

**Cycle Route: Keswick
Watendlath**

Borrowdale is a marvellous place to be; its crags, woodland, rivers and lakes make for an ideal setting; the epitome of Lakeland. This route is unashamedly easy being mostly on tarmac and with few problems encountered on the off-road sections, reserve this ride for a lazy day and be a tourist - take in the sights.

Grade: Strenuousness 2, Navigation 3, Technicality 4

Start/Finish: Rosthwaite car park (NY257147)

Distance: 7.5 miles (12km)

Time: 2 – 3 hours

Maps: OS Landranger 90, OS Outdoor Leisure 4, Harveys Superwalker Lakeland Central

1. Rising to the East of Rosthwaite is a low ridge of fine craggy fells (warning - steep climb); passing over this ridge is a bridleway that crosses to Watendlath at a low point between Grange Fell and Great Crag. Take the bridleway, which crosses Stonethwaite Beck on the North side of Rosthwaite and follow it as it climbs North East straight up the fell side to the crest of the ridge. Continue North East over the ridge and drop down to Watendlath via the rocky track past Watendlath Tarn.
2. Follow the road North down the valley for 2.5m to a car park and clearing just up from Ashness Bridge. Through the trees at the back of the clearing is a rock promontory, which gives a spectacular view over Derwent Water of Skiddaw.
3. Continue down the road over Ashness Bridge and turn sharp left at the junction with the B5289. Head back up Borrowdale for 2m until it is possible to turn left and make a short detour along a bridleway into the small valley of Troutdale. Follow the bridleway as it climbs and skirts around the back of Grange Crags and then drops steeply back to the B5289.
4. Continue along the road for 0.5m to a car park where another detour can be taken to the Bowder Stone and then back to the road to Rosthwaite.

Map

