

RAMBLERS TRAFFORD: CUMBRIA WALKS 2010-2023

Date	Title	Start Postcode	Start Grid Ref	Start Details	Grade	Miles	Ascent Ft	Leader
20/02/2014	Arnsdale / Silverdale		SD455786		Moderate	9		
08/06/2017	Arnsdale and Silverdale AONB	LA5 0AD	SD455787	Arnsdale Pier/Promenade	Moderate	9		
24/09/2015	Arnsdale /Silverdale	LA5 0AA	SD455787	Start point - Arnsdale Pier/ promenade Post code (approx) LA5 0BS	Moderate	10		
17/05/2023	Around Cat Bells (Cat Bells optional)	CA12 5JR	NY266234	Outside Moot Hall (Information Centre), Market Square, Keswick	Moderate	7 or 10	700 or 1500	Rosie / Richard / John
17/05/2023	Buttermere & Haystacks (Fleetwith Pike optional)	CA13 9XA	NY173169	Buttermere village car park, to the side of the Buttermere Court Hotel (formerly Fish Hotel). Some free roadside parking may be available just the Keswick side of	Moderate+	8	1900	Kath / Phill

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Date	Title	Start Postcode	Start Grid Ref	Start Details	Grade	Miles	Ascent Ft	Leader
22/07/2013	Elterwater, Skelwith Bridge and Little Langdale		NY327048		Moderate	8		
07/07/2022	Lakeland classic: Fairfield Horseshoe	LA22 9AZ	NY375047	Rydal Road car park, Ambleside, off A591. £8 cash or card for 6-12 hours.	Strenuous	10.5	3150	Kath T
16/05/2023	Latrigg from Keswick	CA12 5JR	NY266234	Outside Moot Hall (Information Centre), Market Square, Keswick	Moderate	6	1000	Phill
21/07/2013	Loughrigg Fell		NY376044		Leisurely	7		

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Date	Title	Start Postcode	Start Grid Ref	Start Details	Grade	Miles	Ascent Ft	Leader
23/07/2013	Red Screes		NY376047		Moderate	8		
18/05/2023	Scafell from Seathwaite	CA12 5XJ	NY235122	Farm at Seathwaite. Limited roadside parking just before farm. Nearest carpark is 2km away in Seatoller.	Strenuous	9	3394	Phill / Kath
24/05/2012	Silverdale and Arnside AONB		SD455787		Moderate	9		

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Date	Title	Start Postcode	Start Grid Ref	Start Details	Grade	Miles	Ascent Ft	Leader
22/07/2013	The Langdale Pikes and Pavey Ark		NY295063		Strenuous	10		
18/05/2023	Walla Crag, Ashness Bridge & Surprise View from Keswick	CA12 5JR	NY 266 234	Outside Moot Hall (Information Centre), Market Square, Keswick	Moderate	8	1600	Vicky / Rosie
24/07/2013	Wansfell and Troutbeck		NY376044		Moderate	7		

Description
Start point – Arnside. A walk in an area of outstanding natural beauty over Arnside Knott, the Pepper Pot, Eaves Wood, Silverdale to Jenny Browns point, and returning via coastal paths and lanes.
Arnside Knott Middlebarrow Silverdale and coast path
Arnside Knott, Middlebarrow, Silverdale, Jenny Brown’s Point, lanes and cost paths back to Arnside.
From Keswick anticlockwise around the Lake crossing the River Derwent through Portinscale and along minor roads to pick up the Cumbria Way. When we reach Hawes End there are two options: Option 1 (leader Rosie, 700ft): from the foot of Cat Bells we follow the terrace footpath along the side of the mountain with good views over the lake to the surrounding mountains. Option 2 (leaders Richard and John, 1500ft): If weather is good, optional ascent to the summit of Cat Bells, for those confident about some scrambling using hands and feet in places. The two groups descend from the terrace path or the summit, to Manesty and all meet up to return along the Cumbria Way on the west side of Derwentwater. At Hawes End there is the option either to take the lake ferry back to Keswick (7 miles total) or to walk back (10 miles total). Risk assessment: Some walking on minor roads. The terrace route is an undulating route on stony or grassy paths, muddy in places if wet. There may be mountain bikers on this route. If opting for the summit of Cat Bells, a steep ascent and sections of rocky scrambling to the top. A steep descent down the other side. Poles useful for the descent. From Buttermere we walk half way round the lakeshore path then ascend to Scarth Gap and up to Haystacks. Descend to Dubs quarry then either up to Fleetwith Pike (extra 300ft) before descending down the ridge, or descend directly from the quarry to Gatesgarth Farm. After a short section of road walking, re-join lakeshore path back to the village. Risk assessment: Mountain paths, uneven, some steep sections and possibly slippery. Some stiles. Possibly sheep in valley and on fells. Additional information: There is a high-level section on this walk and conditions may change on route. Carry appropriate clothing, and additional food and water.

Description
Start Point; Britannia Inn, Elterwater, Ambleside. Free carpark before pub signed Elterwater, otherwise pay and display LA22 9HP [approximate postcode only] A walk along Elterwater beck and lake to Skelwith Force (waterfalls) and Colwith Force. The route leads back through Stangend and Little Langdale. Much of the walk is along the Cumbrian Way. There are a couple of short steady climbs.
BOOKING REQUIRED, MAX. 16 WALKERS, DOGS MUST BE ON LEADS One of the classic Lakeland walks. From Ambleside up the ridge of Low Pike, High Pike, Dove Crag and Hart Crag to the broad top of Fairfield. The descent is over Greatrigg Man and Heron Pike down to Rydal Hall where we might just make last orders at the little tea shop. The last mile and half is through Rydal Hall park to, then along, the main road back to Ambleside. We'll take it steady but you will need to be confident in your fitness level as it's a bit of a challenge, but a great walk and well worth the effort. We'll round off the day with a pub meal before we hit the M6. Risk assessment: Last ½ mile is along the main A591. Take at least 2 litres of water, 3 litres if it's hot. In places the paths are rocky and some loose stones / scree. Some steep ascents and descents, especially the descent of Nab Scar to Rydal which can be tiring towards the end of a long walk – take your poles! Sheep - dogs must be on a lead.
Leave Keswick Moot Hall through Bell Close car park to Millbank and the footbridge over the River Greta into Fitz Park. Head across to Brundholme Road to Spooneygreen Lane and cross the A66 via a footbridge. Track round the western slopes of Latrigg to the summit. Descend in a northeasterly direction, leading to the return path through Brundholme Wood down to the Threlkeld to Keswick railway path. Follow the path back to Keswick, leaving at Keswick old railway station to pick up Station Road back into town centre. Risk assessment: Some road walking, hill and woodland paths will be uneven and may be muddy, some stiles, sheep on the fells.
Start Point; The Market Place Clock Tower, Ambleside. LA22 9BU [approximate postcode only] A superb walk around Loughrigg Fell with panoramic views across the southern lake district including Windermere, the Langdales and Grasmere.

Description

Start Point; Rydale Road car park, Ambleside. There is a car park charge. LA22 9AY walk from the car park, we will be passing the Golden Rule pub to ascend Snarker Pike, which is a steady climb of around 2114 feet (644m) and continue to follow the ridge to the summit of Red Screes at 2546 feet (254m). Throughout the extensive views of Pavey Ark and the Langdale Pikes are fantastic. We then begin the decent through Scandale Pass to reach the stone arched High Sweden Bridge and then continue down the valley back to Ambleside. The view looking across to our walk summits and ridge route is stunning. Note; this group walk is intended to be an enjoyable and leisurely day out on the mountains, the walk will not be done at a fast pace. Also the route on the day may be amended, depending on weather conditions.

From Seathwaite Farm we follow the path along Grains Gill towards and bearing just to the left of Great End. At Esk Hause we take the path heading west towards Broad Crag and onto Scafell Pike summit at 3205ft. At the moment it is intended to have lunch at the summit but this will depend on weather conditions. To descend from the summit we head along the north west path towards Lingmell Col, from where we take the northeast path to and along the Corridor Route to Sty Head. From Sty Head we pass Styhead Tarn to follow Styhead Gill, returning back to Seathwaite Farm. Risk Assessment: Well-trodden paths, rocks and mud, mean that the paths can be slippery if wet. Trip hazards. Weather conditions at the summit can be lot more severe than that at lower elevations, carry appropriate clothing, and additional food and water.

Arnside Knott Middlebarrow Eaves wood Silverdale Green Jenny Brown"s point and coast back to Arnside.

Description
Start Point; The car park, opposite the New Dungeon Ghyll Hotel. If this is full, there is other parking nearby; there is a car park charge. LA22 9JX [approximate postcode only] From the car park, we will be passing the New Dungeon Ghyll Hotel to ascend Stickle Ghyll to Stickle Tarn, which is a steep climb of around 1,200 feet. We will probably have a short break here, to admire the magnificent view of Pavey Ark and the Langdale Pikes which has opened up before us. We will continue the ascent to the first summit, Pavey Ark, at 2,296 feet, climbing a further 800 feet from the Tarn. The views are extensive, looking back South. Most of the hard climbing of the day is now finished, and it is intended we will visit several other summits, notably Harrison Stickle, (2,414 ft,) Loft Crag, (2,230 ft,) Pike of Stickle, (2,326 ft,) and High Raise, (2,499 ft.) Note that we will be having an enjoyable and leisurely day out in the mountains, the walk will not be done at a fast pace. Also the route on the day may be amended, depending on weather conditions.
Heading south out of Keswick to Spring Farm and on to Rakefoot Farm. Then at a ford we cross over a stream to begin the ascent to Walla Crag to the summit and view at 1243ft. Walla Crag gives fabulous views over Keswick towards Skiddaw, Bassenthwaite Lake, Grisedale Pike, Cat Bells, Maiden Moor, Castle Crag and the whole of Derwentwater. We continue down to Ashness Bridge, one of the most iconic photographed views of the Lake District. From Ashness Bridge we take the road towards Watendlath. Approx 1km on the right is Surprise View which gives a view from the southern end of the lake, a different perspective from the view at Walla Crag. From Surprise View we make our way back along the road to Ashness Bridge via Cat Gill. Then we make our way down forest roads to the Keswick to Borrowdale Road and follow the lakeside path back to Keswick lakeside promenade and the town. Risk Assessment: Some road walking, watch out particularly on the winding road from Ashness Bridge to Surprise View. Could be slippery for a short distance on the ascent up to Walla Crag and most paths may be slippery if wet. Rocky path and tree roots may be trip hazards, particularly on the way back from Ashness Bridge/Surprise View. Option to return by road to avoid this.
Start Point; The Market Place Clock Tower, Ambleside, LA22 9BU [Approximate postcode] A lovely walk, with a steep climb to the summit of Wansfell. The views are extensive of all the southern Fells. The route takes us to the pretty village of Troutbeck and then gently downhill back into Ambleside.