



heads towards the wall ahead and then, about 75 metres before the wall, curves slightly left eventually coming alongside it. Climb over the stile on the right and bear left for 50 metres to reach Walla Crag with its magnificent views over Keswick and the surrounding fells.

4 Leaving the viewpoint, with your back to the lake, take the path to your right which descends (south) towards an obvious stile in 100 metres. Cross the stile and descend ten paces to a cairn. Take the left fork to follow a distinct path curving around the fellside ahead of you towards the head of Borrowdale.

Continue along this path descending slowly (ignore a path off to your left). As the path starts to descend more steeply you can just see the community of Grange in Borrowdale to the head of the lake. Grange got its name because the monks of Furness Abbey established a grange or farm here after buying much of Borrowdale in the 12th century. When Henry VIII dissolved the Abbeys in the 16th century, their Lake District lands became the property of independent and hardy farmers and the area became famous for its coarse woollen cloth. As well as sheep, the farmers grew crops such as oats, barley, beans and a little wheat. These kinds of crops were a part of the local landscape until



Furness Abbey

about fifty years ago when most of the land was turned to pasture.

When you reach the two gates, you will see the white front of Ashness Farm ahead and Ashness Bridge down on your right. Take the gate on the right in the fence and head straight down until you join a path. Turn left through the gate in the wall and descend onto the road and to Ashness Bridge. This scenic and sturdy bridge, so often used in images of the area, is a widened packhorse bridge - bridges over which the packhorses, carrying the area's woollen cloth, travelled to market.

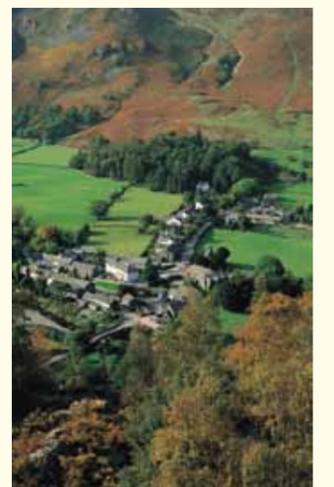
5 From the bridge go down the road (take care, there is no footpath) to meet the Borrowdale Road at a T junction. Cross (with care) and take the steps down onto the lakeshore beside the jetty. (Walkers who would prefer to end the walk now can check the time for the next launch back to Keswick). Turn right and continue walking along the lakeshore path beside the lake. (If the water is too high to follow the shore, carefully follow the footpath beside the road just ahead until you are able to rejoin the shore path.)



Derwentwater from near Walla Crag

On reaching a tributary stream, take the footbridge over it and continue on a path walking through the trees adjacent to the lake. Follow the path as it starts to curve left through thin woodland.

Go right through the gate and continue around the field. Here, the National Trust has excluded sheep and controlled public access to the lakeshore to allow special vegetation to regenerate. People and sheep still shape the landscape of the National Park and the designation of much of the Park as an Environmentally Sensitive Area (ESA) is important. Through the ESA, public money is used to help farmers maintain a beautiful landscape with a rich wildlife as well as producing food.



Grange in Borrowdale

Eventually the footpath goes past Stable Hills Cottage and continues through a gate beside a cattle grid and along a wider track to pass another house on your left. Follow the track to take the next footpath on the left through a gate into woodland. Proceed along the edge of wood and across the footbridge to continue along the path. Leave the woods by the gate and continue on the very obvious path through pastures beside the shore. After passing through the next gate bear right at the path junction to follow the path by the lakeshore towards Keswick, eventually arriving at the boat landing stages.

6 The metalled road passes to the left hand side of the Theatre by the Lake. Turn left into Hope Park and right across the small bridge to work your way to the other side of the park. Take the path for the town centre (signed) under the subway and bear right up Lake Road. Turn left at the T junction and follow the road to continue back into the square and the Moot Hall (1).



road.

Go through a kissing gate and continue ahead to soon cross a footbridge (slippery when wet) over the beck and walk up to a gate and farm

Ignore the path coming in on the right and continue ahead with Springs Ghyll to the left. There are lovely views down towards Borrowdale here. Keswick is actually at the junction of several valleys, including Borrowdale and this is why it developed as an administrative centre for the sheep farming industry in Norman times. Until the 10th century, most of the area's valleys were probably still largely forested, but following the Norman Conquest sheep farming became very important. By the 12th century, when the Norman Abbays of Furness and Fountains came to own much of the land around Keswick, the valleys were set to become mostly pasture and cropland rather than woodland. The monks of these Abbays were accomplished farmers and wool merchants who had a great influence over the economy and landscape of the area for about 400 years.

In about 100 metres, where the path divides, continue ahead on the left-hand fork. The path continues beside a valley with a stream on the left. As the path begins to level out it curves round to the right. Initially the path

even if the tenants change. flock of Herdwick sheep which stay with the farm lease for a farm often includes responsibility for the open fell, a characteristic known locally as 'healing'. Because of this, there is a local tradition where the meat is sweet and full of flavour. Herdwicks are and coarse and makes excellent carpets whilst the grey as the sheep get older. Herdwick wool is strong distinctive brown fleeces which gradually lighten to believe to be of Norse origin. Their lambs have which some people

Herdwick ram



Turn right and at the fork bear right (signed Walla Crag). Where the road ends take on the footbridge to the right and continue to climb on the right hand track (FPS Walla Crag). Continue ahead up the track and through the gate onto the fell. Please keep dogs under close control on the open fell - sheep are often present but may be hidden in the bracken. Some of the sheep may be Herdwicks, the Lake District's unique and hardy breed, which some people

Where the path splits take the right hand fork (FPS Rakefoot Farm, Walla Crag and Castlerigg Stone Circle). This footpath curves round to the left at the edge of the woodland, where you have a good view across to Walla Crag and Falcon Crag. The path continues to climb with the stream and the woodland on your left.

Continue ahead over the beck and to the left of then right to arrive eventually at Springs Farm. (as there is no footpath). The road bends left and road climbs a hill, turn right onto Springs Road Continue along the road then, just before the Parish Church of St. John.

Standing with your back to the entrance to the Moot Hall Information Centre take the left hand exit from the Market Square. Where the road bends left continue straight ahead onto St. John's Street and you will soon pass the Parish Church of St. John.

WALLA CRAG and ASHNESS BRIDGE - A FARMED LANDSCAPE

Distance: About 9 km
 Time: 3-4 hours
 Grade: Moderate

Please note that 'FPS' means footpath sign

KESWICK WALKS

The Countryside Code

The land in the Lake District National Park is nearly all privately owned and much of it is farmed. Because of this it is especially important that you use the Countryside Code to guide your activities in the National Park:

Respect, Protect, Enjoy

- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Keep dogs under close control
- Protect plants and animals, and take your litter home
- Consider other people

The fields and fells of the Lake District are pasture for sheep. Dogs do not have to attack sheep to cause them harm, particularly from late autumn through to early summer when ewes are either pregnant or with lambs. Please keep your dog on a lead.

Safe and Sound

The weather in the Lake District can change very quickly and you should always dress appropriately for your activity:

- if you are walking, wear strong boots, take a rain jacket, some food and drink, a map and a compass
- call the National Park Authority's Weatherline Service 0844 846 2444 to check the forecast before you leave
- in case of an accident away from the road, call 999 and ask for Mountain Rescue

The Lake District National Park

With its world renowned landscape, the National Park is for everyone to enjoy, now and in the future.

It needs a prosperous economy, world class visitor experiences and vibrant communities, which sustain the spectacular landscape.

Everyone involved in running England's largest and much loved National Park is committed to:

- respecting the past
- caring for the present
- planning for the future

Lake District National Park Authority
 Murley Moss
 Oxenholme Road
 Kendal
 Cumbria
 LA9 7RL

Phone: 01539 724555
 Fax: 01539 740822
 Minicom: 01539 792690
 Email: hq@lakedistrict.gov.uk
 Website: www.lakedistrict.gov.uk

Artwork © Bob Henfrey.
 Photographs © Val Corbett, Keswick Tourism Association.
 Publication Number 02/10/ND/2K

 Alternative formats can be sent to you. Call 01539 724555

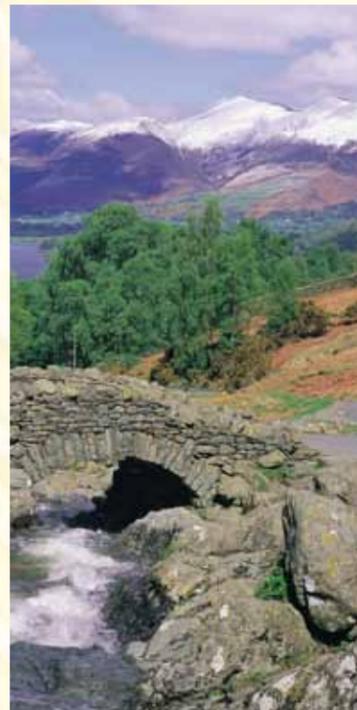
 This leaflet is printed on recycled paper

Lake District National Park



KESWICK WALKS

Walla Crag and Ashness Bridge



A long but gradual ascent to an outstanding viewpoint over Derwentwater, then via Ashness Bridge and the lakeshore, or a boat trip back to Keswick.