

Wandering Aenqus TREKS

THE LAKES HIKER TOUR



Grade: Demanding

With this itinerary we have a short but intensive tour which will give you a broad appreciation of the Lake District in its entirety. The hiking days taken individually range from moderate to demanding. We have given this trip an overall grade of 'Demanding' and a good level of physical fitness is a prerequisite. For those who wish to extend this trip we can easily arrange your further accommodation and provide suggestions and even detailed route cards for further hikes.

The following itinerary is an example of the hikes we will undertake and the exact day to day itinerary will be influenced by factors such as weather and local events, fairs etc.

Day 1. ARRIVAL AND WALK IN THE NORTHERN FELLS

Arrive at your hotel in the very picturesque Lakeland market town of Keswick situated on the shores of Derwentwater. Once a place where sheep and cattle were traded, Keswick is today a Mecca for outdoor recreation. Hikers, mountain bikers and paddlers are well provided for here and the town's cobbled main street boasts a wide selection of cafes, pubs, restaurants, and shops. There is also a park and gardens with a 'pitch and put' course, a theatre, a cinema, and a variety of boats for hire to get out onto the lake.

We meet you after lunchtime at the hotel. After a short briefing on the week's activity we set off to tackle our first mountain which will be one of the local fells. Depending on the time available and the weather, we will make an ascent of the very local Catbells overlooking the Lake, or Blencathra, which according to Wainwright (the most eccentric and best loved of guide book writers) is "one of the grandest objects in Lakeland". The best approach by far to this magnificent mountain is via a scramble along the 'Sharp Edge', and from its broad summit ridge the mountain panorama will provide our first insight into the topography of the Lake District, and a preview of tomorrow's objective.



Day 2. THE EASTERN FELLS



Leaving our Keswick base we drive for 20 minutes through sheep farming country to reach the stunningly beautiful Ullswater Lake which is framed by the bulk of Place Fell and by the steep flanks of St. Sunday Crag. We follow the lake shore to the tiny hamlet of Patterdale where we begin today's hike. Our route first climbs through the forests of the lower Grisedale valley before breaking out onto open fellsides, where the Herdwick sheep graze, and heading for the start of a rocky ridge known as 'Striding Edge'. Airy scrambling on a narrow arête provides excellent hiking in a superb mountain setting. The ridge runs into the Eastern flank of Helvellyn, the third highest mountain in England, and a final steep climb brings us to the broad summit plateau where we will take lunch in a most spectacular picnic spot. To the west we can see the serrated summits of Bowfell, Crinkle Crag and the Scafell Pikes in the heart of the Lake District. We have views of Windermere to the south, while immediately east of us the ground drops precipitously down to the cwm of Red Tarn framed by the Striding and Swirrel Edges. Ullswater, the second largest of the lakes stretches northward and beyond are the long ridges of High Street and the distant Pennines. We complete the day with an excellent hike along the broad ridges of Nethermost Pike and Dollywagon Pike giving views over Thirlmere to the West, before descending to the picture perfect Grisedale tarn and returning along the valley of the same name. A truly splendid day. We then return to Keswick and perhaps sample some real Cumbrian ale before choosing from one of the many excellent restaurants for our evening meal. **10 miles with 3,504 feet of ascent.**

Day 3. THE CENTRAL FELLS.

Today begins with a beautiful drive down the length of enigmatic Thirlmere, its wooded shores making it the least seen of all the lakes. Crossing the pass of Dunmail Raise, we drive through Grasmere, the home of Lakeland's most celebrated poet William Wordsworth, before entering his favourite valley - Langdale. From the Old Dungeon Ghyll Hotel at the head of this typical glaciated Lakeland valley, we shall hike up beside the chattering waters of Stickle Ghyll to an absolute gem of a mountain tarn. Across the crystal clear waters of Stickle Tarn rises the imposing cliff of Pavey Ark. It looks impossible ... madness, to venture into its towers and ramparts without the paraphernalia of the rock climber. . . . and yet, there is a way. An exciting scramble along 'Jack's Rake' takes us into the realm of the rock climber as we cross the face of this sheer cliff, and the reward for our endeavour is the breathtaking view across Southern Lakeland. From the summit of Pavey Ark we can stride across the Langdale Plateau and take in Harrison Stickle (2,403 feet) and Pike O' Stickle (2,323 feet), known collectively as the Langdale Pikes and probably the most photographed mountains in the country. We then make a circuit of the valley head to reach Angle Tarn, the quintessential high mountain lake. The path now descends Rosset Gill and we finish the day along lovely Mickleden to reach the Old Dungeon Ghyll. Time for a welcome drink before retuning across Dunmail raise to our base in Keswick.

8½ miles. 3,200ft. of ascent.



Day 4. THE WESTERN FELLS



Any introduction to the Lake District would be incomplete without a visit to the Western fells and the remotely situated Wastwater. This is not often included in ordinary tours precisely because of its remoteness but a visit here well rewards the patience of the long (1½ hour) road journey. Arriving at Wasdale Head, the traditional home of British rock climbing, we first follow the Mosedale Beck and then an old drovers trail to the Black Sail pass. From here the 'High Level Route' traverses the steep northern aspect above wooded Ennerdale to the bastion of Pillar Rock. We take the Shamrock traverse which weaves a sure path through flanking buttresses to the final steep slopes below the summit. From the top the view is magnificent with almost all the major mountain systems visible and a wide expanse of the Cumbrian coastline. From the summit we follow the south east flank down to the Black Sail pass and climb over the Kirk Fell before making the final 990 feet of ascent to the summit of Great Gable, the icon of the National Park, for more spectacular views including a close up of England's highest mountain, Scafell Pike. We end the day with a descent to Sty Head Pass, an ancient trade route between the settlements of Borrowdale to the north and Wasdale in the west, and follow the well marked trail back to Wasdale and our waiting transport after a memorable day. **10 miles. 5,314ft. of ascent**

Day 5. THE NORTH WESTERN FELLS

We start today with a drive along the impressive road across Newlands Hause which climbs out of the Bassenthwaite valley improbably crossing the high fells which form the west/east watershed. We descend to the idyllic village of Buttermere located between the lakes of Crummock Water and Buttermere. Our route today follows the steep ridge of Fleetwith Pike, a superb vantage point for this particularly beautiful valley filled with three lakes. From the summit of Fleetwith we descend slightly and pass through the workings of Honister slate quarries – a piece of Lakeland mining history – and then stride out across a grassy plateau below the sprawling fell of Branderath. We are now located on a high ridge between the valleys of Buttermere and Ennerdale and the views from here are hard to beat in all the Lake District. Our final summit of the day is 'Haystacks' (1958ft.) one of the favourite fells and last resting place of the guidebook writer Alfred Wainwright. From the little rocky top of this last fell we descend to Scarth Gap and make our way down to the lakeshore before returning to our vehicle. We drive back to Keswick via Honister Pass, one of England's highest and steepest roads. Our services end in Keswick. If you wish to extend your stay we can arrange this for you and can provide you with ideas for further walks. Today's walk is approximately **6 miles. And with 2727ft. of ascent**



LAKES HIKER 2012

(5 Days/4 nights) £475/\$745*

Single supplement: £100/\$156*

Thu 5 Apr – Mon 9 Apr (Easter)

Thu 23 Aug – Mon 27 Aug (August Bank Holiday)

We have given this tour the grade of **DEMANDING**. Participants should be physically fit and have some previous hiking experience. You do NOT have to be an athlete and it is NOT necessary to be able to walk at a fast pace. You do need to be able to maintain a reasonable pace over sometimes steep ground for up to eight hours or more. Though there is no technical climbing on any of the ascents you should also be comfortable with a degree of vertical exposure on occasions.

Accommodation:

We use established hotels and guest houses recognised and accredited by Cumbria Tourist Board as 3 star or above. Accommodation is in twin/double rooms with private bathroom. All accommodation is on bed and breakfast and twin share basis. If you are travelling by yourself you will be paired up with another individual guest of the same sex. If you prefer to have a single room this can normally be arranged at a supplement. Note that the provision of single rooms is dependent on availability at the time of booking.

The price includes:

- ❖ The services of an experienced local guide
- ❖ All transport during the tour by private car or minibus
- ❖ Accommodation as stated in the above itinerary
- ❖ All breakfasts, and packed lunches
- ❖ Maps of all the areas we hike.
- ❖ European V.A.T @ 17.5%

The price does not include:

- ❖ Single supplement if you choose not to share a room (please contact directly if you would like a single room)
- ❖ Evening meals. The estimated total cost of evening meals on this tour is £40 – 60
- ❖ Beer, soft drinks etc

*Prices quoted in US\$ are approximate and are dependant upon exchange rates at the time of payment.

Your complete financial protection:

Wandering Aengus Treks complies with the UK 'Package Travel, Package Holidays and Package Tours Regulations 1992'. Your deposit and final balance is paid into a holding account administered by an independent body and is only released to us upon the completion of your holiday.

If you are viewing this dossier on screen, click to go to the [Lake District Tours](#) page of the Wandering Aengus Treks' website or to [book online](#)

WANDERING AENGUS TREKS

FELLSIDE END ■ FELLSIDE ■ CUMBRIA CA7 8HA ■ UNITED KINGDOM

TEL: +44 (0)16974 78443 ■ WEB: WWW.WANDERINGAENGUSTREKS.COM ■ EMAIL: INFO@WANDERINGAENGUSTREKS.COM