate challenge. Having said that there are short-cuts and low level alternatives so if the weather socks in or you just fancy an easier day you can vary the route accordingly.

Before setting off please make sure you plot the suggested route on OS maps and pack a compass. They are essential for a safe, enjoyable day in the hills!



Skiddaw House

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Day 1 - horse and farrier - derwent lodge hotel, portinscale

Pleasant lanes lead easily out of Threlkeld and into the dramatically shaped valley carved by Glenderaterra Beck. From then on you are submerged amongst the lonely fells at the back of Skiddaw. This wild and woolly corner of the Lake District is in real contrast to the rest of the fells and mountains, being of more moderate rolling slopes and lacking steep crags and gills. The splendidly lofty position of Skiddaw's summit soon re-introduces you to the classic Lakeland scene as the views from its trig point take in almost every significant peak. An easier alternative to Skiddaw is to take the old railway line path through Keswick from Threlkeld to join up with the Allerdale Ramble which can then be followed to Portinscale. Before setting off please make sure you plot the suggested route on OS maps and pack a compass. They are essential for a safe, enjoyable day in the hills!

Grade: Time/effort: 3 Navigation: 3 Technicality: 3

Start: Horse and Farrier, Threlkeld GR NY323254

Finish: Derwent Lodge Hotel, Portinscale GR NY252236

Distance: 11.6 miles (18.65km)

Time: 6 - 7 hours

Height gain: 943m

Maps: OS Landranger 90 (1:50 000), OS Explorer OL 4 & 5 (1:25 000), Harveys' Superwalker (1:25 000) Lakeland Central and Lakeland North, British Mountain Maps Lake District (1:40 000)

1 Arrive at the Horse and Farrier, a traditional Lakeland Inn built in 1688 with slate flagged floors, beamed ceiling and open fires. Take in the stunning views and head inside to enjoy a satisfying pint of Jennings Bitter, the original beer to come from the famous local brewery and 'Champion Beer of the North West 2009'.

2 From the Horse and Farrier walk through the village to join the minor road to Middle Row and the Blencathra Centre. Continue on the road above the centre and pick-up the bridleway at the west end of the car park. Follow the bridleway as it climbs easily west then north above the deeply-cut valley of Glenderaterra Beck. Near the head of the beck the bridleway crosses it and climbs steeply to join the Lonscale Fell Bridleway.

3 Turn right onto the bridleway and follow it around the broad shoulder of Burnt Horse to Skiddaw House. From the back of the plantation climb the path over Sale How to the fence on the east side of Skiddaw. At the fence join the main bridleway and follow it through the gate as it heads along the summit crest to Skiddaw. Skiddaw's summit can be a bit exposed if it is windy and there is no summit shelter. The secret to Skiddaw's symmetry is in its rocks; they are slates and shales from the Lower

Ordovician period which tend to weather and decay in a way that produces uniform terrain.

4 Head back along the summit ridge for 400m to the start of a steep zig-zagging descent path. Descend this path to a flat col. Continue across the col and make the short climb up Carl Side. Whilst only a modest bump on the side of Skiddaw, Carl Side nevertheless gets an entry in Wainwright's famous pictorial guide. This is no doubt due to the spectacular views afforded from its neat summit. Follow the steep broad ridge down to Benny Crag continuing onto the lane at Millbeck.

5 Turn right onto the lane and follow it to the A591, turn left on to A591, after 250m turn right onto a path to High Stock Bridge. Cross the bridge and follow the Allerdale Ramble beside the River Derwent to the A66, then the B5289 into Portinscale to find the Derwent Lodge Hotel.

6 As you approach this traditional Georgian manor house, built in 1780, you are surrounded by superb lake views. Once inside settle in a window seat and take in views of Skiddaw, Cat Bells and Derwentwater as you reward yourself with a refreshing pint of Jennings Cumberland Ale. As you savour the full flavour and delicate hop character you won't be surprised to learn that Cumberland Ale won the silver medal at the 2009 International Beer Awards!



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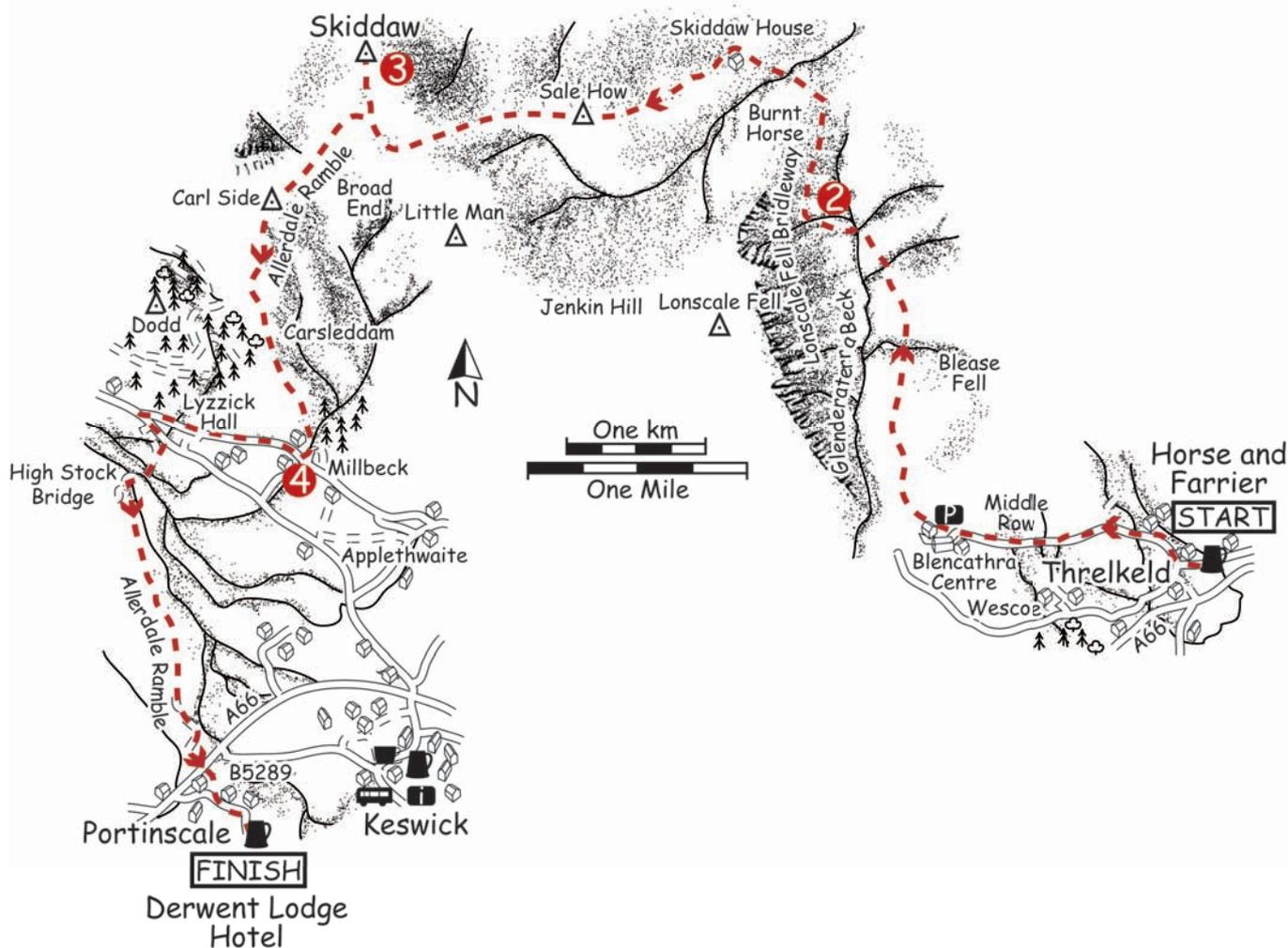


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Day 1 - horse and farrier - derwent lodge hotel, portinscale



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Day 2 - derwent lodge hotel, portinscale - lodore falls, borrowdale

The sequentially stepped peaks of Cat Bells, Maiden Moor and High Spy on the western side of Borrowdale form the backbone of the second day's walk. Although of only moderate height their position high above the glistening waters of Derwentwater and the deep sheltered Newlands Valley give them a disproportionately elevated feel. Walking along their crest is a true delight and at every step you should have either binoculars or camera to hand. The high section of this walk over Cat Bells, Maiden Moor and High Spy can be short-cut by taking the Allerdale Ramble or the Cumbria Way from Hawes End to rejoin the route at Manesty. Before setting off please make sure you plot the suggested route on OS maps and pack a compass. They are essential for a safe, enjoyable day in the hills!

Grade: Time/effort: 3 Navigation: 2 Technicality: 2

Start: Derwent Lodge Hotel, Portinscale GR NY252236

Finish: Lodore Falls, Borrowdale GR NY 264188

Distance: 9.8 miles (15.7km)

Time: 5-6 hours

Height gain: 850m

Maps: OS Landranger 90 (1:50 000), OS Explorer OL 4 & 5 (1:25 000), Harveys' Superwalker (1:25 000) Lakeland Central and Lakeland North, British Mountain Maps Lake District (1:40 000)

1 Refreshed after a nights rest and some Cumberland Ale its time to leave Portinscale. Take the road out of the village to Fawe Park. Join the Allerdale Ramble/Cumbria Way and follow the path through Lingholm Gardens and Silver Hill to join the road at Hawes End. The grand house at Lingholm was built in the 1870s, and it's most famous feature, its gardens, were developed in the 1890s. Beatrix Potter spent many summer holidays here working on sketches for her books The Tale of Squirrel Nutkin and The Tale of Peter Rabbit.

2 Join the road and follow it up around the bend to the car park. At the car park climb the steep path up Skelgill Bank to the summit of Cat Bells. The first bit of path is the steepest and it soon eases to give pleasant ridge top walking.

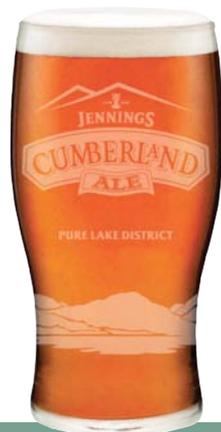
3 Make the short descent from Cat Bells and head straight across the dip at Hause Gate. Another ascent leads to Maiden Moor. Most of the hard work is done now so you can settle into a nice pace and enjoy

the elevated ridge that works its way pleasantly to High Spy, the highest point of the day.

4 Continue south after High Spy and drop down to the broad col at Wilson's Bield. Turn left here and leave the ridge, descending steeply down Tongue Gill. Near the bottom of the gill join a bridleway. This is an old pack horse route from Honister Pass. Turn left onto it and follow it past the rock ramparts of Castle Crag to the attractive little hamlet of Grange.

5 Turn left out of Grange and follow the lane to join the Allerdale Ramble / Cumbria Way. Follow this around the bottom end of Derwentwater to cross the River Derwent by a footbridge. A short path on the other side leads up to the B5289. Turn left onto it and follow it to the Lodore Falls Hotel, built in traditional Lakeland slate and part of the Borrowdale Valley for more than 200 years.

6 Head into the lounge bar and rest weary legs while absorbing the stunning views of Derwentwater and the surrounding mountains. Take in some pure Lakeland water yourself with a pint of golden Jennings Cumberland Ale; brewed with water from the breweries own well in Cockermouth!



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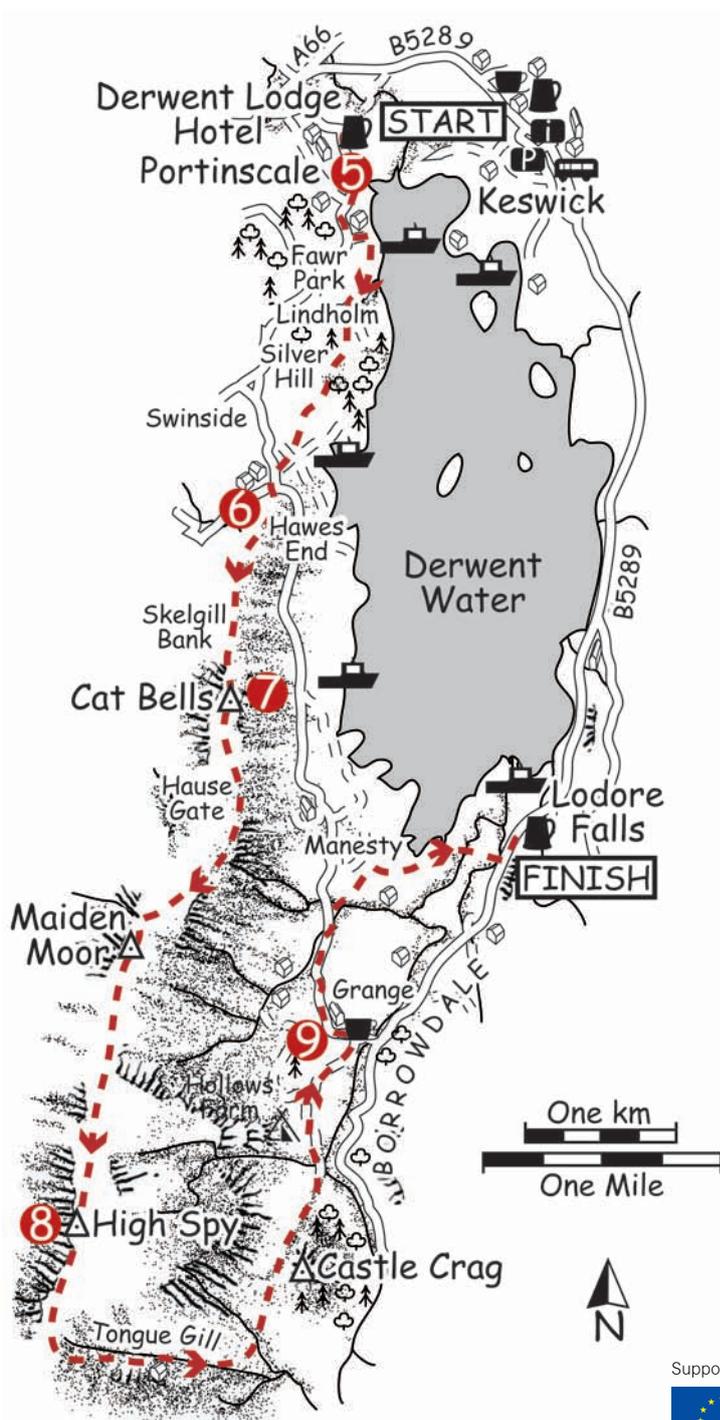


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Day 2 - derwent lodge hotel, portinscale - lodore falls, borrowdale



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Day 3 - lodore falls, borrowdale - horse and farrier, threlkeld

Romantic waterfalls and intimate woodland followed by a crossing of the high and lonely Armboth Fells gives this final day of the walk a more subtle feel. It is a day to explore, to peek over walls and seek out hidden views. It is also a day to contemplate the past with a visit to the ancient rocks at Castlerigg Stone Circle, a perfect place to enjoy a picnic. The high section of this route can be avoided by turning left at the top of the Lodore Waterfalls Path and heading north along the permissive path and road to Ashness Bridge. From here a path heads gently up to re-join the route at Lady's Rake. Before setting off please make sure you plot the suggested route on OS maps and pack a compass. They are essential for a safe, enjoyable day in the hills!

Grade: Time/effort: 3 Navigation: 3 Technicality: 2

Start: Lodore Falls, Borrowdale GR NY 264188

Finish: Horse and Farrier, Threlkeld GR NY386170

Distance: 11 miles (17.7km)

Time: 5 - 6 hours

Height gain: 820m

Maps: OS Landranger 90 (1:50 000), OS Explorer OL 4 & 5 (1:25 000), Harveys' Superwalker (1:25 000) Lakeland Central and Lakeland North, British Mountain Maps Lake District (1:40 000)

1 Behind the hotel follow the waterfall path up past the Lodore Falls to join the permissive path at Moss Mire. In spite the Lodore Falls are spectacular, and inspired a poem by Robert Southey in 1820 - Cataract of Lodore. Follow the permissive path beside Watendlath Beck to the farm at Watendlath.

2 From Watendlath begins the main climb of the day. It starts at the back of the car park up a bridleway which climbs steeply. Follow it through a series of zig-zags to a junction. Turn left and make the steep ascent direct to the summit of High Tove. This is a lofty and lonely summit and gives expansive panoramas of both the central and eastern fells.

3 Ahead lies the broad crest of the Armboth Fells. Head north, across the dip of The Pewits to High Seat then across another dip to the rounded and rather vague summit of Bleaberry Fell. Make a gentle descent for 1.6km to join a path above Falcon Crag. The path continues, crossing the becks of Cat Gill, to a high point above Walla Crag. From the top

of Walla Crag the path then gently descends beside the wall and is followed down towards the road head at Rakefoot.

4 A path leading right off the Rakefoot Road is followed to the A591. Carefully cross the A591 and join Castle Lane. Follow the lane to visit Castlerigg Stone Circle, believed to be late Neolithic or early Bronze-age and probably constructed about 3200BC. If this is correct it would be one of the earliest in Britain and Europe. From the stone circle turn right at the T junction and follow the lane to another T junction. Turn left to another junction, and left again, after 300m take a permissive path on the right. Follow this to cross the A66 to the old railway cycle track. Turn right and follow it back to Threlkeld.

5 Then it's back to the Horse and Farrier for a warm welcome, home cooked food and a pint of award winning Jennings ales. The wonderfully warming Sneck Lifter is popular choice, full of complex flavours. It's got a good story too, 'sneck' means door latch and a 'sneck lifer' was a mans last six pence - used to lift the latch of the pub door and buy a pint!



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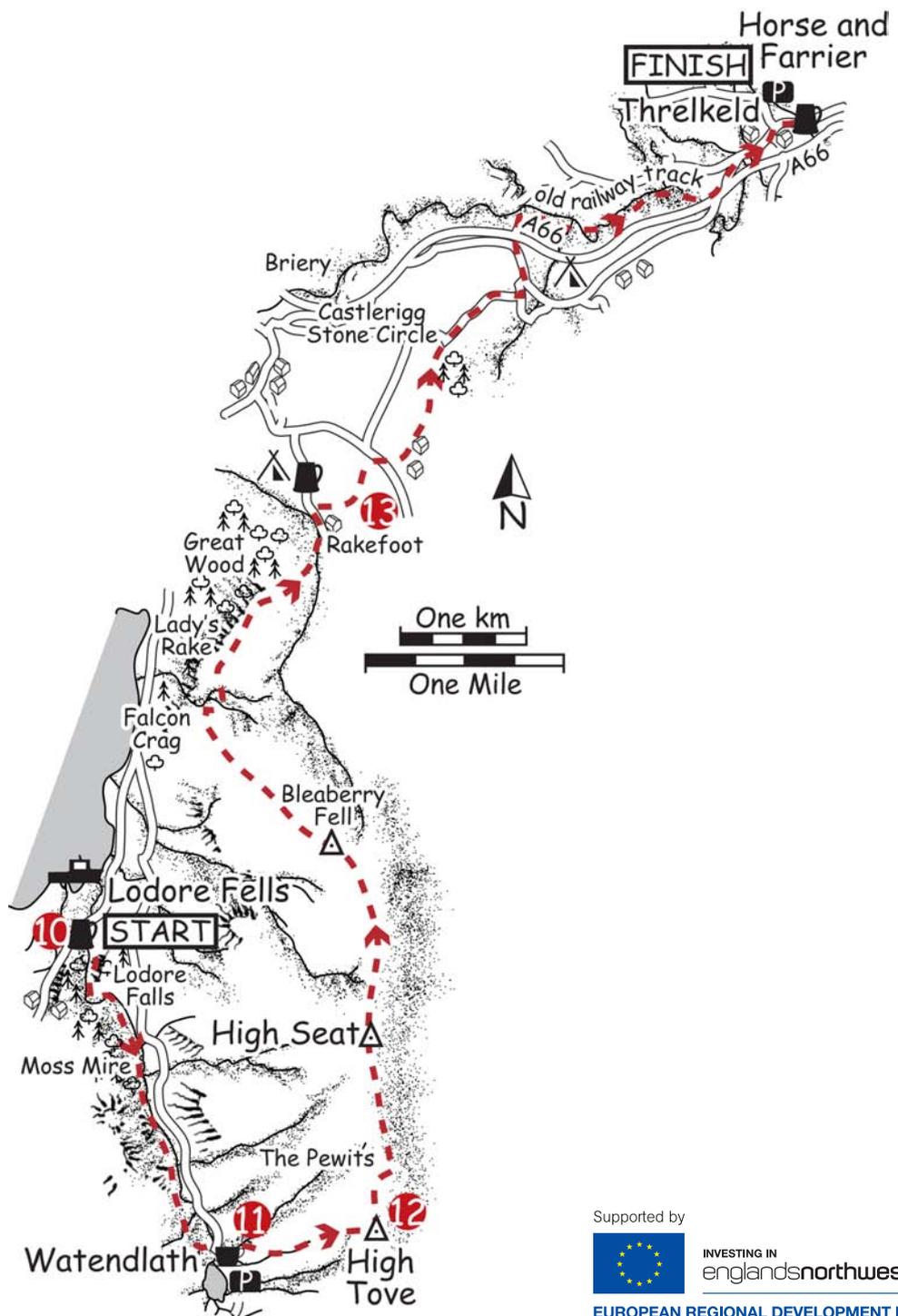


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Day 3 - lodore falls, borrowdale - horse and farrier, thelkeld



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