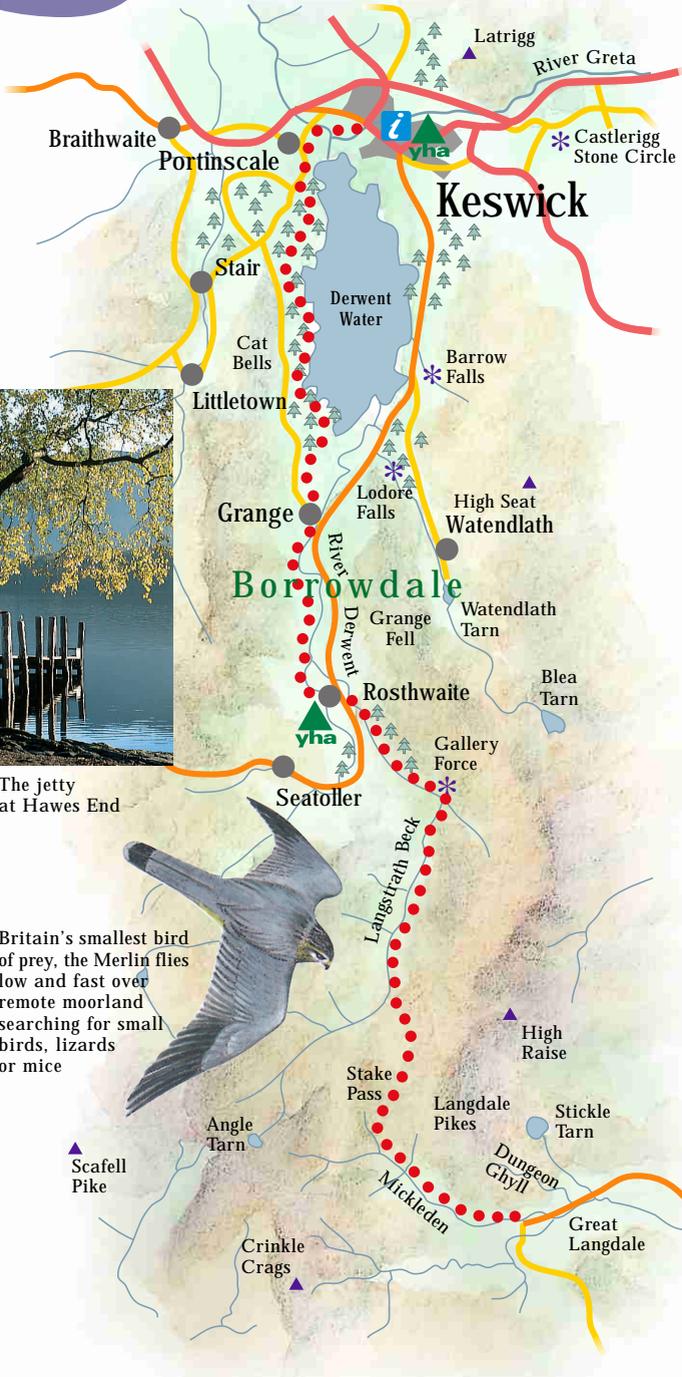


STAGE 3 Langdale to Keswick

15 miles / 24 km - 6.5 to 7.5 hours walking



The jetty at Hawes End

Britain's smallest bird of prey, the Merlin flies low and fast over remote moorland searching for small birds, lizards or mice



Scafell Pike

Angle Tarn

Crinkle Crag



Striding out along Mickleden Valley

This stage gives you a real taste of Lakeland's rugged and scenic splendour, and the walking is consequently harder for a time. Secluded Mickleden and Langstrath valleys sandwich this stage's highest point at the top of Stake Pass (about 480 metres). Under the bluff of Eagle Crag the rough, sometimes wet paths by Langstrath and Stonethwaite Becks converge. The trail follows the crystal-clear waters of the River Derwent as it meanders through lovely Borrowdale and finally the wooded western shore of Derwent Water towards Keswick at its northern end.

Look out for ...

The distinctively craggy volcanic rock of central Lakeland.

The Stake Pass watershed. Water flows south into Morecambe Bay and north into the Solway Firth.

Fellow explorers on the excellent Coast to Coast Walk (St Bees to Robin Hoods Bay) which also goes by Stonethwaite Beck.

The more elevated Allerdale Ramble or Cat Bells paths west of Derwent Water.

Brandlehow Park on the lakeshore - the first Lake District property acquired by the National Trust in 1902.

Tips

Take a compass bearing at the top of Stake Pass if visibility is poor.

Use the old bridge into Stonethwaite hamlet if refreshment is needed.

The Borrowdale Show takes place in mid-September.

Using the Derwent Water Launch service would save some time and effort.



The beautiful Common Spotted Orchid (above left) can be seen in damp meadows and verges



Herdwick Sheep

Exclusive to Cumbria, Herdwicks thrive on the poor upland grass of the Lakeland fells. One of Britain's hardest sheep they are renowned as a 'hefting' breed, instinctively staying close to the area where they were raised or 'hefted'. The coarse fleece of the Herdwick cannot be dyed, however, sheep of various ages yield wool in a rich variety of subtle shades of grey and black which is used to produce an unusual and hard wearing 'tweed-like' weave.

Brandlehow Bay, looking across Derwent Water towards Keswick. Skiddaw and Blencathra can be seen in the distance

Small Mountain Ringlet, a true alpine butterfly found in boggy areas, never below 700ft and only in the Lake District and Scotland



Walkers enjoy a welcome break at the cafe by Grange bridge



The brightly coloured Kingfisher hovers briefly before diving into the water in pursuit of small fish



STAGE 3
Langdale
to
Keswick

DATE | | |
Youth Hostel Association, Keswick