



Langstrath Valley

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 in the village
Map OS – The English Lakes – North Western OL4 – 1:25000

1. Start from the National Trust car park in Rosthwaite. Turn left out of the car park then left into the main road. After 25m turn right onto the lane leading over the stone bridge. Immediately turn right, signed to Stonethwaite, along a narrow path alongside the beck. At the lane on the right to Stonethwaite, keep straight on through the gate.
2. 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. Keep on past an ancient yew tree and over a side stream until you reach a large footbridge. Your route crosses the bridge with the chance to enjoy the spectacle of the Gallen Falls. Eagle and Heron Crags tower above you on the left.
3. You are now entering the Langstrath valley. A few minutes up the path from the falls, come to a footbridge and gate on the right which you now cross over.
4. You now have the choice to take a 20 minute diversion to the left to Blackmoss Pot, a small but dramatic gorge and pool cut into a rock ledge. Enjoy the solitude before retracing your steps back to the footbridge.
5. Otherwise, follow the beck, 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.
6. 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.
7. Pass in front of a house, and then bear right past Foxwood Cottage and through a gate. Do not keep on down to the left leading to the YHA. Follow the path to the corner of the first field, diagonally across the next to a kissing gate, then parallel to the houses, through a gate onto a track. Turn right, then left to pass Nook Farm, and right to the Village Hall and car parks.

