

555 StagePath

RIDE & STRIDE BY BUS

the family way to walk

ALWAYS CHECK THE TIMETABLE - USUALLY DISPLAYED AT EACH BUS STOP – TO CONFIRM BUS TIMES FOR THE BEGINNING AND THE END OF EACH WALK STAGE.

The StagePath in the leaflet has been carefully researched and described for clarity in route finding. The maps on the other hand are very basic, as there is no substitute for carrying and referring to the correct Ordnance Survey Explorer Map, acquire OL7, OL5 and OL4 &/or the Harvey Lake District Outdoor Atlas.

Line - Journey of the 555 bus service
Dashes - the route of the StagePath
Dots - Request and Timetabled bus stop



STAGE 1

SOUTHBOUND

Brockhole National Park Centre > Windermere

a leisurely three hours up hill, down dale

Ascending by old lanes to catch a brief glance of Troutbeck, one of Lakeland's most authentic vernacular villages. The route then crosses Trout Beck itself, before climbing again to venture through quiet pastures and to stand on top of Orrest Head, the acknowledged classic Lakeland viewpoint. Here you can survey not just the greatest girth of Windermere but also the distant mountain heart of Lakeland, to gladden the heart and feast the eyes.

Carefully cross the road and walk left along the cycle/footpath some 170m. Cross back over the busy road with the utmost care. Enter Wain Lane with its blue bridle-way sign (and discouragement to motorcycles). This walled lane leads via a barn, over a stone flag bridge to pass Middlerigg Tarn, gaps in the wall permitting glimpses of the shy waters and resident swans. The lane rises by several handsome old stone field barns before emerging onto a minor road. Go forward find a bridleway signed right as the 'Windermere Way'. Descend the confined path via a gate and down the cobbled drive by Townfoot, a well-tended traditional farmhouse.

The village of Troutbeck is a string development of traditional barns (many converted) and yeoman's houses lining the road for a good mile to the north, sadly all the places of refreshment lie at the furthest end – two pubs and a village shop tea room. Cross straight over and down the sunken path to reach Trout Beck, a lovely spot to linger with two footbridges linking across an island.

Go through the hand-gate, ascend the green way to a kissing-gate beside a bus stop (The Kirkstone Rambler service 517, summer only).

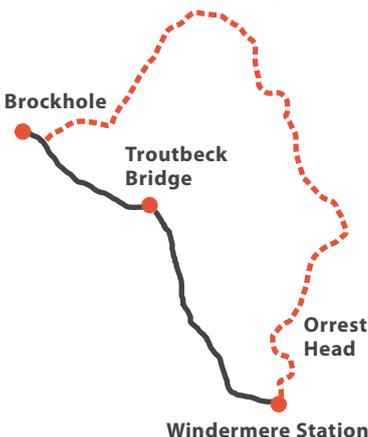
Go right with the footway to the road junction, cross and ascend this road, no verges so watch for traffic. Pass up by Fusetthwaite Yeat, and directly after the entrance to Low Longmire find a signposted footpath 'Far Orrest' on the right. Go through the galvanised

field-gate, follow the open track to a gate. Continue with a wall to the right, pass through a kissing-gate/field-gate into a walled lane. Follow the lane to where a footpath crosses, go through the left-hand kissing-gate and turn right. After 60m arrive at a kissing-gate/gate on the right, after Far Orrest farmhouse, go through and the immediate kissing-gate ahead. Advance with a wall on the right cross the ladder-stile, and maintain course to a second ladder-stile, this time with a tiny gill in front. Continue to the wall-stile in the next corner, cross a damp pasture to a wall-stile into a small spinney leading through to a kissing-gate. Advance right to Near Orrest, via a kissing-gate to the right of a muddy farmyard entrance gate. Continue passing the large bank-barn to cross a tall wall-stile onto the road.

Turn right for 200m to cross a wall-stile beside a field-gate on the left, signed 'Windermere Way'. Orrest Head forms the horizon. Follow a green track, cross a stone flag over a gill by the wall, maintaining relative company with the right-hand wall rising up to a wall-stile in the field corner. Entering the Orrest Head enclosure follow the green path flanked by bushes and bracken to the summit. Wow, what a wonderful all-round panorama. The topograph plinth points north-west over the head of Windermere into the heart of mountain Lakeland. Cross straight over the bare rock top descending the flight of steps to the kissing-gate and follow the path right. Entering a woodland watch for a left turn immediately before the path steepens, this leads onto a track that smartly becomes a metalled road. Passing a cottage descend the winding road to the main road. Go left along the footway 50m and cross the busy road via the pedestrian refuge, bear left into the railway station car park by Booths supermarket to catch your bus.



Footbridge over Trout Beck



(StagePaths © Mark Richards March 2009)