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WALKING THE LAKE DISTRICT FELS

# MARDALE AND THE FAR EAST

HIGH STREET AND KENTMERE

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MARK RICHARDS

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CICERONE

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### Updates to this Guide

While every effort is made by our authors to ensure the accuracy of guidebooks as they go to print, changes can occur during the lifetime of an edition. Any updates that we know of for this guide will be on the Cicerone website ([www.cicerone.co.uk/1035/updates](http://www.cicerone.co.uk/1035/updates)), so please check before planning your trip. We also advise that you check information about such things as transport, accommodation and shops locally. Even rights of way can be altered over time. We are always grateful for information about any discrepancies between a guidebook and the facts on the ground, sent by email to [updates@cicerone.co.uk](mailto:updates@cicerone.co.uk) or by post to Cicerone, Juniper House, Murley Moss, Oxenholme Road, Kendal, LA9 7RL.

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*Front cover:* Ill Bell range from the Knowe (photo: Maggie Allan)  
*Title page:* Beda Fell from the slopes of Hallin Fell

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## Key to route maps and topos

**Route on a defined path**

**Route on an intermittent or undefined path**

**Fell summit featured in this guide (on maps)**

**Fell summit featured in this guide (on maps)**

**Route number (on maps)**

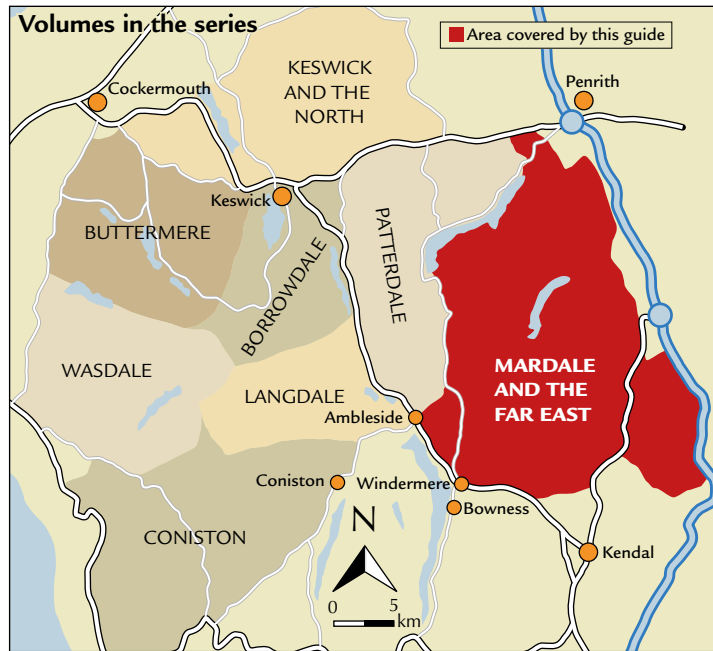
**Starting point**

**4** **Route number (on topos)**

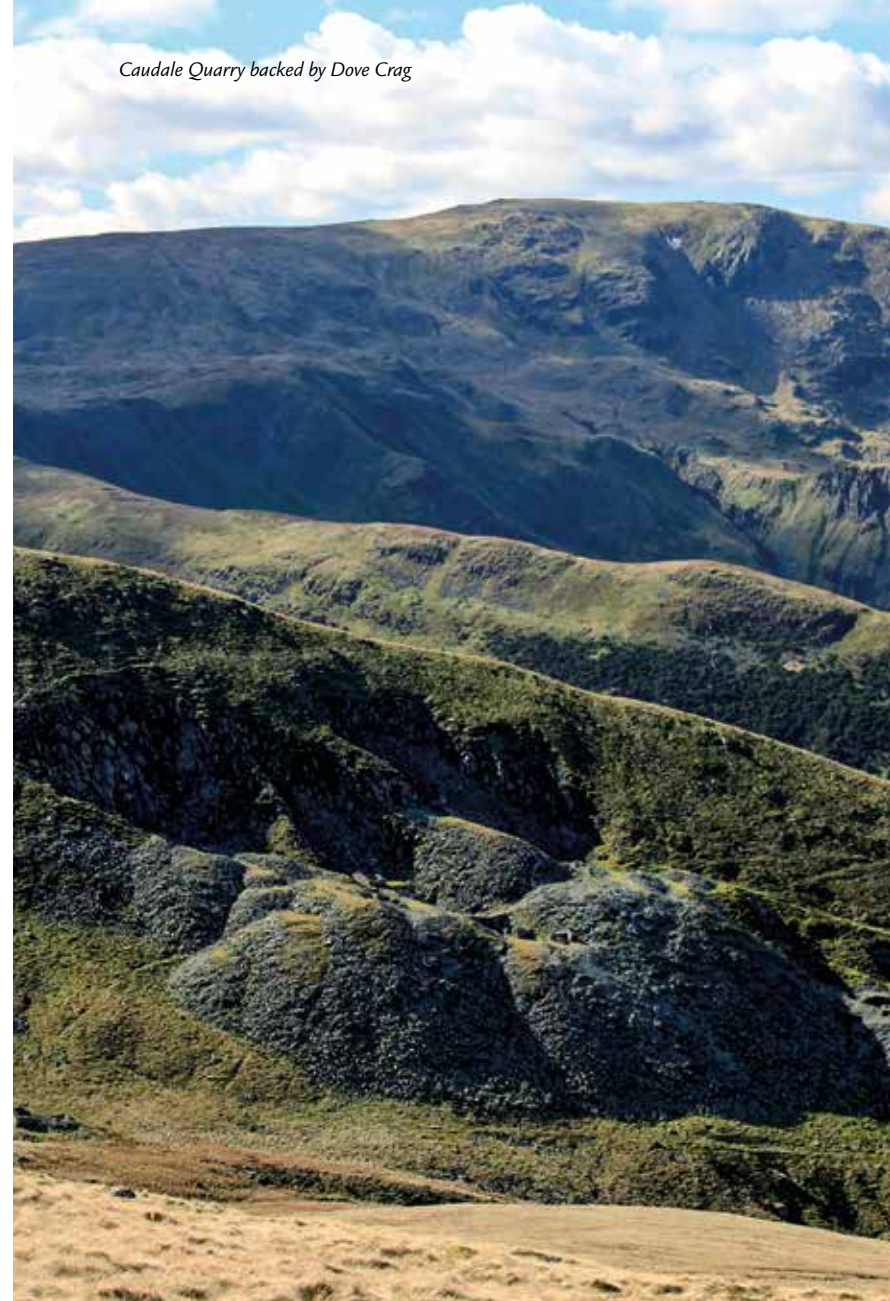
1:40,000

### Harvey map legend

	Lake, small tarn, pond		Contour (15m interval)
	River, footbridge		Index contour (75m interval)
	Wide stream		Auxiliary contour
	Narrow stream		Scree, spoil heap
	Peat hags		Boulder field
	Marshy ground		Scattered rock and boulders
Contours change from brown to grey where the ground is predominantly rocky outcrops, small crags and other bare rock.			Predominantly rocky ground
	Improved pasture		Major crag, large boulder
	Rough pasture		O.S. trig pillar, large cairn
	Fell or moorland		Spot height (from air survey)
	Open forest or woodland		Dual carriageway
	Dense forest or woodland		Main road (fenced)
	Felled or new plantation		Minor road (unfenced)
	Forest ride or firebreak		Track or forest road
	Settlement		Footpath or old track
	Boundary, maintained		Intermittent path
	Boundary, remains		Long distance path
On moorland, walls, ruined walls and fences are shown. For farmland, only the outer boundary wall or fence is shown.			Powerline, pipeline
The representation of a road, track or footpath is no evidence of the existence of a right of way.			Building, ruin or sheepfold, shaft



*Caudale Quarry backed by Dove Crag*





## AUTHOR PREFACE

This land of living dreams we call the Lake District is a cherished blessing to know, love and share. As we go about our daily routines, we may take a fleeting moment to reflect that someone, somewhere, will be tramping up a lonely gill or along an airy ridge, peering from a lofty summit or gazing across a wind-blown tarn and taking lingering solace from its timeless beauty. The trappings of modern life thrust carpet and concrete under our feet, and it is always wonderful to walk the region's sheep trods and rough trails, and to imprint our soles upon the fells. This series sets out to give you the impetus and inspiration to make space in your schedule to explore them time and again, in myriad different ways.

However, the regular paths of long tradition deserve our care. Progressively many of the main paths are being re-set with cobbles and pitching by organisations such as Fix the Fells, to whose work you have contributed by buying this guide. But in many instances, the best consideration we can give these pathways is rest. The modern fellwanderer should show a new 'green' awareness by choosing to tread lightly on the land and to find new ways around the hills. One of the underlying impulses of this guide is to protect these beloved fells by presenting a diversity of route options for each and every fell – and also, in this new edition, recommending 'fell-friendly' routes to each summit which are less susceptible to erosion.

Another feature of this latest incarnation of Fellranger, apart from the smaller size to slip in your pocket or pack, is the addition of a selection of inspiring ridge routes at the end of each volume for those of you who like to spend a little longer with your head and feet in the heavenly realms, relishing the summit views and the connections between the felltops, as well as some accompanying online resources for readers with a digital bent.

*Mark Richards*

# STARTING POINTS

Location			GR [NY... unless otherwise indicated]	Access	Ascents described from here
1	Kirkstone Pass	large but popular car park	401 081	FP, B	Caudale Moor
2	Caudale Bridge	layby for several cars W of road a few hundred metres S of the bridge and E of road just before the bridge (403 115)	402 112	FP, B	Caudale Moor, Hartsop Dodd
3	Hartsop	large but popular car park (donation requested for Patterdale School)	410 131	FP, B	Angletarn Pikes, Brock Crag, Caudale Moor, Gray Crag, Hartsop Dodd, High Street, Rampsgill Head, Rest Dodd, Thornthwaite Crag
4	Deepdale Bridge	small layby by old phone box	399 144	FP, B	Angletarn Pikes
5	Patterdale	car park to E of road S of Patterdale Hotel	396 159	PP, B	Angletarn Pikes, Place Fell, Rampsgill Head, Rest Dodd
6	Martindale	some off-road spaces just past the church before Christy Bridge	434 184	FP	Angletarn Pikes, Beda Fell, High Raise, Steel Knotts, Wether Hill
7	Sandwick	some off-road spaces to E of road before the turnaround	424 196	FP	Angletarn Pikes, Beda Fell, Hallin Fell, Place Fell
8	The Hause	small off-road car park opposite the church at the top of the pass	435 193	FP	Angletarn Pikes, Beda Fell, Hallin Fell, Steel Knotts
9	Fusedale	some off-road spaces just over the cattle grid, beside the beck	445 194	FP	Arthur's Pike, Bonscale Pike, Hallin Fell, Loadpot Hill, Steel Knotts, Wether Hill
10	Roehead	verge parking at the end of the single-track road	479 236	FP	Arthur's Pike, Loadpot Hill

Location			GR [NY... unless otherwise indicated]	Access	Ascents described from here
11	Askham	small parking area before the cattle grid at the W edge of the village	507 235	FP	Arthur's Pike, Loadpot Hill
12	Helton	off-road parking beside fell road	497 215	FP	Arthur's Pike, Loadpot Hill
13	Helton Fell	off-road parking beside fell road	487 206	FP	Arthur's Pike, Loadpot Hill
14	Cockle Hill	off-road parking beside fell road	495 195	FP	Loadpot Hill
15	Bampton	parking at memorial hall (honesty box)	516 183	PP	Wether Hill
16	Moorahill	verge parking across from farm	493 182	FP	Loadpot Hill, Wether Hill
17	Burnbanks	small parking area S of road at entrance to village	508 162	FP	High Raise, Wether Hill
18	Mardale Banks	verge parking to E of road	479 119	FP	Branstree, Selside Pike
19	Mardale Head	small car park at road end	469 107	FP	Branstree, Harter Fell, High Raise, High Street, Kidsty Pike, Mardale III Bell
20	Swindale	verge parking to W at end of fell road	522 143	FP	Branstree, Selside Pike
21	Wet Sleddale	reservoir car park at SE corner	555 114	FP	Branstree
22	Shap Summit	long stretch of layby E of the A6	554 063	FP, B	Grey Crag, Winterscleugh
23	Huck's Bridge	large layby on E of the A6	553 037	FP, B	Whinfell Beacon, Winterscleugh
24	Hollowgate	small area of verge parking beside hen huts opposite farm on old road above (W of) A6	548 032	FP	Grey Crag

## STARTING POINTS *continued*

Location			GR [N.V., unless otherwise indicated]	Access	Ascents described from here
25	Bannisdale Bridge	verge parking on outside of bend on back road via Jock Scar that turns off A6 just south of bridge	543 014	FP	Grey Crag
26	Plough Lane	verge parking on W before culverted stream	SD 530 999	FP	Grey Crag
27	Greenholme	rough parking in centre of hamlet	597 057	FP	Winterscleugh
28	Tebay	roadside parking outside the primary school and a little further S on edge of the village	616 043	FP	Winterscleugh
29	Low Borrowbridge	off-road spaces on S side of Borrow Beck, off a track leading off A685 (also a layby 0.5km further S on E of A685 at 607 007 at Hause Bridge)	606 015	FP	Grayrigg Forest, Whinfell Beacon, Winterscleugh
30	Grayrigg	verge parking north of Grayrigg Hall Farm over bridge	SD 579 976	FP	Grayrigg Forest, Whinfell Beacon
31	Sadgill	rough parking at end of road	483 056	FP	Branstree, Grey Crag, Harter Fell, Kentmere Pike, Shipman Knotts, Tarn Crag
32	Ullthwaite Bridge	verge parking just N of bridge	456 012	FP	Sallows
33	Kentmere	little on-road parking but extra fields opening up for (pay) parking at busy times	456 041	PP	High Street, Ill Bell, Mardale Ill Bell, Sallows, Thornthwaite Crag, Yoke

Location			GR [N.V., unless otherwise indicated]	Access	Ascents described from here
34	Hallow Bank	large layby on right-hand bend just before Stile End bridleway	464 050	FP	Harter Fell, High Street, Ill Bell, Kentmere Pike, Mardale Ill Bell, Shipman Knotts, Yoke
35	Moor Howe	a few verge spaces at the entrance to Dubbs Lane	423 006	FP	Sallows
36	Woundale	small layby on S side of Kirkstone Road (other verge parking nearby)	405 068	FP, B	Caudale Moor, Wansfell
37	Town Head	small layby on W of Kirkstone Road just north of Troutbeck	415 040	FP, B	Caudale Moor, Froswick, Thornthwaite Crag, Troutbeck Tongue, Wansfell
38	Church Bridge	spaces along river on Green Gate just south of church	413 026	FP, B	Sallows, Yoke
39	Town End	large layby on S of road	405 019	FP	Wansfell
40	Low Fold	small council car park, Ambleside	377 038	PP, B	Wansfell
41	Rydal Road	large council car park, Ambleside	374 047	PP, B	Wansfell

FP – free parking  
 PP – pay parking  
 B – on a bus route (in season)



## INTRODUCTION

### Valley bases

If you're looking for a taste of wilderness in the Lake District, Mardale and the Far East may be the area for you. Bounded by Ullswater and the River Lowther to the north, the twists and turns of the famous Kirkstone Pass (A592) to the west and the spectacular gorge of the River Lune on the M6 at Tebay to the east, these quiet fells rise above myriad secluded valleys north of Windermere and Kendal, among them Mardale, Troutbeck, Kentmere, Longsleddale and (Westmorland) Borrowdale. Here the high peaks of the central range fade away to extensive rambling moorland stretches in the east, leading to views of the silky flanks of the Howgill Fells of the Yorkshire Dales, close relatives of these eastern fells.

This is an area for those who find beauty in solitary but intimate, dale-head surroundings and exquisite secret valleys threaded by sinuous narrow roads ill-suited to hasty travel, none more enchanting than the almost landlocked Martindale. Peace pervades the area. There's a sense of being far from the madding crowd, albeit just a few miles away from the honeypots of Ambleside and Bowness.



language of the fells as well as some explanations of some of the most intriguing place names that you might come across in this area. 'The Lake District fells' is a comprehensive list of all the fells included in this 8-volume series to help you decide which volume you need to buy next!

## Safety and access

Always take a map and compass with you – make a habit of regularly looking at your map and take pride in learning how to take bearings from it. In mist this will be a time, and potentially a life, saver. The map can enhance your day by showing additional landscape features and setting your walk in its wider context. That said, beware of the green dashed lines on Ordnance Survey maps. They are public rights of way but no guarantee of an actual route on the ground. For example, on High Street's Rough Crag ridge east of Cappel Gate the green dashes beeline off the crest close to the precipice edge. A mist-blinded bearing based on such a line would indeed be dangerous. Take care to study the maps and diagrams provided carefully and plan your route according to your own capabilities and the prevailing conditions.

Please do not rely solely on your mobile phone or other electronic device for navigation. Local mountain rescue teams report that this is increasingly the main factor in the incidents they attend.

The author has taken care to follow time-honoured routes, and kept within bounds of access, yet access and rights of way can change and are not guaranteed. Any updates that we know of to the routes in this guide will be made available through the Cicerone website, [www.cicerone.co.uk/1035](http://www.cicerone.co.uk/1035), and we are always grateful for information about discrepancies between a guidebook and the facts on the ground, sent by email to [updates@cicerone.co.uk](mailto:updates@cicerone.co.uk) or by post to Cicerone Press, Juniper House, Murley Moss, Oxenholme Road, Kendal, Cumbria, LA9 7RL.

## Additional online resources

Summit panoramas for all of the fells in this volume can be downloaded for free from the guide page on the Cicerone website ([www.cicerone.co.uk/1035](http://www.cicerone.co.uk/1035)). You will also find a ticklist of the summits in the Walking the Lake District Fells series at [www.cicerone.co.uk/fellranger](http://www.cicerone.co.uk/fellranger), should you wish to keep a log of your ascents, along with further information about the series.



## 1 ANGLETARN PIKES 567M/1860FT

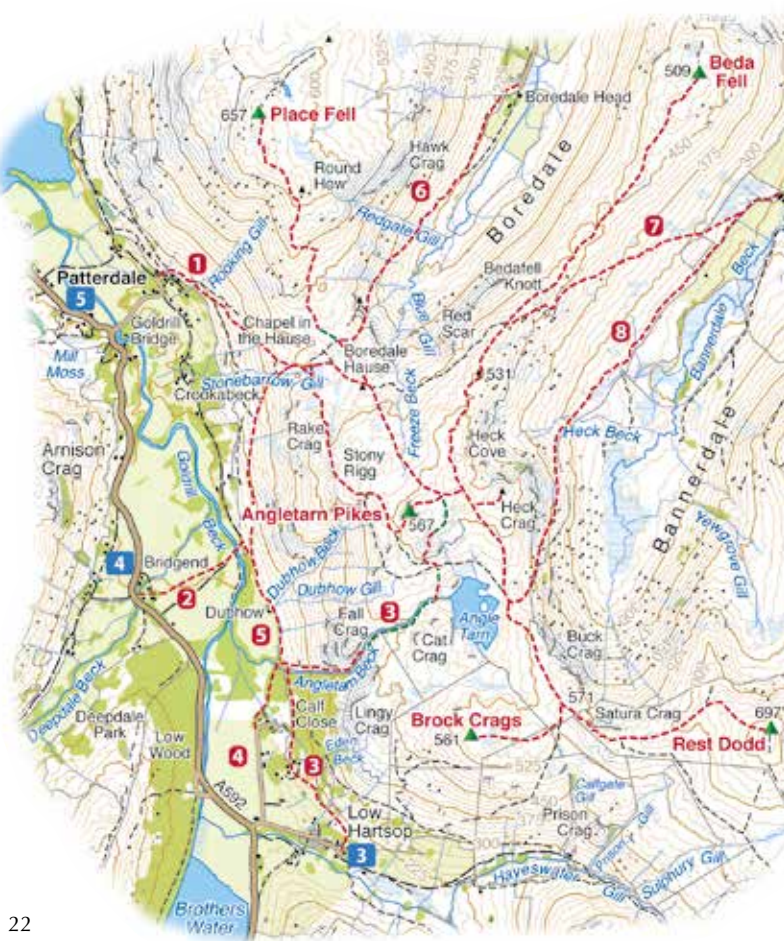
<b>Climb it from</b>	Patterdale <b>5</b> , Deepdale Bridge <b>4</b> , Hartsop <b>3</b> , Sandwick <b>7</b> , the Hause <b>8</b> or Martindale <b>6</b>
<b>Character</b>	Two craggy crests provide a cracking objective above Angle Tarn
<b>Fell-friendly route</b>	7
<b>Summit grid ref</b>	NY 413 148
<b>Link it with</b>	Beda Fell, Brock Crag, Place Fell or Rest Dodd
<b>Part of</b>	Martindale Round

Angletarn Pikes merits all the time you can give it. Most striking from afar perhaps is its unusual summit arrangement – two parallel spine ridges of hard volcanic rock 200 metres apart vying for supremacy, defended to the north by a peaty hollow. But get a little closer and discover its most enchanting feature – the eponymous Angle Tarn, sitting in a high basin south of the summit, with three little islands, one linked to the shore by an isthmus and well-known to wild campers. On the secret eastern flank you can also find Heck Crag and Cove, wild places more than matched by the tarn's outflowing beck into the Goldrill vale.

Photographers will love the opportunities the tarn provides, especially as a foreground for a reflected vista of the Helvellyn range. Birds, too, find the lake

alluring, and on occasion geese can be encountered honking rowdily. With a bit of good fortune, you might also catch a herd of red deer grazing nearby on the Nab.

The Pikes are most commonly climbed from either Patterdale (1–2) or Hartsop (3–5) but ascents also spring from Boredale (6) or Martindale (7–8) offering the opportunity for compact fell-rounds taking in Place Fell or Beda Fell.



## Ascent from Patterdale 5

Via Boredale Hause → 2.9km/1¾ miles ↑ 400m/1310ft ⊕ 1hr 20min

*The popular natural line from Patterdale*

- 1 Head south through the narrow street between the village shop and White Lion Hotel to bear left with the no through road leading over **Goldrill Beck**. This leads by a cluster of properties and bears left to reach gates. Guided by the slate sign 'Angle Tarn, Boredale Hause' go through and after 50 metres swing up right. Climb the steep bracken slope, keeping to the lower of the two adjacent paths to reach **Boredale Hause**. On meeting a path rising from the right, ford **Stonebarrow Gill** above the fold and bend south with the path, which has some pitching as it leads through a gill notch. As you reach a fine bird's-eye view down over the Goldrill Beck valley to Brothers Water, the path forks. Take the higher path. It runs under the summit bastion which you can then climb easily from the south.

## Ascent from Deepdale Bridge 4

Via Boredale Hause → 3.2km/2 miles ↑ 400m/1310ft ⊕ 1hr 30min

*Another clear and accessible, if slightly less travelled, route to the top*

- 2 From the road bridge follow the short lane east between cottages to a kissing-gate and cross the meadow by way of a stile, kissing-gate and finally a stile onto an open track. Keep on to cross the **Goldrill Beck** bridge and swing left to an acute track junction. Bear right signed 'Hartsop'. After 70 metres come to a further acute track junction and here break up left on a path engineered during the laying of the Hayeswater aqueduct pipeline. The ascent is only gradual for a while but then climbs more earnestly to reach **Stonebarrow Gill** and turn east and then south, falling into step with Route 1.



## Ascent from Hartsop 3

Via Angletarn Beck → 3km/2 miles ↑ 440m/1445ft ⊕ 1hr 40min

*A fascinating little-ried gorge ascent but a little steep to be suitable for every walker*

**3** Begin at the wooden signpost 30 metres west from the car park, and walk up a concrete roadway, via a gate, that provides access to the outside world for two elevated bungalows. Enjoy the views before dipping to a three-way fork. Keep ahead, guided by a yellow waymark, and pass Grey Rigg along a confined passage to a hand-gate. Here the path starts to decline on rocky ground and through a small ford of the ambitiously named **Eden Beck**. Go through a hand-gate and ford **Angletarn Beck** beneath an impressive set of leaping falls. **(4** Alternatively, avoid the early ascent by following the



Fall Crag and the upper falls of Angletarn Beck

approach road to the car park back towards the main valley road and turning right just before at a white house, Langton Adventure Centre, along the byroad signed 'Hartsop Fold'. After the chalet park this becomes a confined path leading to a gate, ford and footbridge spanning Angletarn Beck.)

After crossing the beck, bear up right on the north bank to meet a fording lateral path. The ascent is obvious, although there are moments when a steady step is needed as you work up the rocky flank that accompanies a sequence of lovely cascades. **Fall Crag** eventually intervenes, and you are obliged to ford the beck and carry on with a wall close left. As Angle Tarn comes into view bear up left coming onto the regular path rising from the tarn's shore. Go left then right to claim the northwest top and true summit.

Via Boredale Hause → 4.2km/2½ miles ↑ 450m/1475ft ⊕ 1hr 50min

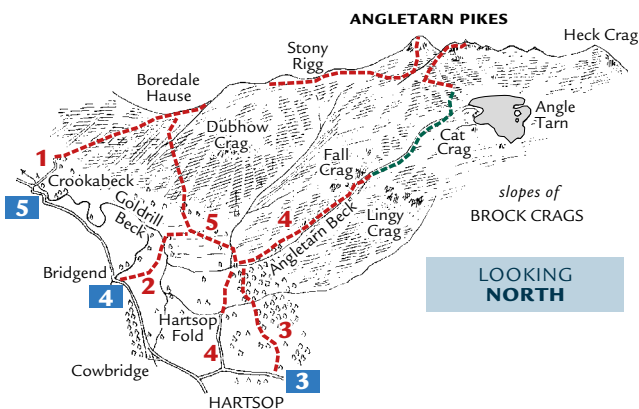
**5** From the footbridge over **Angletarn Beck** follow on with the open track that conceals the Hayeswater aqueduct pipeline. Walk along the line of partially-channelled **Dubhow Beck** until a ford brings the path beside a wall. After a while the path arrives at the point where the aqueduct begins its climb to Boredale Hause. Join the rising track (with Route **1**).

## Ascent from Sandwick 7 off map N or the Hause 8 off map N

Via Boredale Hause → 6km/3¾ miles ↑ 450m/1475ft ⊕ 2hr

*A back-door route from peaceful Boredale*

**6** From either start point set out along the minor country road into Boredale to approach the furthest farmstead. A permissive path veers up right short of the gate entry into **Boredale Head**, avoiding disturbing the environs of the farmstead. Climb to a ford and contour above the tree-sheltered dwellings to connect with the open bridle-track (which otherwise runs through the farmyard). The track comes up beneath a lead mine retaining wall to where the old path hairpins right. Keep on through the stony gully, passing inspection covers on the Hayeswater aqueduct, and arrive onto the undulating **Boredale Hause**. Turn left on a bridle-path, being sure to keep right at a cairn, where the route turns south to ford Freeze Beck. The path draws left onto the saddle. Here find a path that bears right to avoid a peaty hollow and continue to the summit ridge.



## Ascent from Martindale 6

Via Bedafell Knott → 3km/2 miles ↑ 355m/1165ft ⌚ 1hr 45min

Strike up the eastern flank of Beda Fall to a remote stretch of ridge-walk.

**7** Walk 2.5km across and up Martindale from the church, along the road, to the road-end farm at **Dalehead**. Go right by the deer notice at the turning point, ford the gill and go through the hand-gate. Bear up left above the farmstead enclosure and go over a plank-bridge to rise with the green track and come beside the field-wall. Quickly spot a sign directing up on a lateral path, which is little more than a sheep trod at this point. After fording a tiny gill this becomes more substantial as it rises to a gate/stile where a fence meets the wall of an insular enclosure. The bridle-path mounts steadily on a long diagonal course. Ignore the quad track which takes a short-cut up the flank of the fell to the skyline ridge; it is better by far to keep with the age-old inter-dale route. High up, come upon the lower walls of a bothy overlooking Heck Cove. Reach the ridge at a tiny cairn at the cross-paths. Turn left and follow the lovely ridgeway south-southwest. Rise above **Heck Cove** to follow a



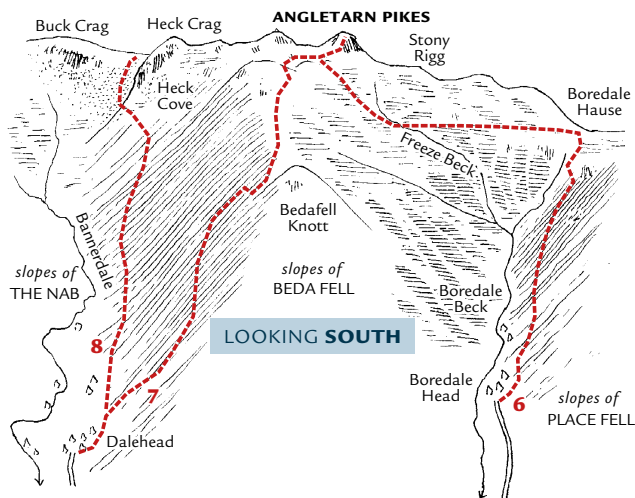
West top looking to the east top

comparatively minor branch path right, which quickly beelines to the shapely summit ridge of the west peak.

Via Heck Crag → 3.8km/2½ miles ↑ 360m/1180ft ⌚ 1hr 50min

A scenically surreptitious ascent, ill suited for descent

**8** Begin as Route **7**, but keep the intake wall close left on a level course. After a fence-gate the green-way leads on into **Bannerdale**, looking down on a sycamore-shaded field barn and then a ruin incorporated in the adjacent wall. The path drifts slightly away from the wall as it approaches a gate (do not go through). Traverse the steep slope with patches of scree on a very narrow trod – **watch your footing**. As next Buck Crag dominates the view ahead, the path climbs to come beside the higher section of the wall. Duly, and, after much anticipation, the path comes over the brow. Bear right with the regular path, forking right again to keep with the rising path going north as it heads back towards the top of **Heck Crag** (whose summit cairn may be visited). Depart from the ridge path left to reach the summit on a thin path over marshy ground.



## The summit

The eastern top has a cairn, but concedes a few metres to the western top, which has the better view, too, with the fells surrounding Deepdale especially impressive.

## Safe descents

The popular path skirting round to the S and E of the summit bastion (6) offers the best line of escape in inclement weather; veer north to reach Boredale Hause for Patterdale.

## Ridge routes

**Beda Fell** →2.9km/1¾ miles ↓135m/445ft ↑80m/265ft ⌚40min

Head E off the summit ridge, crossing the marshy ground to join the ridge path. Now turn N, with a consistent path all the way. Watch your step in negotiating Bedafell Knott and in coping with some marshy ground on the approach to the summit.

*The Helvellyn range in view across Angle Tarn*



**Brock Crag** →2.2km/1½ miles ↓105m/345ft ↑100m/330ft ⌚45min

Head E to unite with the path from Beda Fell. This path declines SE and, joining the popular path from Boredale Hause, runs on above the eastern shores of Angle Tarn. Rising behind Buck Crag find a path forking right, short of an intervening wall; this leads down to a gateway, but don't go through. Bear right (W), with the wall first to the left and then right, before stepping over and through a pool-filled hollow to reach the summit cairn.

**Place Fell** →2.7km/1¾ miles ↓180m/590ft ↑270m/885ft ⌚1hr 10min

Depart E to connect with the minor path crossing W–NW into the head-stream of Freeze Beck. Coming down, merge with the bridle-path straddling the Beda Fell ridge from Bannerdale. Stride over the undulating saddle of Boredale Hause and link onto the reinforced path winding onto Place Fell.

**Rest Dodd** →3km/2 miles ↓90m/300ft ↑220m/720ft ⌚1hr 25min

Follow the path to Brock Crag. Here keep to the regular path, crossing a wall and the awkward bedrock on top of Satura Crag, after which the path splits. Take the left-hand option, rising from E to NE onto the grassy ridge. Keep climbing where the path forks again, mounting over the brow to find the summit cairn lurking beyond a peaty step.