

Inhoudsopgave

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