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.

**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.

**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 Rambles 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.

**Herdwick Sheep**
Exclusive to Cumbria, Herdwoods thrive on the poor upland grass of the Lakeland fells. One of Britain’s hardiest 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 and sizes in a rich variety of subtle shades of grey and black is used to produce an unusual and hard wearing 'tweed-like' weave.

**Wildebeest**
Looking across Derwent Water towards Keswick. Skiddaw and Blencathra can be seen in the distance.

**Small M Lynx**
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 beautiful Common Spotted Orchid (above left) can be seen in damp meadows and verges**

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