



17 CUMBRIA MARDALE

▶ Distance: 11.4km/7 miles ▶ Time: 5 hours ▶ Grade: Challenging



SEE FEATURE ON PAGE 30

PHOTO: TOM BAILEY



CHOSEN BY... NICK HALLISSEY

The perfect walk for exploring the wild southern end of the Haweswater valley, which is properly known as Mardale. From the picturesque wooded promontory of The Rigg, our route climbs the stunning ridge of Rough Crag, all the way up to the summit of High Street, then descends over the parallel ridge of Kidsty Pike. Keep your eyes open for England's last golden eagle, who nests high among these sharply-defined ridges. The views over Blea Water and Haweswater are sensational.

1 Start

At the far end of car park,

go through gate and follow path. Turn almost immediate R by the wall, following sign 'Fellside path to Bampton'. Path heads downhill with wall R. Go through gate and veer R to join lakeshore. Continue gently uphill on path (wall R). After 400 yards a shortcut appears L, but it is steep and we recommend continuing ahead to crest of The Rigg for views down Haweswater.

2 1.2km/¾ mile

At The Rigg (pines R), go through gap in wall then turn L onto path heading uphill to ridge. Climb steadily, going L through gap in wall. Path veers R up a scree bank. Path now climbs steadily with wall R, until wall veers away

PLAN YOUR WALK



ROUTE

Start/parking Car park at south tip of Haweswater, grid ref NY468107

Is it for me? A sustained high mountain walk with some exposed ridges and rocky paths. Small scrambling steps at top end of Rough Crag

Stiles 0

PLANNING

Nearest town Penrith

Refreshments

None on route

Public toilets

None on route

Public transport

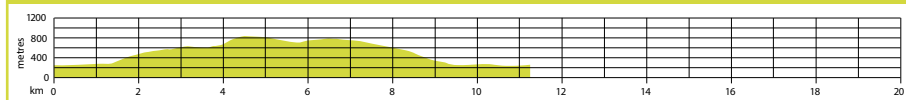
None to start

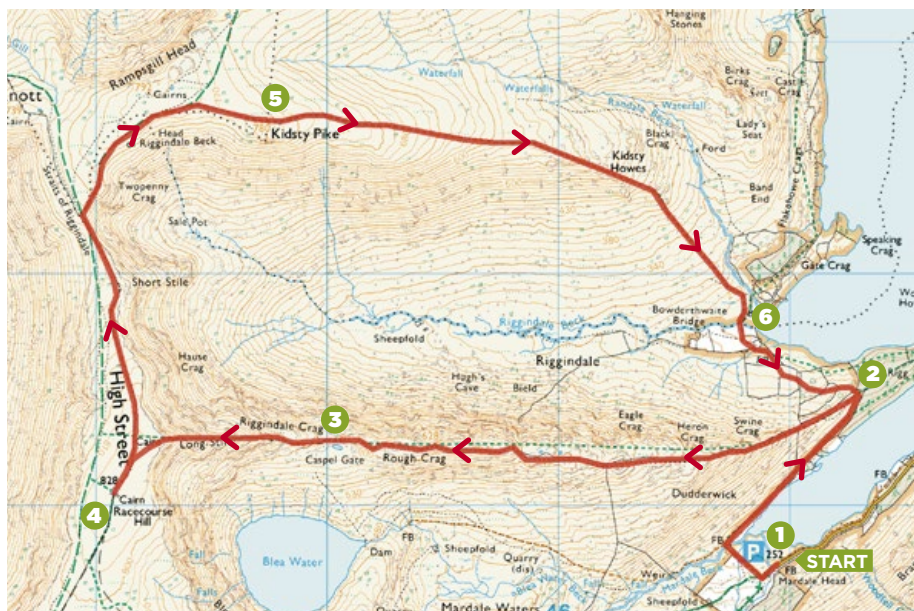
Maps OS Explorer OL5; Landranger 90

higher up. Continue up ridge of Rough Crag to reach small depression in the middle of the ridge, with a small tarn (Caspel Gate on OS Explorer map).



GRADIENT PROFILE



▶ OS Explorer map OL5 ▶ Buy maps at: ordnancesurvey.co.uk/mapshopORDNANCE SURVEY MAPPING ©CROWN COPYRIGHT IN ASSOCIATION
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3 3.6km/2¼ miles
Continue along the ridge to steeper ground at the top end (Long Stile), where it joins on to High Street (there are some scrambling steps here). On gaining skyline, veer L and make for the trig point at High Street summit.

DON'T MISS...

It's more a case of 'you'll be lucky to spot...', but Lonesome George, England's only resident Golden Eagle, patrols these Cumbrian skies.

4 4.7km/3 miles
From summit, turn L (north) and follow wall-line for 1.3km/0.8 miles (this stretch is marked Straights of Riggindale on OS maps). At clear junction of paths, turn R away from wall, heading north-west above Riggindale. Continue on path, climbing sharply to reach cairn on summit of Kidsty Pike.

5 7km/4½ miles
Follow the ridgeline downhill. Approaching Kidsty Howes, ignore path branching L and continue on the main path, keeping Haweswater in view ahead. Descend grassy slope, eventually reaching a crossing track at bottom.

6 9.5km/6 miles
Turn R on track, cross the footbridge and pass through trees, climbing towards The Rigg. Pass the point where you branched off at Point 2, and retrace earlier steps along shoreline back to the car park. **CW**



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TZID24578

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