

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 8

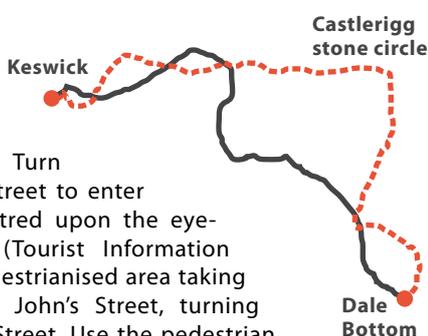
SOUTHBOUND

Keswick > Dale Bottom

A little under two hours of easy country walking

The StagePath takes leave of Keswick along the Railway Trail, climbing the ancient ridge-way to Castlerigg Stone Circle on the brow, then ventures via field-paths to revel in an amazing surround of mighty mountains from Blencathra to Helvellyn - stirring stuff indeed.

From the bus stop beside Booths walk towards the town by advancing along Tithbarn Street to the mini-roundabout. Turn right with the Main Street to enter the Market Place centred upon the eye-catching Moot Hall (Tourist Information Centre). Leave the pedestrianised area taking the left-hand exit St John's Street, turning first left with Station Street. Use the pedestrian lights to cross the main road to enter Station Road ahead. This crosses the broad River Greta slicing through Fitz Park rising to the entrance of Keswick Leisure Pool. Bear right to step onto the old railway passing through the car park beside the old Railway Station platform, the original canopy remains - from the age of steam. Steam on along the cycleway, once again cross the River Greta, catching a glimpse left of the Keswick Bridge Timeshare apartments and Calvert Bridge backed by the tree-clad slopes of Latrigg. Approaching an under-bridge, leave the trail right on the rising path leading to a hand-gate onto the main A591 road.



Castlerigg Stone Circle



Latrigg and the River Greta

Cross and follow the roadside footpath bearing left at the road junction with the Penrith Road, fork up right with the side road with blue signs directing to Castlerigg Stone Circle. This is an ancient ridge-way ascent climbing easily up from the latter-day housing to gain spacious views over the Greta gorge. Reaching the crest the lane levels, and passing the end of Castle Lane comes beside the enclosure containing the stone circle. Do make time to pause on your walk, stroll around the circle, sense for yourself the very special spirit of place resonating from the stones, accentuated by their majestic setting. Continue with the road, as it begins to descend find the gate on the right beside a walled sheepfold with footpath sign 'High Nest A591'.

A clear path exists on the ground, initially with a fence right then straight on across the pasture, with much evidence of rush growth indicative of damp ground. A sequence of three hand-gates through pasture brings the path beside a conifer coppice follow on to enter a short lane reaching a gate beside a converted barn. Walk through the yard at High Nest and along the approach drive. Go through the gate immediately left of a cattle-grid, three-way footpath sign 'A591 St Johns in Vale'.

Follow the green way bearing down with the rough hard core track to a hand-gate the Low Nest access drive. Cross the cattle-grid, venture onto the road bearing left along the accommodating verge to a hand-gate signed 'public footpath'. A clear path descends to cross a wall-stile continuing down to a gate. Follow the open track leading to a gate then along a lane. Approaching the caravan park turn right via the stile/galvanised gate. Go along the fenced lane by a barn to the stile/gate onto the main road, opposite the entrance to Causeway Foot Farm and precisely upon the Dale Bottom bus stop (lay-by and telephone kiosk).



Keswick Moot Hall