

STONETHWAITE VALLEY

A low level walk through contrasting and spectacular Lakeland valley scenery with striking river features.

Distance – About 5.5 miles, 9 km , taking approx' 3.5 hours actual walking time for the full route. Some good picnic spots!

Grade – Generally easy and level but rough underfoot in places; wet and marshy especially after heavy rain. Sturdy footwear advised.

Access – From Keswick by regular bus service to Rosthwaite, or by car on the B5289. Small car parks.

Map – OS – The English Lakes – North Western – 1:25000.



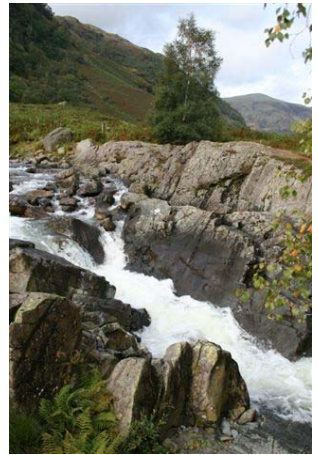
Start from the village shop in Rosthwaite. Walk back towards Keswick for c 25 m then turn right onto the lane leading over the stone bridge. Immediately turn right, signed to Stonethwaite, along a narrow path alongside the beck. Views across the beck and the flat area at the head of Borrowdale; on the left the small walled “intake” fields of pasture. At the lane on the right to Stonethwaite, keep straight on through the gate.



On the left are steep ancient deciduous woodlands as the path follows the dry stone walls. At the small footbridge are the first open views of the boulder filled river bed, indicative of the huge power of the water in flood. On the other flood plain bank is a very popular camping site underneath the towering fellsides. Keep on past an ancient yew tree and over a side stream(torrent in wet weather!) until you reach a large footbridge. The path continuing straight on follows Greenup Gill up the steep sided valley to the col and then on to Grasmere. Your route crosses the bridge with the chance to gaze in awe at the forces of nature.

Rest awhile and enjoy the spectacle of the Gallen Falls, but be careful of slippery rocks after rain. Eagle and Heron Crag tower above you on the left.

You are now entering the Langstrath valley with its large rainfall catchment area, rough pasture of little potential value except for sheep. A few minutes up the boggy path from the falls, come to a footbridge and gate on the right. Cross over.



You now have a choice. To the left, south, a 20 minute walk takes you into an impressive valley that leads to Esk Hause and the Scafells. This walk goes only as far as Blackmoss Pot, a small but dramatic gorge and pool cut into a rock ledge. Treat with great care; there have been fatalities here, often from hot walkers taking a dip in the very cold waters. Enjoy the solitude before retracing your steps back to the footbridge.

Otherwise, follow the beck downstream, viewing the falls from the other side. The rough path swings round to the left with widening views of the Borrowdale valley, Shortly, a minor path branches right down to a gate and then alongside the beck soon reaching the campsite.

Cross through the campsite, over a stile and field aiming for a white building, the Langstrath Country Inn, at the edge of Stonethwaite village. Continue through the village following the sign to Keswick, along the minor road between walled flat fields of good pasture. In half a mile or so you come to a crossroads. Go straight over to the lane leading to the YHA.

Pass in front of a house, then bear right past Foxwood Cottage and through a gate. (Do not keep on down to the left leading to the YHA). Follow the wallside to the corner of the first field, diagonally across the next to a stile, then parallel to the houses, out onto a lane. Turn right, then left to pass Nook Farm, bringing you round to the Village Hall and car parks, where you started.

Time for refreshment!