



15 CUMBRIA LANGDALE EDGE & EASEDALE

■ Distance: 7½ miles/12km ■ Time: 4-5 hours ■ Grade: Challenging



Grasmere from Silver How.

PHOTO: DAVID MARSH



CHOSEN BY...

DAVID MARSH

'The loveliest spot the man hath found'

is how William Wordsworth described Grasmere, and few would disagree with that on the basis of this route. Starting from Grasmere, it takes in Langdale Edge, the name given to the chain of modest fells that separate Langdale from Easedale. What these fells lack in height they make up for in views, not just from the two Wainwrights of Silver How and Blea Rigg, but also from the lesser tops. Swinescar Pike, for instance, has a sensational view up Langdale to Crinkle Crags and the Langdale Pikes. The return

journey visits Easedale Tarn and the waterfalls of Sourmilk Gill on this walk through a landscape of sheer poetry.

1 Start

Take Langdale Road, directly opposite the car park, passing to the L of Tweedies. On reaching the B5287 turn L on the road signed for Allan Bank. Shortly after passing through two stone gateposts, turn R on footpath to cross field. Go through gate and follow path that runs beside Easedale Road, eventually joining it. Follow the road until it bends to the R, then locate path on the L which then immediately goes over small footbridge.

PLAN YOUR WALK



ROUTE

Start/parking Red Bank Road Car Park, Grasmere (P&D), postcode LA22 9PU, grid ref NY336073

Is it for me? Varied terrain: roads, well-constructed paths, rough, rocky or boggy sections. Good navigation skills needed on Langdale Edge

Stiles None

PLANNING

Nearest town Ambleside

Refreshments Multiple options in Grasmere

Public toilets Grasmere

Public transport Buses 599 Bowness to Grasmere, 555 Keswick to Lancaster (stagecoachbus.com)

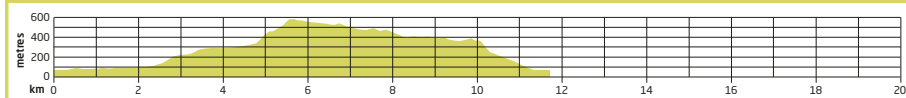
Maps OS Explorer OL06 & OL07, Landranger 90; Harvey Superwalker Lake District West

2 ¾ mile/1.2km

Go through gate and cross meadow to follow path beside Easedale Beck on cobbles. Go



GRADIENT PROFILE



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OS Explorer map OL06 & OL07 Buy maps at: ordnancesurvey.co.uk/shop



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straight ahead at next gate, crossing another field. Follow path as it starts ascending bracken slopes to Sourmilk Gill's waterfalls. Continue past them on to Easedale Tarn.

3 2¼ miles/3.5km
Follow the path that passes S of the tarn, ignoring any fork leading down to it. This boggy path heads up the valley to climb the steep slopes to the L of the beck beneath the pointed top of Belles Knott. The path zig-zags before rocky climb to gain the ridge and meet the ridge path from Sergeant Man to Blea Rigg.

4 3½ miles/5.6km
Turn L and follow the sketchy path as it keeps to the R of flat, boggy area before

reaching the rocky outcrops of Blea Rigg whose cairned summit lies a few metres off the path.

5 4¼ miles/6.9km
Leave Blea Rigg S to outflank steeper ground, then turn E and drop to a flatter area with a couple of small tarns. Continue ahead to the mini col between Great Castle How on the L and 500m top to the R. The path rounds the rocky top Little Castle How then descends down grassy gully to Swinescar Hause. From there climb the grassy slopes of Swinescar Pike to its stone cairn.

6 5¼ miles/8.6km
Leave Swinescar Pike SE toward the next top, Lang How, passing to its S, by tarn.

Follow path SE, across the headwaters of Wray Gill to Silver How's cairned summit.

7 6¾ miles/10.1km
Use path W of summit to descend to mini col. Turn R and descend on an initially pitched path, through scree slope, then onto grass to eventually meet wall. Turn L and follow wall, through three gates, to walled track through trees which terminates at a minor road 'Red Bank'. Turn L and follow road to start. **CW**

VIEW THE WALK ON OS MAPS ONLINE:
walk1000miles.co.uk/cwroutes

IN ASSOCIATION WITH



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DATE WALKED

TIME TAKEN

YOUR RATING