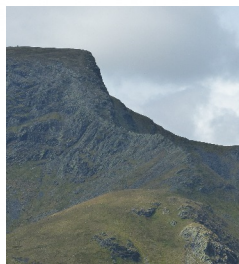


THE MILL INN

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open 12 noon–11pm food 12 noon–8pm



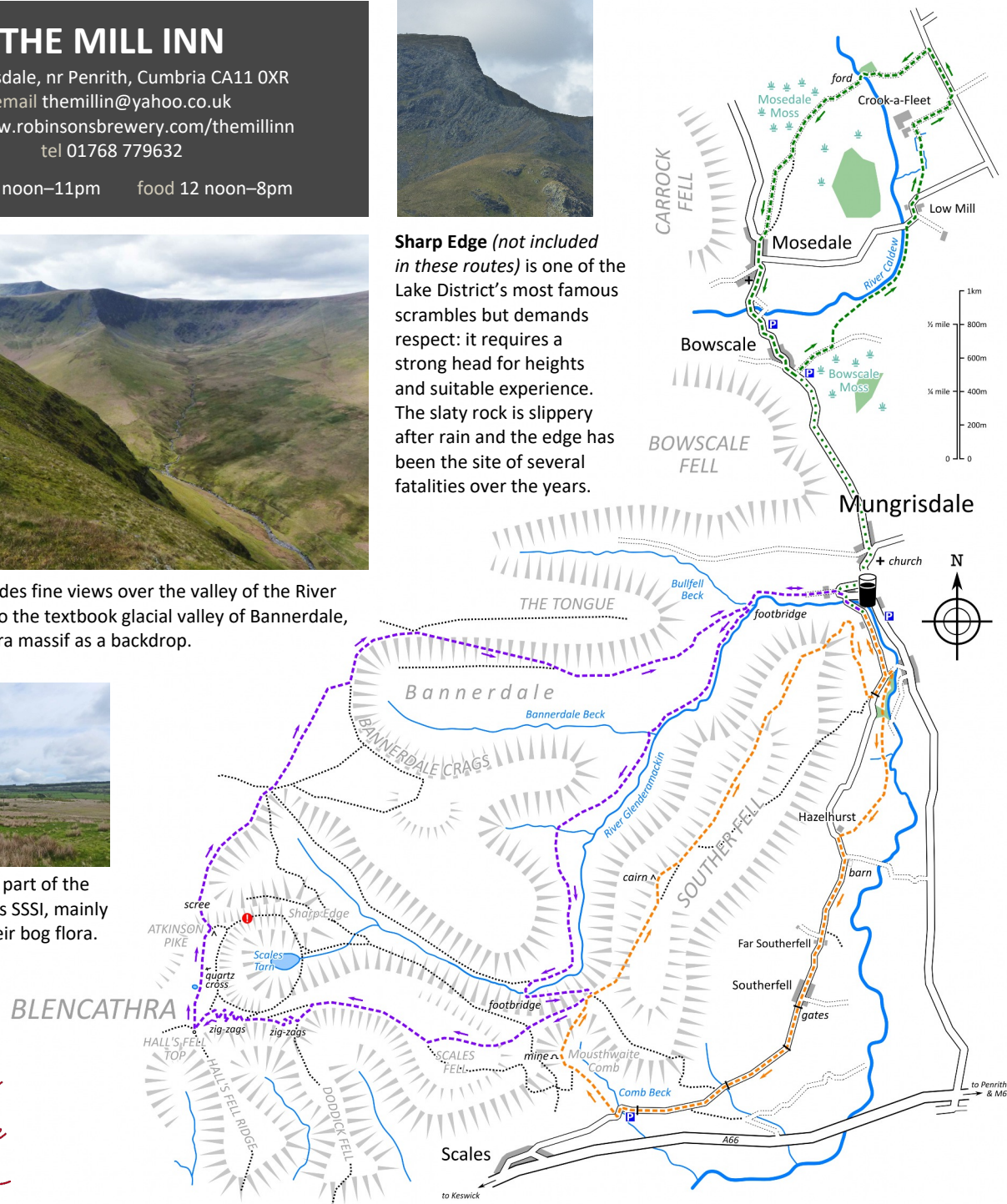
Sharp Edge (not included in these routes) is one of the Lake District's most famous scrambles but demands respect: it requires a strong head for heights and suitable experience. The slaty rock is slippery after rain and the edge has been the site of several fatalities over the years.



Souther Fell provides fine views over the valley of the River Glenderamackin to the textbook glacial valley of Bannerdale, with the Blencathra massif as a backdrop.



Bowscale Moss is part of the Mungrisdale Mires SSSI, mainly designated for their bog flora.



THREE CIRCULAR WALKS FROM

The Mill Inn

MUNGRISDALE, CUMBRIA



BOWSCALE & MOSEDALE 3¼ miles

SOUTHER FELL 5½ miles

BLENCATHRA 7¾ miles



www.walksfromthedoor.co.uk

ROBINSONS

Bowscale & Mosedale (3¼ miles: Easy)

A virtually level farmland and mossland stroll through two pretty Lakeland hamlets with views of Carrock Fell and beyond.

Bowscale is a one-mile drive or walk from the Mill Inn. Field paths may be muddy in places; there are several stiles, though most are next to unlocked gates. Allow 1½–2 hours from the start point.

From the Mill Inn car park entrance, turn right and drive or walk behind the pub and cross the river; turn left through the village and past the church. Keep left at a junction and follow the lane along the foot of Raven Crag. Park on the right at the start of Bowscale village.

1 From the parking area at Bowscale, follow the track leading off to the right from Moss Side Barn, along the edge of Bowscale Moss. **2** After 300 yards, turn left over a step stile by a field gate. **3** Follow the track ahead, along the field edge, and then continue along the field edge after the next gate. **4** In the next field, bear left to meet the River Caldew, running between flood banks. **5** Follow the riverside path through a further gate then follow it as it bears left to a hand-gate into a narrow lane by a bridge. **6** Turn right and follow the lane through the farmyard of Low Mill Farm. **7** Beyond the farm buildings, turn left over a stile into a field. **8** Cross the field to a gate and footbridge in the far right-hand corner. **9** Walk towards the white farmhouse of Crook-a-fleet, and cross to the other side of the wall at a stile after a sleeper bridge. **10** Continue to the farm and go through a series of farm gates and past the farmhouse. **11** Turn right in the farmyard and follow the fenced entrance drive out to the public road. **12** Turn left along the lane for 300 yards, then after a dip turn left into a byway marked “Unsuitable for motor vehicles”, shortly before a road junction. **13** Descend to the river and cross a footbridge by a ford; continue along the track beyond. **14** The track crosses the rushy mire of Mosedale Moss; technically the right-of-way then runs through a series of fields on the left, but the *de facto* route is to continue along the track as far as Mosedale village. **15** Turn left through the hamlet, ignoring a turning on the left. **16** Pass the Friends’ Meeting House and continue along the road to Mosedale Bridge. **17** Continue for a further 500 yards back to Bowscale.

Souther Fell (5½ miles: Moderate)

The broad ridge of Souther Fell gives excellent views of Blencathra and more distantly over the Vale of Eden to the North Pennines.

Allow 3–3½ hours. One significant and intermittently rocky ascent and descent; Souther Fell may be boggy underfoot and suitable footwear and clothing appropriate to the conditions should be worn.

The route involves some road-walking. However, if you are not intending to climb Blencathra on another day, or don’t mind walking the same path twice, for a gentler, off-road route to Souther Fell

follow steps 1–7 of the Blencathra route described below, turn left at the col above the footbridge and join this route at step 14.

1 From the car park entrance, turn left and follow the lane past Smithy Cottages, with the River Glenderamackin to your left. **2** When the road bends right and starts to climb, turn left down a walled green lane towards the river. **3** Before the ford, turn right into a copse, ignoring the footbridge on your left. **4** Once out of the trees, cross the field to a gate and continue across the slope beyond to pass below a small larch wood. **5** Beyond this, continue in the same direction, keeping above and to the right of the steep bank down towards the river, until you come to a footpath sign by a bridge over a side-stream. **6** Cross the stream and follow the wall ahead to a gate, keeping high above the river. Continue along the wall and then fence to a hand-gate and plank bridge. **7** Bear slightly right to a stile by a hawthorn tree in the far fence; continue on a similar line to rejoin the road by a house (Hazelhurst). **8** Turn left along the lane, passing a derelict barn on your descent to Far Southerfell. **9** Continue to the hamlet of Southerfell, where there is a gate across the road. **10** The lane climbs to a second gate, beyond which there are views down the valley to the central fells of Lakeland. **11** After a further ¾ mile, and two more gates, you pass a parking area and cross the beck flowing out of the valley of Mousthwaite Comb. **12** Turn right and follow the footpath (signposted ‘Blackhazel Beck 2¾ miles’) through a gate, then climb steeply to pass below the spoil of a former mine, before continuing obliquely to the top of the slope, where you are rewarded with views of Blencathra and the Glenderamackin valley. **13** Turn right here, shortly joined by a path leading up from a footbridge over the Glenderamackin on your left. **14** Take the left-hand path that leads fairly gently up the ridge of Souther Fell. **15** Follow the broad ridge for about a mile; an obvious cairn on the left is worth the detour for photogenic views of Blencathra. **16** Return to the main path; eventually the ridge narrows and descends, ever more steeply, with one or two rocky sections towards the bottom. **17** Unfortunately when you reach the wall above the Mill Inn, there is no right-of-way or permissive path across the intervening field; law-abiding walkers should turn right and follow the wall along the bottom of the open-access moor. **18** On reaching a road, turn left through a gate. **19** Retrace your earlier steps past Smithy Cottages and back to the Mill Inn.

Blencathra (7¾ miles: Strenuous)

This route follows some of the easier routes on this iconic fell; the still-considerable effort is rewarded with dramatic mountain views.

Do not undertake in bad weather or poor visibility; be sure to be suitably equipped and take sufficient food, liquid and adequate warm, waterproof clothing. Allow 4–5 hours.

1 From the car park entrance, turn right and walk behind the pub and cross the river; turn left. **2** Almost immediately, turn left again at the phone booth and pass between cottages to a gate into open country.

3 Follow the track across the valley bottom, until you reach a footbridge at the confluence of two streams beyond a slabbed section. **4** Beyond the bridge, take the narrow path beside the stream on your left, rather than the more obvious path ahead. **5** Follow the path up the valley, parallel to the stream, for a little over ½ mile, then ford Bannerdale Beck, the sidestream coming in from the right. **6** Continue up the main valley, departing slightly and temporarily from the stream around a young plantation of native trees; beyond these the path returns close to the stream, then descends to a footbridge. **7** Bear left beyond the stream and follow the path obliquely up the slope to a saddle with views over the A66 to Clough Head and Great Dodd. **8** Turn right and begin the climb up Scales Fell; a path ascending Mousthwaite Comb joins from the left. **9** A little further on, ignore a prominent path heading off right, along the valley side (this is the path to Scales Tarn and Sharp Edge). **10** On reaching the brink overlooking Scaley Beck to the ridge of Doddick Fell, a path joins from the left and our onward route continues upward to the right, with steep slopes below and to your left. **11** After a series of more or less rocky undulations, the route coming up Doddick Fell ridge joins from the left, and the main path climbs via a couple of zig-zags as Scales Tarn comes into view below and to your right, backed by Sharp Edge. **12** After 300 yards or so, another set of wide zig-zags takes you to the summit ridge. **13** Turn left to climb to Hall’s Fell Top, the highest point on Blencathra, marked by a discreet concrete Ordnance Survey ring. **14** Leaving the main edge path (ahead), drop down off the summit to the right, heading to the right of a small tarn in a slight saddle. **15** Continue along the top of the broad ridge beyond, passing a quartz cross and a series of cairns. **16** Shortly after the minor summit of Atkinson Pike, and before the cliffs of Foule Crag, drop off the ridge to the left, picking your way down a scree-covered slope and then passing behind a minor rocky pinnacle. **17** Follow the obvious path down to a saddle with the bleak slopes of Mungrisdale Common to your left and Skiddaw as a looming backdrop. **18** At the bottom of the dip, ignore paths to left and right (though the latter offers a straight-forward bad-weather alternative route back to Mungrisdale via the Glenderamackin valley). **19** Take the leftmost of three routes on the grassy slope ahead of you, leading gently and obliquely up the grassy hillside (with the summit cairn of Bannerdale Crag well to your right). **20** As you approach an area of peat, bear right on a vague path to shortly reach the top of the cliffs overlooking the hidden valley of Bannerdale. **21** Turn left and follow the edge path left around the head of the valley. **22** Beyond the last of the crags and screes, swing right onto a path that descends in a straight line down the southern slopes of the whale-backed ridge called The Tongue, above and to your left. **23** A track coming out of Bannerdale joins from the right, and as you reach the end of the Tongue ridge the path becomes wider and stonier and bears left to return to the footbridge you crossed near the start of the walk. **24** Follow the slabbed path ahead, retracing your outward steps back to Mungrisdale village. **25** Turn right at the phone box and then right again over the bridge to return to the Mill Inn and well-deserved rest and refreshment.