



17 CUMBRIA ENNERDALE

▶ Distance: 11¼ miles/19km ▶ Time: 6 hours ▶ Grade: Challenging



SEE
FEATURE
ON PAGE 62

Ennerdale Valley head,
with Great Gable looming.



PHOTO: TOM BAILEY



CHOSEN BY...

**RACHEL
BROOMHEAD**

Ennerdale is

undergoing a transformation from timber forestry foothold to native woodland wonder. On this walk into the heart of the valley, you'll see how nature is taking control once more. On the south side of the river around Gillerthwaite you may spot the cuddly Galloway cattle, who have helped prime the ground for the natural regeneration of broadleaf woodland. On the north side directly beneath High Stile, large areas of sitka spruce have been felled to give excellent views to the head of the valley and the mighty shapes of Great Gable and

Pillar. Look out for the juniper starting to creep up the fellsides and for flashes of russet fur in the trees – Ennerdale is one of the country's few strongholds for red squirrels. There is the option to make a shorter circuit at point 3, but I would recommend continuing to the remote Black Sail Youth Hostel at the end of the valley. Here, you can enjoy the silent beauty of the Lake District's remotest valley and relish the incomparable feeling of being in the company of mountains.

1 Start

Leave the car park and go through metal gate to join track alongside Ennerdale Water. On this section you can

PLAN YOUR WALK



ROUTE

Start/parking

Bowness Knott car park, grid ref NY110153

Is it for me? Forest tracks and riverside paths. No climbs or descents. Suitable for all. Graded challenging due to distance

Stiles None

PLANNING

Nearest town Whitehaven

Refreshments

The Shepherds Arms (01946 861249, www.shepherdsarms.com)

Public toilets None

Public transport None

Maps OS Explorer OL4; Landranger 89

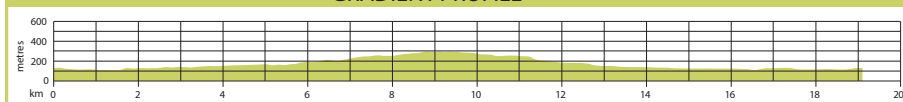
enjoy the views over the lake towards Pillar and explore the lake's thin strip of modest but charming beach.

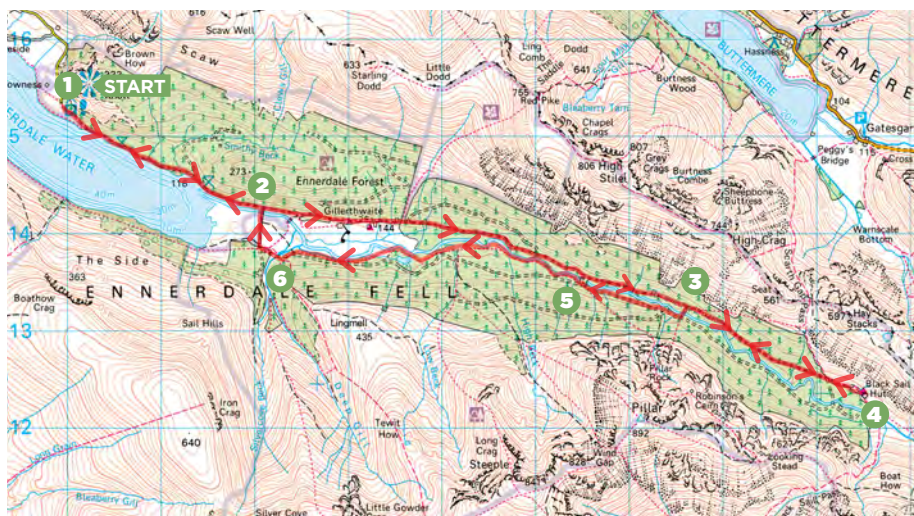
2 1½ miles/2.5km

Once past the head of the



GRADIENT PROFILE



17 CUMBRIA
ENNERDALE► OS Explorer map OL4 ► Buy maps at: ordnancesurvey.co.uk/mapshop

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DON'T MISS...



The Galloway cattle which graze around Gillerthwaite and in the forest clearances west of Woundell Beck. There are also spectacular views of the lake from here.

lake, you'll reach a small road bridge crossing the River Liza. This will be your return route. For now, continue straight on and walk past Gillerthwaite youth hostel, keeping R at the fork. After 3.5km on the track, you'll pass the second bridge (known as Middle Bridge), and after another kilometre you'll come to the third.

3 ¼ miles/7km

It's possible to cross the bridge here for a shorter route, but to reach valley end, continue past the bridge and keep R at the fork in tracks. Go through the kissing gate to reach Black Sail Youth Hostel and luxuriate in the peaceful surroundings.

4 ½ miles/9.2km

Return back the way you came to reach the third bridge once more (at the start of point 3). Cross bridge and turn R to follow the River Liza, initially on a forest track.

5 ¾ miles/12.5km

At Middle Bridge, drop down onto footpath beside the Liza for a delightful riverside walk. This will bring you all the way to fork with Woundell Beck.

6 10 miles/16km

Cross Woundell Beck on the high-sided wooden footbridge and continue straight ahead through the Scots Pines. Turn R through gate and walk along lane at the head of Ennerdale Water. Cross the River Liza over the road bridge and turn L to retrace steps to Bowness Knott car park. **CW**



TRAILZILLA ID:
TZID31018

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memory-map



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