

INTRODUCTION

- The Lake District landscape
- About the Tour
- When to go
- Accommodation
- Food and supplies
- Transport
- Money and costs
- What to take
- Navigation and outdoor safety
- Habitats and wildlife in the Lake District
- How to use this guide
- Glossary and abbreviations



PART 1 – THE TOUR

- Stage 1 Windermere to Ambleside
- Stage 2 Ambleside to Elterwater
- Stage 3 Elterwater to Coniston
- Stage 4 Coniston to Eskdale
- Stage 5 Eskdale to Wasdale
- Stage 6 Wasdale to Black Sail
- Stage 7 Black Sail to Buttermere
- Stage 8 Buttermere to Keswick
- Stage 9 Keswick to Rosthwaite
- Stage 10 Rosthwaite to Grasmere
- Stage 11 Grasmere to Patterdale
- Stage 12 Patterdale to Windermere



PART 2 – HIGH-LEVEL ALTERNATIVE ROUTES

- 1 Coniston to Eskdale via the Old Man and Hardknott
- 2 Eskdale to Wasdale Head via Scafell Pike
- 3 Wasdale Head to Black Sail or Buttermere via Great Gable
- 4 Grasmere to Patterdale via Helvellyn
- 5 Patterdale to Windermere via High Street

PART 3 – SHORT WALKS

- 1 Beatrix Potter's Hill Top and Claife Heights from the Windermere ferry
- 2 Stock Ghyll, Scandale and High Sweden Bridge from Ambleside
- 3 Elterwater – A riverside walk between two pubs
- 4 Lake Coniston and Brantwood

- 5 Muncaster Fell and Ravenglass from the Eskdale railway
- 6 Scale force and Crummock from Buttermere village
- 7 The Borrowdale Yews from Rosthwaite
- 8 Wordsworth's Grasmere and Rydal via Loughrigg Terrace
- 9 Howtown and Ullswater from Glenridding



- Appendix 1 Useful contacts
- Appendix 2 Tourist Information Centres
- Appendix 3 Transport information
- Appendix 4 Selected bibliography