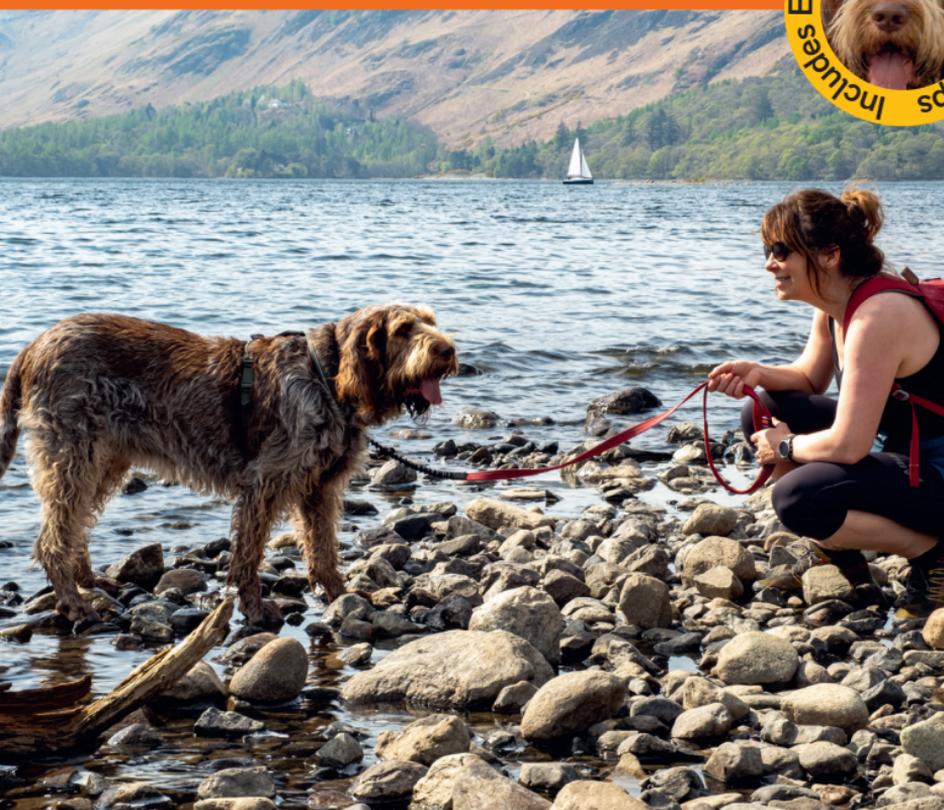


SHORT WALKS

MADE EASY

DOG-FRIENDLY WALKS LAKE DISTRICT



10 leisurely dog walks
across the national park

WE ARE HAPPIEST WHEN
WE'RE OUT WITH OUR DOGS

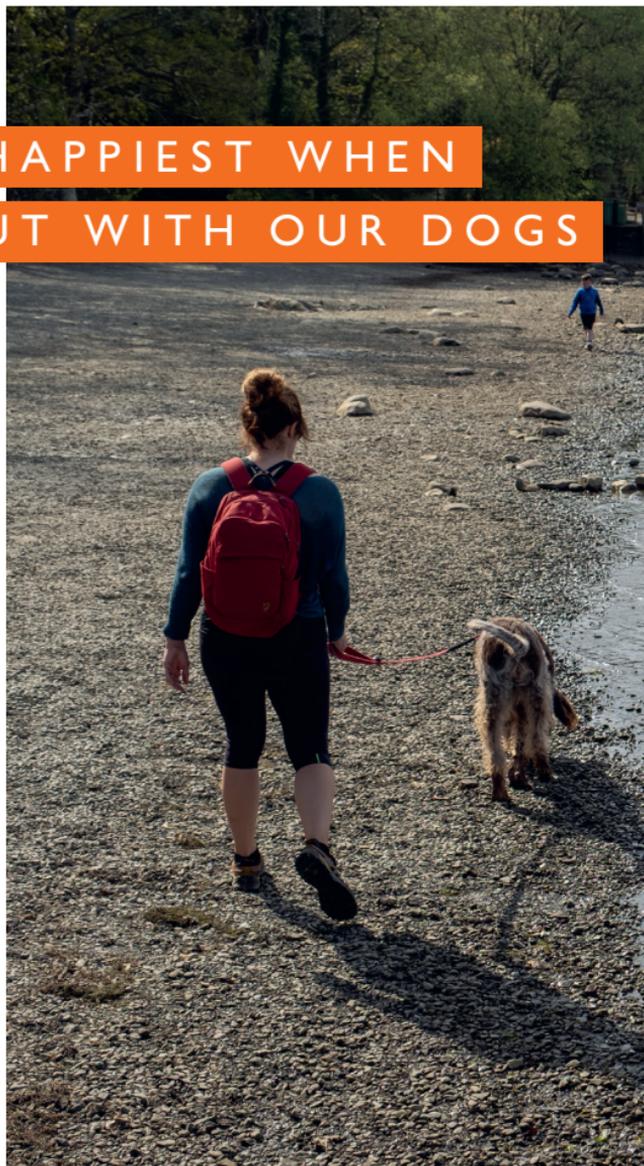
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A dog's enthusiasm for a walk is a reminder to embrace life's simple pleasures



Elmo's CV

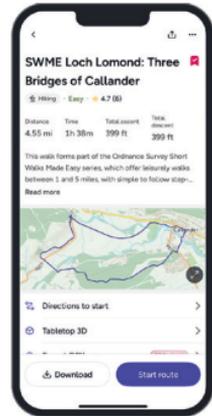
- **What breed is he?**
Italian spinone
- **How old is he?**
Four
- **Favourite walk?**
On walks he likes... taking in the views, paddling and sniffing out treats



Derwent Water: Elmo enjoying the beach at Strandshag Bay

Using QR codes

- Scan each QR code to see the route in Ordnance Survey's OS Maps App
NB You may need to download a scanning app if you have an older phone
- OS Maps will open the route automatically if you have it installed. If not, the route will open in the web version of OS Maps
- Please click **Start Route** button to begin navigating or **Download Route** to store the route for offline use



 **Elmo's tips**

- Know where your dog must be **on a lead**, where there is likely to be livestock and (seasonally) ground-nesting birds, and where your dog can have **off-lead time**
- Check the number of **stiles** and where your dog may need lifting, and any awkward gates and flights of steps
- Safe paddling places and sources of **drinking water** for your dog (see the Elmo icon on the maps and profiles)
- Note any shared-use paths

WALK 2



WHINLATTER

WOW TRAIL

Elmo is a fan of elevated places and big views, and they don't come much better than this. Rising to over 1,640 feet above sea level, England's only true mountain forest adorns the slopes of the North-Western Fells. The forest's high trails provide a rare combination of dense woodland and open fellside. Incorporating a nature-watching hide and dedicated forest bathing area with fixed loungers, the Wow Trail visits the best of the forest's viewpoints and is fully accessible.

OS information

 NY 208244
Explorer OL4

Distance

3.7 miles/5.9 km

Time

2 to 2½ hours

Start/Finish

Whinlatter Visitor Centre

Parking

CA12 5TW
Forestry England
Whinlatter Visitor Centre car park (pay and display)

Public toilets

In the visitor centre

Cafés/pubs

Café at the visitor centre. Nearby Braithwaite village has a café and pub, 2.2 miles east of 



Footwear

Year round  in dry conditions,  after wet weather



Public transport

Ullswater Ferry from Glenridding and Pooley Bridge to Howtown Pier, 350 yards east of **2** to join the route there (see map): ullswater-steamers.co.uk



Accessibility



None

Elmo's tips



Dogs off-lead from the gate at **2** to the gate just beyond **3**. Seasonal streams and lake access paddling points between **2** and **3**. No stiles

Did you know? Ullswater 'Steamers', operating since 1855, offer scenic cruises on Ullswater, connecting key piers such as Glenridding, Howtown, and Pooley Bridge. Their historic fleet includes classic vessels like the *Lady of the Lake*. Beyond leisure, they support local conservation, helping maintain footpaths. With indoor and covered seating, the 'steamers' provide a charming year-round way to explore the lake and surrounding fells (ullswater-steamers.co.uk).

Local legend In the stillness of Ullswater's depths swims a mythical white trout, said to grant a single wish if caught with a silver hook by a pure heart. One poor fisherman, lured by dreams of wealth, wished for riches, but found only sorrow. In time, he returned the trout to the lake, choosing a quiet life over empty gold. The tale endures: true happiness, like the trout, swims quietly beneath the surface.



STORIES BEHIND THE WALK

 **Dalegarth Hall** A former manor house, on a site occupied since the 14th century, Dalegarth Hall was rebuilt in the 16th century for the Stanley family (the dining room once featured the date 1599 and initials E & AS, for Edward and Ann Stanley). There have been several later additions and alterations to the hall. Dalegarth Hall is a Grade II-listed building on the National Heritage List for England.



 **Stanley Ghyll** When the railway first brought Victorian tourists to Ravensglass, Eskdale's Stanley Ghyll was a 'must-see' attraction. Unfortunately, the enthusiasm for exotic plants at the time led to the planting of rhododendron in Eskdale. At Stanley Ghyll it created a canopy choking out light and native plants, eventually obscuring the view of the celebrated falls. After extensive removal and restoration work this famous view, not seen for a hundred years, can finally be enjoyed once more.

Dalegarth Hall

Stanley Ghyll

E s k d a l e

½ mile

Small beck crossing

 Path junction

 Gate

-  Leave the car park by bearing **left** on a gravelled lane signed Low Ground.
-  Keep **left** past the driveway of Dalegarth Hall and go through a gate to a path junction.



- 1**  Turn **left** and descend through a gate into a copse, keeping **ahead** to cross a footbridge.
-  Keep **forward** to the next gate, where the path divides. (Later, you'll return on the grassy path to the left.)



 Trough House Bridge car park

NATURE NOTES

Along Coniston Water's wooded shores, ancient oak and birch trees form dense canopies, under which first snowdrops and then bluebells erupt in spring, creating a striking contrast against the moss-covered rocks and branches that drip moisture on damp misty mornings. These woodlands provide shelter for a range of woodland birds. Listen carefully and you'll hear the distinctive call of the chiffchaff among the robins, great, blue and long-tailed tits. A treecreeper might also be spotted spiralling in its characteristic motion around tree trunks.

Out on the lake, the striking goosander can often be seen gliding silently along or diving for fish in the clear waters, looking exotic among the mallard and swans. The surrounding

meadows provide grazing for belted Galloway cattle, with their distinctive black-and-white markings, a common sight here due to their hardy nature.



Cumbria Way



Low Yewdale

Kissing-gate



Yewdale Beck



A593

- 4** — **Cross** the A593 with care, keep **ahead** down the drive to Low Yewdale and then cross a stone bridge. Turn **right** onto the Cumbria Way.
- Continue for about 300 yards, the path leaving the river and rising to a kissing-gate.



2½ miles

- 5** — Bear **right** through the kissing-gate, signed Cumbria Way.
- Follow Cumbria Way signs **ahead** through several field boundaries. After ¼ mile, descend amid gorse, through a gate and across a stone bridge onto Shepherds Bridge Lane.



Short, dog-friendly walks in the Lake District

10 easy-going walks of 2 to 4 miles

- ▶ Stunning scenery: lakeshore, woodland and riverside trails
- ▶ Dog-friendly pubs and cafés, safe paddling and water sources
- ▶ Easy parking and public transport
- ▶ Gain access to all routes in the book via the **OS Maps App** – includes 1-month free Premium subscription

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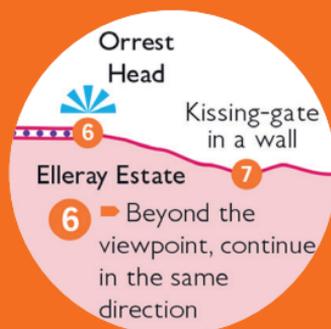
ISBN 978-0-319-09306-1



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Dog tips for each walk



Easy-to-follow route profile



Easy-to-use walk maps

