

The Lake District National Park Authority have put together Miles without Stiles routes at [www.lake-district.gov.uk/index/enjoying/outdoors/miles\\_without\\_stiles.htm](http://www.lake-district.gov.uk/index/enjoying/outdoors/miles_without_stiles.htm), ideal for those in wheelchairs, buggies or who find walking a challenge.

There are 21 simple short options to give a blast of fresh air without tramping for hours or negotiating stiles. All routes have been 'road tested' by local residents using wheelchairs, and a grading scheme has been adopted in terms of surface quality and gradient.

The most recently introduced walk to be created is a high level wheelchair friendly route on Latrigg bringing new opportunities to those with limited mobility. This is a Bassenthwaite Reflections project funded by the Heritage Lottery Fund. A carefully graded hardcore 592m section has been opened up from the Gale Road car park to the crest of 368m. The summit of Latrigg is a superb vantage point with magnificent views from the Helvellyn range in the east, to Keswick, Derwentwater and Bassenthwaite Lake.