



Miles Without Stiles

Under this initiative there are 48 routes across the National Park suitable for people with limited mobility, including wheelchair users, families with pushchairs, and the visually impaired.

<http://www.lakedistrict.gov.uk/visiting/thingstodo/walking/mileswithoutstiles>

There are some great walks in Langdale and we have reproduced two here for your reference. There is also a walk to Loughrigg Tarn (41), and one around Blea Tarn (12).



Walk 43 – Great Langdale; New Dungeon Ghyll to Elterwater

Route type: For all / some. A stunning walk along the beautiful Great Langdale valley taking in the upper rugged valley, a working quarry and wooded riverside - OS Explorer Map OL7

Distance: 12 km or 7.5 miles

Start and end point: New Dungeon Ghyll - grid ref. NY 295064

Turning point: National Trust car park, Elterwater - grid ref. NY 328048

Facilities: Public toilets at Stickle Barn and Elterwater, refreshments at New Dungeon Ghyll, Wainwright's Inn, Chapel Stile and Britannia Inn, Elterwater

Getting there: Bus: Langdale Rambler service 516 runs from Ambleside to New Dungeon Ghyll, March to October.

Car: A593 from Ambleside or Coniston and turn at Skelwith Bridge on

the B5343. It is 6.9 km or 4.2 miles to New Dungeon Ghyll.

From the back of the LDNPA car park take the Old Langdale Road down the valley. After 1.6 km the track bends sharp left, go straight on, through a gate onto a field edge path. Pass through three more gates to another track and a footbridge over Great Langdale Beck.

From here to Elterwater there are some steep sections. Unaccompanied wheelchair users may find the surface and gradients difficult. Turn

right after crossing the footbridge and go past a cottage. Descend slightly and turn sharp left before a long uphill stretch into Hag Wood. Go through the wood to Baysbrown Farm. Head through the farmyard and continue uphill and along the farm's road.

Immediately after a house on the



left, turn left onto a track towards Elterwater Quarry. Follow the signs carefully through the quarry. Look for a sign pointing you left down a steep track between quarry spoil heaps. Take care.

Follows the river to Wainwright's Bridge - cross this if you want to visit Chapel Stile. To carry on, stay on the same side of the river and follow the path up to the quarry road. Continue along this - watch out for quarry traffic, then turn left over the road bridge into Elterwater Village.

stone cobble surface is smooth enough for wheelchair and pushchair users

After 1 km, you reach the shores of Elterwater. This is a quiet lake with many small bays and a mix of wooded and reedy shorelines. Look out for wildfowl, including mallards, coots and moorhens.



Walk 11 – Elterwater to Skelwith Bridge

Route type: For all / for many. A stunning walk taking in lakeside meadows, an iconic new bridge, roaring waterfall and great food - OS Explorer Map OL7

Distance: 4 km or 2.4 miles for many, 0.5 km or 0.3 miles for all from Skelwith to Woodburn Bridge and back

Start point: National Trust car park, Elterwater - grid ref. NY 328048

Turning point: Skelwith Bridge - grid ref. NY 344034

Facilities: Public toilets at Elterwater and refreshments at Britannia Inn, Elterwater, and Chesters Café, Skelwith Bridge

Getting there: Bus: Langdale Rambler service 516 runs from Ambleside to Elterwater, March to October. Car: A593 from Ambleside or Coniston and turn at Skelwith Bridge on the B5343. It is 2.5 km to Elterwater

Take the gate at the back of the car park on to the wide stone path that runs alongside Great Langdale Beck. This section of path is prone to flood erosion. Its robust stone

The path goes through woodland and leads to an open meadow. At the end, go through a gate into woodland and on to dramatic



Woodburn Bridge. Erected in 2006 and named after a Skelwith Parish Council chairman, its location is fantastic. Resting high above Great Langdale Beck, the roar of Skelwith Force entices you on.

Continue past the bridge and along a smooth, stone path above Skelwith Force. The rocky gorge and volume of water in the falls are very impressive. Another 200 metres brings you out at Skelwith Bridge and a welcome rest at Chesters Café.