Lowick High Common

Starting point: Park at Ambleside's main car park at the northern end of the town GRI73046
on the OS Explorer map OL7

Distance: 7km (4.5 miles)
Ascent: 474m (1543ft)
Time: 3 hours

Public transport: Bus 27 Service Barrow - Millom which stops in Kirkby-in-Furness.

A lovely ramble past wind turbines and slate quarries, with all round views. Best on a clear day at 12000 OS map and navigation ability will be required.

Walk through the village and turn left beyond the Salvation Hotel to join Stockghyll Lane. After about 50m cross the cattle grid and continue into open country. A short way along take the signed gate onto "Open Access Land". Join the path and continue onto a footbridge over the stream. Cross the bridge and move out onto the open fell. The path continues to a wall and passes through a gap. Go on up more steeply and you will reach the top with a stupendous view. Climb the exit over and follow the path. Pass through a gate and turn right to walk beside the wall. Continue to go through the next gate and follow the lane between two dry stone walls for 100yds. Where the track swings left, go through a walkers' gate beyond a field gate on your right and follow the descent path. Go through the next gate, across a stream and continue across another field. Follow the track as a bridle path to the left then go through a further two gates to cross a footbridge over Hol Beck. Bear right to go through another gate and climb gently uphill to the direction of Ambleside. Follow the path High Skelghyll and its outlet ridge. The path heads left and begins a steep descent. Continue on the wide track, where it becomes steeper and descend to a T-junction where you turn right. Remain on the road until it joins the main road and head back through the town to the car park.

Rooze description provided by LDNPA, Murley Moss, Oxenholme Road Kendal, Cumbria LA9 7RL
Tel 01539 746555, helpdesk@ldnpa.gov.uk

Open Access Walks in Cumbria

Walks through the village and turn left beyond the Salvation Hotel to join Stockghyll Lane. After about 50m cross the cattle grid and continue into open country. A short way along take the signed gate onto "Open Access Land". Join the path and continue onto a footbridge over the stream. Cross the bridge and move out onto the open fell. The path continues to a wall and passes through a gap. Go on up more steeply and you will reach the top with a stupendous view. Climb the exit over and follow the path. Pass through a gate and turn right to walk beside the wall. Continue to go through the next gate and follow the lane between two dry stone walls for 100yds. Where the track swings left, go through a walkers' gate beyond a field gate on your right and follow the descent path. Go through the next gate, across a stream and continue across another field. Follow the track as a bridle path to the left then go through a further two gates to cross a footbridge over Hol Beck. Bear right to go through another gate and climb gently uphill to the direction of Ambleside. Follow the path High Skelghyll and its outlet ridge. The path heads left and begins a steep descent. Continue on the wide track, where it becomes steeper and descend to a T-junction where you turn right. Remain on the road until it joins the main road and head back through the town to the car park.

Starting point: Park at Ambleside's main car park at the northern end of the town GR373046
on the OS Explorer map OL7

Distance: 5km (4 miles)
Ascent: 209m (680ft)
Time: 3 hours

Public transport: Bus 27 Service Barrow - Millom which stops in Kirkby-in-Furness.

A lovely ramble past wind turbines and slate quarries, with all round views. Best on a clear day at 12000 OS map and navigation ability will be required.

Walk through the village and turn left beyond the Salvation Hotel to join Stockghyll Lane. After about 50m cross the cattle grid and continue into open country. A short way along take the signed gate onto "Open Access Land". Join the path and continue onto a footbridge over the stream. Cross the bridge and move out onto the open fell. The path continues to a wall and passes through a gap. Go on up more steeply and you will reach the top with a stupendous view. Climb the exit over and follow the path. Pass through a gate and turn right to walk beside the wall. Continue to go through the next gate and follow the lane between two dry stone walls for 100yds. Where the track swings left, go through a walkers' gate beyond a field gate on your right and follow the descent path. Go through the next gate, across a stream and continue across another field. Follow the track as a bridle path to the left then go through a further two gates to cross a footbridge over Hol Beck. Bear right to go through another gate and climb gently uphill to the direction of Ambleside. Follow the path High Skelghyll and its outlet ridge. The path heads left and begins a steep descent. Continue on the wide track, where it becomes steeper and descend to a T-junction where you turn right. Remain on the road until it joins the main road and head back through the town to the car park.

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Dent

Starting point: Signed car park in Dent at SD 703871 on the OS Explorer map OL6.

Distance: 20.7km (13 miles)

Cycle details: National Cycle Network, route 68.

Public transport: Bus – Number 64 Kendal to Girls

Time: 4 hours

Cycling details: National Cycle Network, route 68.


A challenging and exhilarating route for walkers accustomed to reading a map, taking bearings and finding a route over rough terrain.

The climb to Aye Gill Pike is a steep one but there are fine views back into the valley. When you reach the summit, from its high vantage point, you can see the valley stretching out before you. The surface is often uneven, there are hidden ditches and the risk of summer fires. Continue up to the farm at Rogersceugh.

Walkers need the 1:25000 OS map, compass, boots and windproof clothing. Dobson has car parking, tea rooms and public toilets.

Solway

Starting point: The Kings Arms Inn, Bowness-on-Solway. NY236177 on the OS Explorer map OL2.

Distance: 11km (7 miles)

Ascent: 100m (300ft)

Time: 3 hours


Public transport: Bus – Number 93 Carlisle – Bowness-on-Solway – Annan bus, or the Hadrian’s Wall bus (AD12) summer service bus from Carlisle to Bowness-on-Solway.

This walk takes you over the raised mires on the Cardinham Peninsula in the Solway Coast AONB. A 1:25000 OS map and navigation ability will be required.

Tebay Fell

Starting point: Parking available at Tebay GR180457 OS Explorer Map OL19.

Distance: 13km (8 miles)

Ascent: 450m (1400ft)

Time: 4 hours

Cycling details: National Cycle Network, route 68.


A challenging and exhilarating route for walkers accustomed to reading a map, taking bearings and finding a route over rough terrain.

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Walkers need the 1:25000 OS map, compass, boots and windproof clothing. Dobson has car parking, tea rooms and public toilets.

Gelt Dale and Cold Fell

Starting point: Jacob’s Stair, NY 357 555 on the OS Explorer map OL16.

Distance: 7km (4.5miles)

Ascent: 275m (900ft)

Time: 3 hours

Public transport: Bus – Number 97 Carlisle – Brampton – Castle Carrick (limited service).

An upland walk providing a bustar of the Northern Pennines and panoramic views across the Solway Firth, Scottish Borders, and the Lakeland Fells.

Walkers need the 1:25000 OS map, compass, boots and windproof clothing. Dobson has car parking, tea rooms and public toilets.

Leave the village and follow the road to cross the River Dee on Church Bridge. Three hundred yards further you reach the turn to Stonedale Farm. Follow the permissive path through the farm to climb up to the escarp to open land above.

The climb to Aye Gill Pike is a steep one but there are fine views back into the valley. When you reach the summit, from its high vantage point, you can see the valley stretching out before you. The surface is often uneven, there are hidden ditches and the risk of summer fires. Continue up to the farm at Rogersceugh.

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