

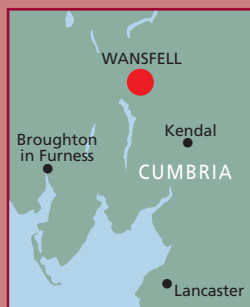
03 Northern England Wansfell, Cumbria

• Distance 10km/6 miles • Time 4hrs • Type Hill

2 NAVIGATION LEVEL 2 3 FITNESS LEVEL 3



Plan your walk



WHERE: Circular walk from Ambleside via Stockghyll Force, Wansfell and Troutbeck.

START/END: Long-stay car park near Ambleside TIC (NY376047).

TERRAIN: Clear paths, quiet lanes and woodland tracks, with a steep climb up Wansfell.

MAPS: OS Explorer OL7; Landranger 90.

GETTING THERE: Mainline trains to Windermere, where regular buses take you to Ambleside – 555, 505 & 599 (© 0871 200 2233, www.traveline.info).

EATING & DRINKING: Lots of restaurants, cafés and takeaways in Ambleside. Recommended are Zeffirellis cinema, pizzeria & café (© 015394 33845, www.zeffirellis.com) and Sheila's Cottage restaurant and tea rooms (© 01539 433079). There's also the Mortal Man pub in Troutbeck (© 01539 433193,

PHOTOGRAPHY: FIONA BARTROP



The bustling tourist town of Ambleside makes an excellent base as a walking centre, with a fine variety of local routes from which to choose. For novice fell-walkers, or those new to the Lake District, there are two nearby fells – Loughrigg to the west of the town and Wansfell to the east – which make excellent introductory hill walks, both within the abilities of most. They are also ideal as half-day routes if poor weather spoils some of the day. Wansfell Pike is the higher of the two, at 484m/1588ft, and affords superb views over the surrounding fells and down the whole length of Windermere. It's a steep but straightforward climb to the top, followed by a descent at a more moderate gradient to the village of Troutbeck. The return route via Skelghyll Woods provides more fine views of Windermere.

1. START From the car park to

the north of the town (NY376047), walk back down towards the centre, bearing L past the TIC and Salutation Hotel. As the road bears round to the R, turn L along a narrow lane between Barclays Bank (on the L) and the Market Hall (on the R), then L again at the T-junction. You'll see a sign opposite: 'To the waterfalls'. Carry on up the lane and soon bear L again along a track signed: 'This way to the waterfalls', which takes you into Stockghyll Woods. Follow the red arrows, keeping to the upper path, which leads you to a good viewing point for the falls. Just above is a picnic table and a sign: 'To the revolving gate'. Turn sharp R here and follow the path to the gate and lane, where you turn L.

2. Soon on your R you'll reach a footpath signed for Troutbeck (just above some steps in the

Continued...

www.themortalman.co.uk).

SLEEPING: Plenty of accommodation in Ambleside, including hostels, and more B&Bs at Troutbeck, such as the Mortal Man (see above). Contact the TIC for details.

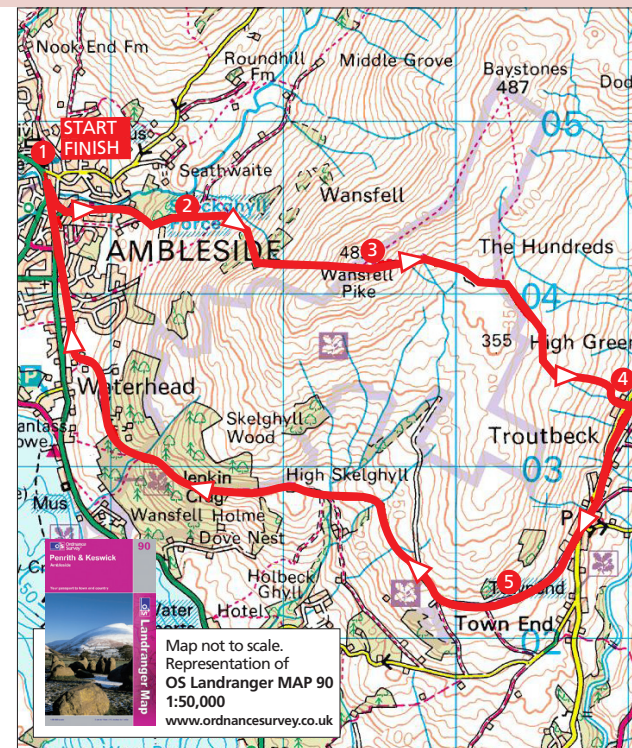
VISITOR INFORMATION: Ambleside TIC, Market Cross (© 01539 432582, www.golakes.co.uk).

GUIDEBOOKS: *Lake District Walks (Pathfinder)* by Brian Conduit (£10.95, Jarrod, ISBN 9780711704633); *50 Walks in the Lake District* by Bill Birkett et al, (£9.99, AA Books, ISBN 9780749555955); *Fifteen Walks from Ambleside and Grasmere* by Paul Buttle (£2.50, Amadorn, ISBN 9780951371749).

LOCAL RAMBLERS AREA/ GROUP: Kendal Ramblers (www.ralakedistrict.talktalk.net); Summitt Good, 20s to 40s walking group (www.summittgood.blogspot.com).

MAKE THIS A HOLIDAY: Choose from hundreds of British walking breaks with Ramblers Countrywide Holidays (© 01707 331133, www.ramblerscountrywide.co.uk).

wall and a stile beyond). Head up this – first on a hard-surface path, then a well constructed stone path. It's quite a steep climb all the way to the top of Wansfell Pike, but the views back are ample reward: Ambleside nestling in the valley below, with the Langdale and Coniston Fells beyond and, to the north, Kirkstone Pass. As you get higher, the fells of the classic Fairfield Horseshoe walk (to the north-west of Ambleside)



come into view, and you should also be able to spot Grasmere and Rydal Water.

3. From Wansfell Pike's summit there are excellent views of Windermere. Go through a gate and carry straight on down the clear path on the other side, ignoring a permissive footpath to the R when you reach a gate. Ahead of you to the L is the triple-peaked ridge, Ill Bell, flanked by Froswick and Yoke. At the next gate you bear R on to a walled track called Nanny Lane and follow this down to Troutbeck.

4. When you reach the road turn R, but if you want to visit the Mortal Man pub, it's just along the road to the L. Troutbeck is a quiet, attractive village dating back to medieval times. It's worth a short detour on a choice of paths to visit the church,

which lies below in the Trout Beck valley. The east window is particularly notable.

5. Turn R at the post office along a track called Robin Lane. The route back to Ambleside is well signed with lovely views over Windermere. Once in the woods you'll pass the viewpoint of Jenkin Crag. Keep to the upper path at junctions in the woods. After joining a tarmac lane you drop down to the southern end of Ambleside and turn R back to the centre.

Route devised by Fiona Bartrop