

Wasdale & Wastwater

This is another challenging route, from the beautiful, high mountain valley of Wasdale (home of Wastwater, the deepest lake in England), to Scafell Pike, the highest mountain in England. The route leads high onto the fells, with some challenging and exposed riding and some beautiful wild views.

The Forestry Commission are carrying out work to restore ancient oak woodland at Miterdale. The conifer woodlands have been removed and the area restocked with native broadleaves to improve the area for nature conservation and wildlife.

ROUTE 1

- 1 From Cinderdale Bridge car park turn L out of car park to a junction, cross straight over to farm track, through to yard and gate, to follow the wall line to the R.
- 2 Turn R through gate at junction (bridleway sign), to cross over humpback bridge, straight on along wall edge, through gates.
- 3 Bear R across field until next signed junction (footpath signpost).
- 4 Turn R around field edge to gate and on to Buckbarrow, through yard, take track out to road.
- 5 Turn R to Wastwater, keep towards Wasdale Head.
- 6 Turn R after cattle grid at end of the lake, signed 'Wasdale Camping'.
- 7 Turn L up to Brackenclose on BW after cattle grid and bridge.
- 8 Fork R, through gate, and follow path to ascend alongside wood.
- 9 Turn L away from wall and follow cairns after stream crossing.
- 10 Approximately 850m from wood edge are 2 visible paths leading up to the R through some boggy ground. Take the second, leading onwards.
- 11 Turn L at junction (obvious rock) and traverse above Burnmoor Tarn.
- 12 Take the R fork at obvious stream crossing, climb to shoulder of the hill, and descend broad grassy track to gate in wall.
- 13 Descend through fields, through gate in forest corner, zigzag before forest, (to Bakerstead building), recent forestry changed track, follow on R side of river and continue to farm gate (Low Place) through yard to BW track.
- 14 Fork R signed BW, off main track to gate into forest.
- 15 Straight over track, BW sign.
- 16 Diagonally over next track, BW, to farm access track.
- 17 Turn L, follow track to road.
- 18 Turn R on road for 2.25km.
- 19 Turn R, signed Nether Wasdale (The Bridge pub 100m further on) ascend on road, and finally descend to car park at Cinderdale Bridge.

Start/Finish: Cinderdale Bridge car park (GR NY 128 038)

Distance: 25 km (15.5 miles)

Grade: Long - Challenge
Mountain bikes only

Refreshments: Pubs in Nether Wasdale. Cafés in Gosforth and Woodland tea shop (just off route - signed tea shop and crafts)

