



**Walking Around Britain - The Lake District -
Around Wordsworth's Walks: An 8 mile circular
route from Pelter Bridge visiting Loughrigg Tarn,
Grasmere lake and Rydal Water**

John Edmondson

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Are you one of the thousands of Britons who like nothing more than a good walk?

Walking Around Britain is an e-book series aimed at the walker who wants more than just an internet route to follow. It is for walkers of all abilities and ages, from a simple 3 mile route suitable for kids, to the 20 mile routes for the more serious hiker.

The different routes may be urban routes, nature routes, mountain routes, or any other manor of routes that are available in the local area. They are also intended to help search out routes that are not normally featured in the usual literature so taking you along some hidden gem.

As the reader is taken on the walk, places of interest will be highlighted and the history of the surrounding area and buildings will be developed. Don't worry though, the state of the paths and the terrain will also be there for you so you can judge whether it is suitable for kids, the elderly and the disabled.

The book will also feature photos of the route so you shouldn't get lost!

New routes are being added all the time so keep an eye out for new ones as they appear. If you want to contribute a route, then email steve.caron@jmdmedia.co.uk with your idea and he will be in touch.

An Overview of the route

This guide takes you on a circular tour starting and ending at Pelter Bridge. The 8 mile journey is a tour of three of the most picturesque lakes in the park - Loughrigg Tarn, Grasmere and Rydal Water. Using a combination of lanes, footpaths and bridleways the route provides views from both above and along the sides of these waters.

Time to complete: Allow between 2.5 hours and 4 hours.

The state of the paths: The paths and bridleways around the route are well maintained but unless there has been a long spell of dry weather (rare in these parts) expect some mud! Some of the paths are uneven or slippery. There are numerous stiles and gates.


On-road or off-road: Of the 8 miles, 1.75 miles is on tarmac lanes, most of which are narrow lanes. These lanes are normally quiet but can sometimes be busy, particularly on sunny weekends. Take care! The route alternates between lanes and paths to provide variety and opportunities for faster walking. The route is unsuitable for cycling because it is mainly on public footpaths.

The terrain: The route can be divided into sections - flat, hilly, then flat again with a small hill at the very end. The total ascent is about 1200 feet. There are two climbs and one descent.

If you'd like to be guided round the route by the author see <http://guidedscenicruns.weebly.com/>. This is one of many that the author offers as a guided run or walk.

About the author:

After working for over 30 years as a successful safety, health and environment specialist John recently moved from the northeast to enjoy retirement in Cumbria. He has been running and walking for fitness and enjoyment since the late 1980s. Since moving to Cumbria he has combined the fun of running and walking with the pleasure of admiring the magnificent scenery of the Lake District. John's keen to share this experience with others.

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