

STAGE 4
Keswick
to
Caldbeck

DATE _____
Youth Hostel Association, Keswick
Carlisle Tourist Information Centre



Great Calva (690m) framed between Lonscale Fell to the left and Blease Fell to the right

4 STAGE Keswick to Caldbeck

14 miles / 22.5 km - 6 to 7 hours walking

The distinctive character of this stage is rough windswept moorland that opens out below the bulks of Skiddaw and Blencathra mountains. Between Skiddaw House and Nether Row there is an alternative low level route via Whitewater Dash waterfall for poor weather conditions or the less intrepid. Heather-clad slopes and extensive views across to the distant North Pennines via the infant River Caldew and an ascent of High Pike - the highest point of your journey at 685 metres.

Intricately carved shepherd's crooks. Traditional skills on display at the Borrowdale Show



Stonechats are very striking birds of rough open places, favouring gorse and scrub for cover. Often seen on exposed perches from where they can noisily scold all intruders



Look out for ...

An extra 2.5 hour round walk from Keswick via Castlerigg Stone Circle

Remains of former wolfram (tungsten ore) mining by Grainsgill Beck.

Lingy Hut below Great Lingy Hill - welcome shelter if it's wet and windy.

Tips

There are no mid-stage refreshment stops, so pack plenty of provisions or stock up in Keswick or Caldbeck.

Going north, take a compass bearing on Nether Row before you leave the summit of High Pike.



Low mist on High Pike



Stay awhile... Keswick

The walking centre of the northern Lake District and well supplied with tearooms, cafes, pubs, restaurants, food and outdoor equipment shops. Market day is Saturday. You can find out all about graphite mining and pencil making at the museum of the 160 year-old Cumberland pencil Company - some of the rock around Keswick contains the finest graphite in the world. The Cars of the Stars Museum has vehicles from film and television productions including Laurel & Hardy's Model T Ford. A launch ride around Derwent Water and a night at the new Theatre by the Lake are other temptations.



Long, black-tipped ears and powerful hind legs identify the Brown Hare



- Places to visit**
- Cars of the Stars Museum
 - Cumberland Pencil Museum
 - Hope Park
 - Keswick Launch
 - Keswick Museum & Art Gallery
 - The Puzzling Place
 - Theatre by the Lake
 - The Tea Pottery

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