



British Walking Federation

PT123 AMBLESIDE AMBLE



ORGANISED BY THE BWF NATIONAL COMMITTEE

CONTACT: Adrian Young, Flat 16 Dillon Heights, 56 Foxgrove Road, Beckenham BR3 5FJ

E-mail: bwfpt@bwf-ivv.org.uk

DISTANCE: 13km

ENTRY FEE: £1.50 per walker (Cheques payable to the British Walking Federation)

AWARD: Cloth Badge at £2.50 each

START VENUE: Low Fold Car park (opposite Hayes Garden Centre on A591 south of Ambleside)

OS MAP: 90 **GR:** NY377037

SAT NAV: LA22 0DW

what3words ///highly.effort.again

COACH & CAR PARKING: At start point (charges apply). Free parking in Fisherbeck Lane just after start of trail.

DIRECTIONS FROM M6 MOTORWAY: From the South leave the M6 at junction 36 and take the A591 to Windermere and Ambleside. From the North, leave the M6 at junction 37 towards Kendal on the A684. Then pick up the A591 to Windermere and follow the instructions above

PUBLIC TRANSPORT: Train or bus to Windermere. Bus to Ambleside. Please check as all transport is seasonal.

REFRESHMENTS: At the start and on the route

ROUTE DESCRIPTION (Updated 29th July 2018)

Leave the car park by the road at the rear, turning left and then turn right into Fisherbeck Lane. After 80 metres turn left. At the T-junction turn right into Bluehill Road to reach telephone box on left.

Q1- On the house opposite what letters are in the triangular plaque on the wall?

Continue ahead. Tarmac road changes to a track signed Wansfell Pike 1 mile, passing sign on right for Bluehill Wood. Continue on track with wall on left, through gate and ahead then over stile next to gate and ahead between walls and then wire fence on left. At kissing gate directly in front of you by stream, turn right and follow steps steeply up Wansfell, the views back over Ambleside are magnificent. Follow clear path up due east to go over the wooden bridge, you are now almost half way up. Continue climbing on well defined rocky path bearing left to the summit of Wansfell Pike. At the top you have fantastic views. To the South, Windermere,

Morecambe Bay and Blackpool Tower. To the West Crinkle Craggs and Bowfell. To the North Kirkstone Quarry and Pass.

Continue in the same direction through gate and bear left on yellow footpath sign steeply downhill on rocky path over moor to reach stone wall. Through kissing gate yellow sign to next stone wall through metal gate, turn right on wide stony track between walls (Nanny Lane). Go through wooden six bar gate and continue on track downhill to gates and road.

Q2- What is the name of the farm on the board opposite?

At the road turn left, towards the Mortal Man pub. Bear right at pub sign. Pass pub on your right. (We can recommend the meals at the Mortal Man Pub). After 40m and before Yew Tree House turn right with stream on the right. THE FOOTPATH HAS SUBSIDED AT THIS SECTION FOLLOW DIVERSION TO CONTINUE ROUTE....Ignore.... at cross paths go straight ahead. Go through small wooden gate to the right of three metal gates. Continue ahead on narrow path between fields. Go through three wooden gates and ahead towards church through gate and turn right. Go over stream do not turn right. Go ahead through the gate along path between trees to road and Highfold Guest House. At the road turn left.

Q3- At Troutbeck village shop what is the post box number?

After the post office serving hot drinks and snacks turn right uphill on the narrow Robin Lane. Stay on Robin Lane for 1.5km ignoring turns on the left. At wooden gates take left hand small gate sign posted Skelghyll and Jenkin Crag. Go through gates keeping wall on your left heading towards farm. Cross the river and go through the gate next to the cattle grid. Continue on track towards and through the farm yard. Follow bridleway sign posted by the National Trust, and ahead through wood to reach Jenkin Crag on your left.

Q4- On sign what is the name of the Area Ranger?

Continue downhill on track go over stone bridge and turn left downhill. Continue on rough track between walls. Go ahead downhill eventually on tarmac lane. At T junction turn right and return to car park and end of walk

When you have completed this trail please use the [Permanent Trail Entry Form](#)

The organisers are not liable for accidents, thefts and/or damage to property. Every effort will be made by the organisers to make this a safe, enjoyable and memorable event.

All Permanent Trails Registered with BWF