

gates and climb to a ruined farm building. **32** Go through a couple of gates and ford a couple of small streams, beyond which the track follows the wall to meet Robin Lane. **33** Turn right, and stay on the track past the start of a path on the right, and a stone pillar (a sighting pillar built during the construction of Thirlmere Reservoir) above you and to your left. **34** The track descends to a fork, where you take the left-hand track, which winds its way down into Troutbeck past some pretty Lakeland cottages. **35** At the main street, turn left past the shop and carry straight on at a road junction. **36** Shortly after St John's Well, in the wall on the left, leave the road along a track on the right that skirts past white-painted cottages to a water treatment works. **37** Continue along the track to cross a stream and reach a crossroads. **38** From this point you are retracing your earlier steps: follow the metalled lane ahead, to the A592. **39** Cross into the track opposite and turn immediately left through a kissing gate onto a permitted path. **40** Follow the path parallel to the road along the top of two fields, then turn left through a gate to the main road within sight of the Queens Head.

Now reward yourself with a refreshing drink from the bar!

## THE QUEENS HEAD

Town Head, Troutbeck, Windermere, Cumbria LA23 1PW

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The new Queens Head features a cosy drinking area with newly refurbished dining areas and 10 comfortable en-suite guest bedrooms providing the perfect base for guests to Cumbria and, of course, their four-legged companions.

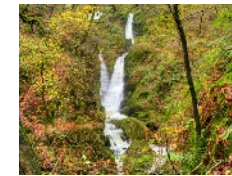
Renowned for serving some of the finest food in the area, The Queens Head's new menu will highlight a mixture of homely classic pub food with a Cumbrian flair.

We hope you enjoy these carefully selected walks and look forward to quenching your thirst and satisfying your appetite on your return.

Please see our website or social media for opening hours and food service times.



The town of **Ambleside** stands at the head of Windermere and offers a range of local facilities, including numerous outdoor shops. The much-photographed 17th-century Bridge House straddles Stock Ghyll and is owned by the National Trust. Or you could consider a lake cruise from Waterhead to Bowness or Lakeside.



**Stockghyll Force**, on a tributary of the River Rothay just east of Ambleside, drops 70 feet in two steps. Numerous viewpoints offer views of the cascades within their narrow, rocky gorge. In spring the ground below the surrounding woodland is carpeted with daffodils.



Despite its modest height, the view from **Wansfell Pike** (482 m) is spectacular, including the length of Windermere and (clockwise from south-east) the Conistone Fells, Scafell Pike, Great Gable, Fairfield, Red Screes, High Street and Ill Bell. On a clear day Blackpool Tower, over 40 miles distant, is visible.



Like Wansfell Pike, **The Tongue** is of only moderate height but provides superb views to Windermere and of the surrounding fells, including Wansfell, Red Screes, Stony Cove Pike, Threshthwaite Mouth at the head of the valley, and the Froswick/Ill Bell/Yoke ridge to the east.



The summit trig-point of **High Street** (828 m) is at the centre of a broad ridge, so the best views are from the crags a little way to the east, overlooking Blea Water and Riggindale to Harter Fell and Haweswater respectively. The fell's name comes from the Roman Road that crosses its broad summit.



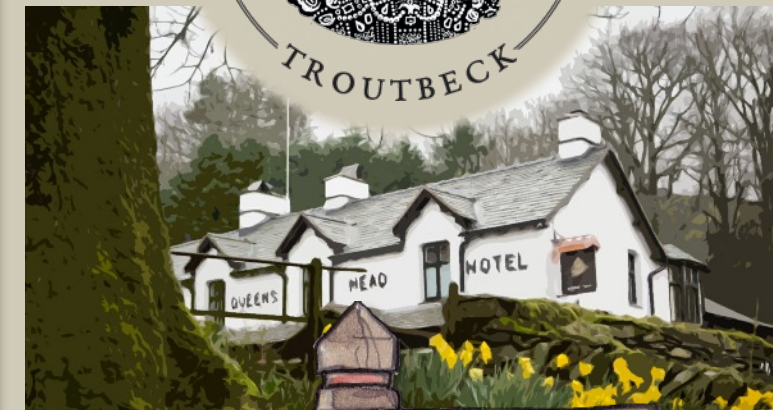
**Ill Bell** (757 m) is the highest of the three summits on the ridge running south from High Street. From its summit can be seen, beyond the immediate Lakeland fells, the North-Pennine summits of Cross Fell and Little Dun Fell (with its radar dome), and to the south Ingleborough and Wharfedale, two of the Three Peaks of Yorkshire.



**Troutbeck Park** is one of 14 farms left to the National Trust by Beatrix Potter on her death in 1943. She bred Herdwick sheep here on this former deer park – and in recognition was elected as the first female President of the Herdwick Sheepbreeders' Association, though she died before she could take office.

Photo credits: 1 Peter S, 2 David Dixon, 3 Anthony Foster, 5 Bill Boaden. CC-BY-SA 2.0.

three circular walks from



## The Tongue

6¾ miles: Moderate

A figure-of-eight route which, with only moderate climbing, gives superb views to Windermere.

## Wansfell Pike and Ambleside

7 miles: Fairly strenuous

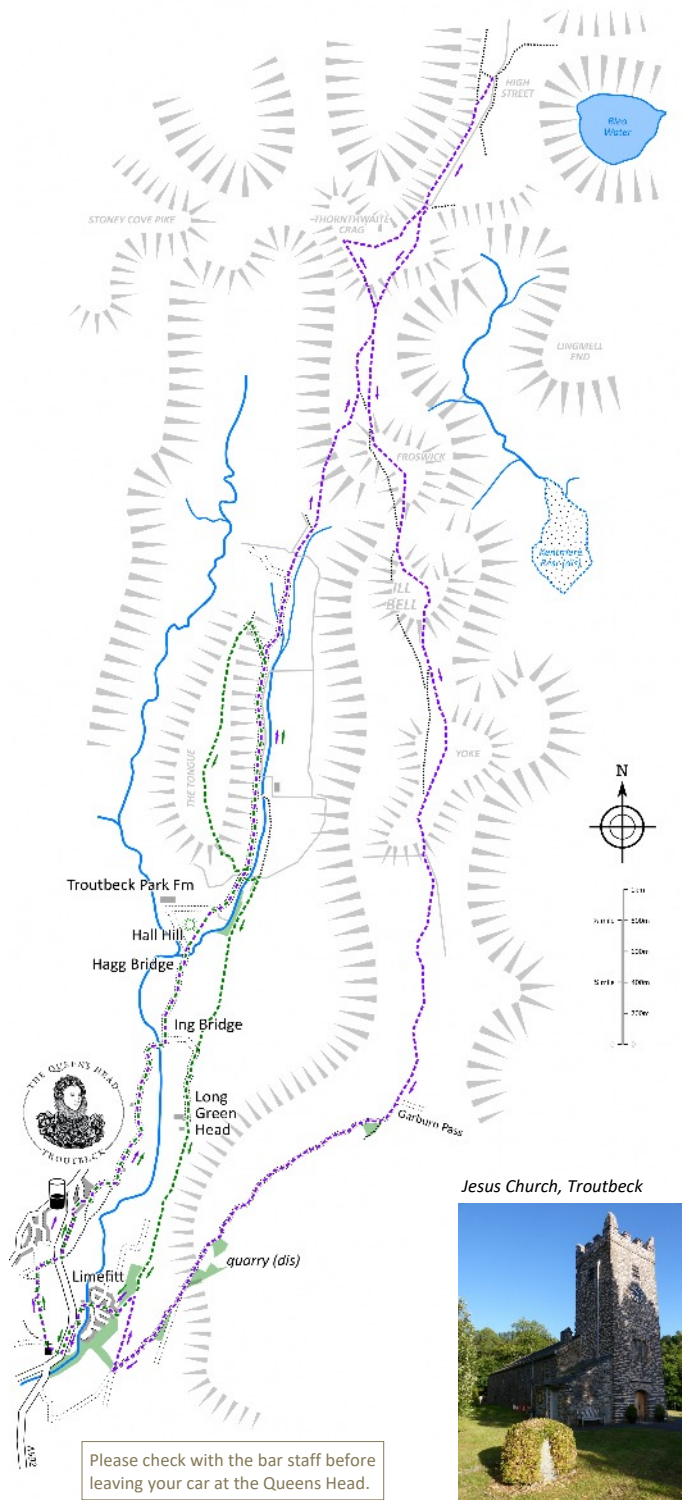
Fantastic views over Windermere, a sylvan waterfall, and a gentler woodland return via the village.

## High Street and Ill Bell

9½/13 miles: Strenuous

A hard fell walk up the valley of Trout Beck to High Street, returning via the Ill Bell ridge.





# The Tongue

6¾ miles: Moderate

Allow 3 hours. One moderate climb, and a steep, slightly loose and rocky descent. Walking boots recommended.

**1** From the car park entrance, cross the main road carefully and walk down the road opposite, with 20mph signs. **2** At a junction, turn right onto a private road (Ing Lane) with a public bridleway sign (ignoring another bridleway on the right). **3** Follow the lane for ¾ mile, bearing left as you reach the valley floor and passing a barn before crossing the beck at Ing Bridge. **4** Continue along the lane, which bends left (ignore a right turning) and continues past another small barn and a gate and over a second bridge (Hagg Bridge). **5** Leave the track here, turning right at a stile and keeping to the right of a hillock (Hall Hill) then climbing to a gate at the top of the field. **6** Turn right along the track, which curves left up the valley. Just before a gate, pass (but do not follow, yet) a path on the right down to a footbridge. **7** Continue along the track, passing a barn after ¼ mile and going through a couple more gates, until the accompanying wall on your right bends away to the right. **8** Just beyond this point, leave the track onto a quad-bike track on the left that leads obliquely up the bracken hillside. **9** At the top of the hill, turn left and follow a vague path along the ridge. **10** Beyond two mossy outcrops, the path crosses a boggy dip to a stile and then continues gradually uphill to the summit. **11** Having admired the outstanding views, drop left off the ridge down a steep path through bracken. **12** Beyond a slightly rocky section, go through a gate and continue, dropping left from the main spine of the ridge. **13** Towards the bottom, you meet a wall, which you follow left to a stile back onto the main track up the valley. **14** Turn right through a gate and then left on a path down to a footbridge. **15** Go through a gate in the top corner, then turn right through a second gate. **16** Follow the bridleway above the intake wall for ½ mile to a barn, then continue for a similar distance to Long Green Head Farm, where you keep left to continue above the wall. **17** The bridleway eventually leads along the top of a wood to a fork beyond a high deer-gate. Take the right-hand (lower) path. **18** Beyond a metal gate, pass a small stone building then turn right and walk down through Limefitt Holiday Park. **19** Cross the bridge over the beck and bear left up the entrance road to the main road. **20** Turn left and walk down the main road towards the church. **21** Turn right onto a footpath by a covered well on the right and continue past a churchyard gate. **22** At the next gate, leave the main path onto a waymarked path on the right that follows a fence then crosses to pass an oak tree to a gate. **23** Continue through a second gate and along a fenced path which meets a wall and continues as a farm track. **24** At the next junction, turn right to meet the A592. **25** Cross into the track opposite and turn immediately left onto a permitted path that runs parallel to the road along the top of two fields, back to the Queens Head.

# High Street and Ill Bell

9½/13 miles: Strenuous

Allow 5–6 hours. A demanding fell walk with several long climbs adding up to almost 1000 metres’ total ascent. Walking boots and suitable clothing essential. Take plenty of water. Can be shortened by omitting the there-and-back extension to the top of High Street.

Follows steps **1–7** of the **The Tongue** walk.

**8** Continue along the track up the valley, ignoring the oblique path climbing off to the left, and descend to the flat valley bottom. **9** After following the stream for a while, the vague track bears off left; leave it to climb parallel to the stream to a gate. **10** Follow the wall on your left until it bends left, then strike off diagonally up the right-hand side of the valley on a narrow path. **11** Climb relentlessly uphill for about a mile. **12** If you are omitting the extension to High Street, when the main ridge path first comes into view on your right, cut across to it and skip to step **17** to avoid some climbing, otherwise carry on until you meet the wide, stony path. **13** Turn left and continue to a fork, where you bear left to the beacon on Thornthwaite Crag. **14** Turn right at the beacon and follow the obvious path towards the broad top of High Street. For the trig point, you will need to divert right to the wall. **15** You can either return to the Ill Bell path the same way or, to save a second visit to Thornthwaite Crag, pick up a narrow path from the end of the wall that cuts the corner, above the head of a couple of gullies. **16** Walk southwards along the ridge path and then drop down to a small cairn in the dip below Froswick. **17** Climb about 90 metres, rocky in places, to the top of Froswick. **18** Descend again, then start the next rocky ascent to the twin cairns at the top of Ill Bell, followed by a similar descent beyond. **19** The last significant climb is more gradual, to a gate by a small tarn, and then to the top of Yoke, beyond which the going is all downhill. **20** Follow the ridge track beyond Yoke as it descends, steeply at first, to a kissing gate. **21** The broad track beyond follows a wall then strikes out across open country, winding between and below low crags to meet the Garburn Road at a small triangular plantation. **22** Beyond the gate, follow the track to the right of the trees, descending for a mile to a gate just beyond the partially wooded spoil-heaps of a disused quarry. **23** At the next fork, take the lower, right-hand track, which passes below another patch of woodland and past a ladder stile on the left. **24** At a grassy triangle, turn sharp right through a gate onto a bridleway that continues to descend, now heading north, towards the holiday chalets at Limefitt. **25** At a tall deer-gate beyond a junction, turn hard left and walk downhill with woodland to your right.

Now follow steps **18–25** of the **The Tongue** walk to return to the Queens Head.



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# Wansfell Pike and Ambleside

7 miles: Fairly strenuous

Allow 3–4 hours. Some moderate climbs and a long, steep descent from Wansfell Pike. Walking boots recommended.

**1** From the car park entrance, turn right along the pavement briefly, then cross to a kissing gate. **2** Turn right and follow a permitted path parallel to the A592 along the top of two fields. **3** Cross the road carefully and follow the narrow lane opposite (“Unsuitable for motor vehicles/No access to Troutbeck”). **4** At a junction, go straight on (signposted “Public Way”). **5** Cross a stream then turn right onto a narrow walled bridleway leading up to the village street in Troutbeck. **6** Turn left past Lanefoot Farm, then right into Nanny Lane (signposted “Public Footpath/Wansfell Pike/Ambleside”). **7** Follow the winding, ascending farm track for ¾ mile. **8** At a right-hand bend, turn left off the track through a gate at a sign reading “Footpath to Ambleside via Wansfell”. **9** Cross an area of open country and pass through a kissing gate (ignoring a slabbed permissive path along the wall to the left). **10** Continuing ahead, the path winds between rocky hummocks and gradually ascends with occasional steps and slabbed sections to the summit of Wansfell Pike. **11** Go through a gate beyond the summit and take the pitched path straight ahead that drops steeply. **12** The path zig-zags downhill and then passes through a gap in a wall, continuing to a footbridge and into open alder woodland. **13** Follow the path roughly parallel to the stream down to a kissing gate at the end of a track. **14** Carry on in the same direction, alongside the stream, to a stile into a lane. **15** Turn left along the lane for 250 yards, over a cattle grid and past a house on the left. **16** Turn right to a turnstile at the entrance to Stock Ghyll Park. **17** The path beyond leads quickly to a picnic table with views of the waterfall. **18** Turn left and follow a path down through the trees with the gorge on your right. **19** Ignore a path leading down to a footbridge, continuing left of the stream back to the road. **20** Turn right and follow Stock Ghyll Lane down into Ambleside. **21** Turn left past the Market Hall along the main road. **22** After 300 yards, turn left into Old Lake Road. **23** Ignore various turnings until just past a car park, where you turn left along a narrow lane (“Except for access”) with a bridleway sign to Jenkins Crag, Skelghyll and Troutbeck. **24** Follow the narrow walled lane (ignoring a footpath by a driveway on the right) to a fork, where you take the right-hand lane (signposted to Skelghyll Woods). **25** At another entrance, continue ahead to a bench. **26** Shortly afterwards, enter the woods, ignoring a path off to the right. **27** Beyond another driveway, at another path junction, bear left up the main bridleway to cross Stencher Beck on a stone bridge. **28** Continue climbing, over rocky ground at times, to a gap in the wall on the right, where a brief diversion takes you to the notable Windermere viewpoint of Jenkins Crag. **29** Return to the bridleway and continue climbing gradually alongside a wall until the trees open up on your right with more views over Windermere. **30** Beyond a gate the track continues to High Skelghyll Farm, where you join the descending farm drive to Hol Beck. **31** Cross the bridge and turn immediately left through two wooden