USEFUL INFO

Visit www.traveline.info to check public transport information before you travel.

For times of the next bus while at your stop go to www.nextbuses.mobi or text the bus stop code (displayed on the bus stop flag or in the timetable case) and your bus number to 84268. The message you send will cost your normal text message charge. The reply will cost up to 25p.

For information and inspiration on how to drive less and see more in the Lake District visit

visitlakedistrict.com/travel

TICKETS AND OFFERS

Stagecoach Explorer tickets

Stagecoach Explorer tickets offer unlimited travel on Stagecoach buses in Cumbria and North Lancashire. They are accepted on this service

Central Lakes Dayrider tickets

Central Lakes Dayrider tickets offer great value for travel in the Central Lakes Zone, which includes the 599 service. Adult day tickets and family tickets available.

Park & Explore tickets

The Park & Explore ticket covers parking for the day and all day travel by bus in the Lakes Dayrider zone. It costs £18 and covers up to 5 people. Runs from 28th March to 1st November and is available in the following car parks: Braithwaite Fold in Bowness-on-Windermere, Low Fold in Ambleside, Waterhead, Broadgate Meadow and Stock Lane in Grasmere, Coniston, Hawkshead and Brockhole, the Lake District Visitor Centre.

Concessionary tickets

English National Concessionary pass holders can travel free of charge after 9.30am Monday - Friday and all day weekends and bank holidays.

Pick up a copy of the Lakes Connection leafl et for up-to-date timetable and fare information

Lake District, Cumbria

visitlakedistrict.com/travel

Lakeside to Stott Park Bobbin Mill

A pleasant walk through woodlands and meadows, with some rough sections of terrain. Start/Finish: Lakeside - grid ref: D378874 Distance: 1.5 miles (2.4km)

Facilities: Hotel and café at Lakeside, café and shop at Stott Park Bobbin Mill

Getting there: Bus: 599 service operates a seasonal service to Lakeside. Boat: Windermere Lake Cruises call at Lakeside from Bownesson-Windermere. Ferry: From Fell Foot Park (National Trust) to Lakeside Maps: OS Explorer Map OL6

- 1 Leave Lakeside car park, walk past the Lakeside Hotel and turn right on to the road. Follow the road for approximately 300 metres
- 2 When you see 'The Lodge' on the right hand side of the road, turn left into the woods, past a broken metal gate.
- 3 Immediately after going through two wooden posts, turn right. Remain parallel to the road and, after 100 metres, walk through a small parking area.
- 4 Turn left at the public footpath sign just before 'The Knoll'. Follow the bridle path up the hill and, at the fork in the path, stay to the right.
- 5 At the next fork follow the path to the right. Go through the stile, continue across the next two fields towards the church at Finsthwaite. Walk up the lane and past the church.
- 6 At the end of the lane, turn right and walk down the road, past the house on your left called 'The Copse'. Continue along the road past the sign for High Dam car park until you see another sign for Stott Park Bobbin Mill. Follow the road round to the right and enter Stott Park Bobbin Mill via the top car park.



TOP TTPS Accommodation and tourist information

The website **visitlakedistrict.com/accommodation** shows a range of serviced and self-catering accommodation.

Weather

The weather in the Lake District can change quickly, clear morning skies can rapidly give way to rain, sleet or even snow so be prepared! Changes in weather can dramatically alter the diffi culty of a route so please consider this before setting off. Call **0844 846 2444** or follow @lakesweather on Twitter to check the fore

Practical information

Appropriate clothing can make all the difference. It is important to be warm, comfortable and dry when out exploring so make sure you have the appropriate kit and plenty of layers.

Your rucksack should hold everything needed and be carried comfortably. Have extra layers, a hat and gloves, enough food and drink, and a first aid kit. A compass, map and knowledge of how to use them is

Mobile phone reception isn't always good in the Lake District. Leave details of your route and expected fi nish time with a buddy. If you are delayed please contact your buddy to let them know. This will prevent mountain rescue (a team of volunteers) being called out unnecessarily. If there is an emergency call 999, ask for Cumbria Police and give your location; an accurate grid reference is ideal.

> Visit Lake District, Cumbria visitlakedistrict.com

Windermere's Western Shore to Wray Castle

An easy walk or bike ride to Wray Castle on traffic-free bridleways, with views across Lake Windermere. Easily accessible from Windermere and Bowness-on-Windermere by ferry. A tarmac road and smooth stone track lead you up the quiet west shore, a world away from the hustle and bustle of Bowness-on-Windermere and Windermere. The route from Red Nab to Wray Castle has been improved through the GoLakes Travel Programme. It is now possible for accompanied wheelchair users. pushchairs and motorised scooters to get all the way to Wray Castle. This walk hugs the wooded shoreline of Windermere to bring you out to the tranquil setting of Wray Castle.

ROUTE

2

Start/Finish: Bowness Bay - grid ref: SD401968 or Red Nab car park - grid ref. SD386994 **Distance:** 5.5 miles (9km) along Windermere's Western Shore and 3.1 miles (5km) between Red Nab and Wrav Castle

Facilities: Toilets at Ferry Nab and Ferry House refreshments at Bowness-on-Windermere, and café at Wray Castle (open from Easter to October) Getting there: Bus: Cross Lakes Experience - boat from Bowness-on-Windermere, 525 Mountain Goat bus service operates between Hawkshead and Wray Castle from March to November Maps: OS Explorer Map OL7

From the bus stop at Bowness Bay walk along Glebe Road, as it bears to the left carry straight on through a gate and into fields. Carry on along the lake shore to a wide, wheelchair-accessible kissing gate. Continue right, go through the car park to Ferry Nab and the Windermere Ferry. After crossing the lake you will arrive at Ferry House, follow the road around the headland for 400 metres and take the next right. Take care on this stretch as it can be busy in the summer. A public footpath does cut off this loop but it is not suitable for wheelchairs or those with buggies.

- 2 The first kilometre is tarmac and it weaves through open meadow. The views are expansive, looking across the lake to Bowness-on-Windermere and further north to the Troutbeck hills. The western shore provides a wooded shoreline and pebble beaches. There is plenty of scope to rest and picnic.
- 3 The tarmac ends by the second of two cattle grids and you pass into Heald Wood on a level stone track. This has been substantially improved through the GoLakes Travel Programme and is now suitable for wheelchair users
- 4 Continue past Strawberry Gardens caravan site on a good smooth stone track all the way to Red Nab. There is one long climb beyond Strawberry Gardens that is not suitable for solo wheelchair users. Accompanied wheelchair and pushchair users will be fine. You can use Red Nab as a turning point, continue on to Wray Castle for a long expedition, or finish the walk at Bark Barn Jetty and catch a boat across Windermere to Waterhead or Brockhole, The Lake District Visitor Centre.
- 5 The track heads north out of the car park and runs between the lakeshore and the mixed oak, ash and silver birch trees of Arthur Wood. The views across the northern reaches of Windermere are fantastic with Red Screes and Wansfell prominent. Look out for the white façade of Brockhole on the opposite shore. After 1.5 km you reach an easily-opened gate which brings you out into an open grassy area and High Wray Bay. This is a great place for a picnic and a chance to watch the world go by.
- 6 The improved track climbs straight on for another 0.5 km to Wray Castle entrance. There are two sections with gradients of less than 1:10 which solo wheelchair users may find difficult. The shoreline path on the right also goes to the castle but is not suitable for wheelchair users. Continue down the tarmac drive to the magnificent setting for Wray Castle and the chance for a rest and refreshments.

To Hawkshead

Wray

6

LOW WRAY

Castle

- Take the road from the centre of the village following signs for Ambleside and Dove Cottage.
- 2 To reach Dove Cottage the A591 must be crossed; the safest place to do this is by the mini roundabout. Follow the lane by Dove Cottage, which forks left up a hill, to join a bridleway. Head along the bridleway following signs for coffin road.
- 3 The bridleway pops in and out of the trees and dips up and down until it meets a junction with another bridleway. This drops off to the right, towards White Moss Common
- 4 After 300m or so, just past another tarn, bear right onto the small downhill track. This leads to the car parks at White Moss Common. Carefully cross the busy A591 and access the parkland beside the River Rothay. There are toilets here.
- 5 Bear right, keeping alongside the River Rothay. Take the footbridge on the left, just before the gate into the meadow and turn right to follow the riverside path. It is narrow and relatively rough here with steep drops off the path. Go through the kissing gate and follow the cobbled path alongside the river. At the head of Grasmere lake is a small weir with another footbridge
- Keep left and follow the lake shore. Go through the gate, keep following the smooth track along the water's edge. After a while the woods to the right become fields, with stunning views across the lake. At the end of this path you turn left up to the road (Red Bank Road).
- Once you reach the road, turn right heading towards Grasmere village. There is traffic on this lane so take care. There are great views back down the lake and to the fells. You come into the village on Red Bank Road, past Grasmere Garden Village, opposite St. Oswald's church.





DO IN A DAY WALKS from the #599 bus service plus inspirational days out

visitlakedistrict.com/travel



599 BUS SERVICE Frequent open-top bus services through the heart of

the Lake District. Up to three buses per hour between Bowness-on-Windermere and Grasmere at peak times.

For full timetable details see Stagecoach's Lakes Connection timetable or visit www.stagecoachbus.com or www.traveline.info









Vitik Lake District, Cumbria

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Lakeside

Just as its name suggests, the village of Lakeside is at the water's edge - in this case, on Windermere's southern shore. It is a small settlement and an amazing gateway for a range of sightseeing cruises around Windermere, the Lakeside & Haverthwaite Steam Railway and lots of other attractions in the area.

There is a regular water bus service from Lakeside to Fell Foot, which is just across the lake and situated at the very southern tip of Windermere. Fell Foot is owned and run by the National Trust and is a great location for paddling, boat hire and picnics.

Directions: Alight at Lakeside Pier. From here you can visit the Lakes Aquarium, take a nostalgic trip on a steam train on the Lakeside & Haverthwaite Railway or visit the unique Lakeland Motor Museum. Take a spectacular cruise on the lake, nip across by ferry to Fell Foot Park or walk to English Heritages' working Bobbin Mill at Stott Park. www.golakes.co.uk/do/attractions/

LAKESIDE

Stop here for: cafés, hotel, restaurant, shop, railway station, cruises, start of route **1**

Bowness-on-Windermere

Bowness-on-Windermere (known locally as Bowness) was once a small fishing village but rapidly developed as a bustling tourist destination and now offers a cosmopolitan mix of shops and restaurants.

Directions: Alight at Bowness Bay and follow the lake round past the National Park's information centre, past the grassy area known as the Glebe and on towards the start of the walk at Ferry Nab. Tel: 0845 901 0845



Lakes Aquarium

BOWNESS-ON-WINDERMERE

Stop here for: cafés, shops, pubs, information, bike hire, cruises, restaurants, start of route 2

Brockhole

The Lake District Visitor Centre

Brockhole offers a wealth of activities for the whole family, rain or shine. Learn more about the Lake District and its magnificent landscape in their accessible exhibits on the ground floor. Free adventure playground for 5 to 14 year olds. The Terrace café overlooks the beautiful gardens. For the adventurous there's Treetop Trek, an aerial woodland challenge, or the new Treetop Nets, 1500 sq. m. of trampolines, slides and tunnels. Look out for regular events too. Entry into the house, gardens and lakeshore is free.

Directions: The bus stops directly opposite the entrance (be careful when crossing the road). Tel: 015394 46601 www.brockhole.co.uk



BROCKHOLE

The Lake District Visitor Centre Stop here for: information, cruises, café, exhibitions & events, bike hire

WATERHEAD

cruises, shops, cafés,

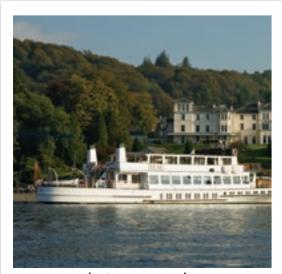
pubs, restaurants

information, boat hire,

Stop here for:



Fell Foot Park



The Teal in Bowness-on-Windermere

WINDERMERE

Stop here for: railway station, cafés, restaurants, bike hire, information, shops, pubs, car hire (low-carbon), coach stops

Windermere

With the lake shore of Windermere only a 30 minute walk or 10 minute bus ride away, there is always something to do whatever the season. Wander around the compact centre of Windermere with its traditional stone and slate houses; peruse its lovely independent shops and art galleries, stop to relax, eat some home-made cake and have a nice cup of tea in one of its many cafés.

Directions: Alight at Windermere Station and walk past Booths supermarket. You will soon pass the Windermere & the Lake District Tourist Information Centre on your left. From here bear left to take vou to the village centre. Tel: 015394 46499 www.windermereinfo.co.uk

Waterhead

Waterhead sits at the top of Windermere and gives access to regular cruises down the lake from Waterhead pier. A selection of cafés. hotels and shops cluster around the water front, making it a great place for an ice-cream break after taking a stroll through the nearby leafy Borrans Park. Just a short walk away lays the remains of Galava Roman Fort (built around AD 120); one of the signs of Cumbria's Roman heritage.

Directions: Alight at Waterhead. You can find the remains of the Roman fort by walking through Borrans Park (if facing the lake from Waterhead promenade, to your right behind the Wateredge Inn).

Tel: 0870 333 1181 English Heritage www.english-heritage.org.uk

centre



Rydal Water



Dora's Field, Rydal

AMBLESIDE

Stop here for: information, cinema, museum, walks, cafés, pubs, bike hire, shops, restaurants, car hire (low carbon)

Rydal and White Moss Common

Rydal Water is one of the smallest lakes in the Lake District yet remains popular due to its famous literary connections. William Wordsworth made his home at Rydal Mount and there is access to Dora's Field, where Wordsworth planted hundreds of daffodils in memory of his daughter who died in 1847.

White Moss Common is located in the heart of the Lake District, surrounded by beautiful fells and lakes. It is a perfect place to stop for picnics, riverside and woodland strolls, and at the right time of year is awash with bluebells.

Directions for Rydal: The bus stops on the A591. Carefully cross and walk up the lane towards Rydal Mount and Rydal Hall. Tel: 015394 33002 www.rydalmount.co.uk

Directions for White Moss Common: The bus stop is next to the car park. Walk through to start exploring. www.golakes.co.uk



Open-top bus



Grasmere Gingerbread Shop

WHITE MOSS COMMON Stop here for: public toilets, walks

Ambleside

Stop off in this vibrant, busy town, surrounded by magnificent Lakeland fells. Ambleside is a shopping heaven, with a huge range of outdoor equipment stores and an abundance of independent retailers showcasing local food, arts and crafts.

Ambleside is fantastic fun for all the family, with picnic spots and playgrounds, mini golf and an indoor climbing wall. Its location makes it a great base for walkers.

Directions: Alight at Kelsick Road bus stop and follow the road up the hill. You will reach the main road through Ambleside

Tel: 0844 225 0544

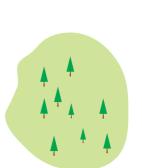




Dove Cottage



Grasmere



GRASMERE

Stop here for: shops, pubs, cafés, restaurants, information, attractions, walks, start of route 🕄

Grasmere

Crowned with magnificent fells and mountains, Grasmere nestles right in the heart of the Lake District. It is the quintessential image of romantic Lakeland. The natural beauty of the area has provided inspiration for painters, poets, writers and craftsmen for years. The most famous was William Wordsworth who described Grasmere as 'the loveliest spot that man hath ever found'. He spent his most inspirational years at Dove Cottag in Grasmere (1799–1808). Wordsworth's grave can be visited at St. Oswald's Church in the centre of Grasmere. Allan Bank, now owned by the National Trust, was also once home to Wordsworth. It was rescued from the ravages of fire in 2011. Now partially restored and undecorated, the house offers you the opportunity to see and touch the many layers of this home's fascinating history.

Directions: The 599 has stops outside Dove Cottage and then loops through the village, entering from the north first. Tel: 015394 35544 www.wordsworth.org.uk



