


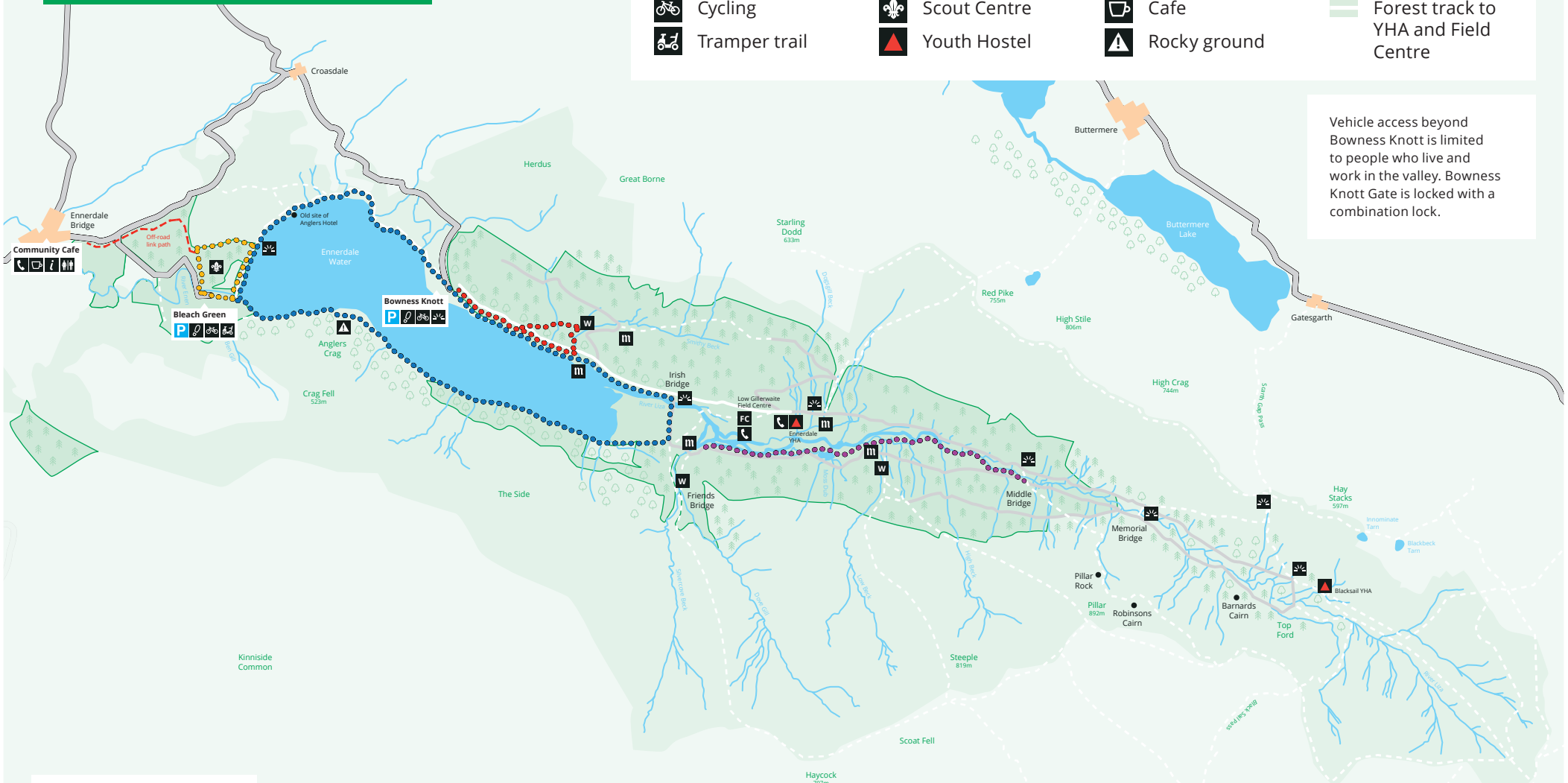


Ennerdale Walking trails

Key

 Parking	 Public phone	 Information	 Public footpath
 Toilets	 Viewpoint	 Waterfall	 Public bridleway
 Walks	 Field Centre	 Historic feature	 Forest road
 Cycling	 Scout Centre	 Cafe	 Forest track to YHA and Field Centre
 Tramper trail	 Youth Hostel	 Rocky ground	



Vehicle access beyond Bowness Knott is limited to people who live and work in the valley. Bowness Knott Gate is locked with a combination lock.



Walking trails at

Ennerdale

Trail information

Ennerdale Views ●●●

2.5km (1.5 miles)

Waymarked

Low level circular walk suitable for families. All ability standard. Suitable for trampers. Lake and mountain views. Benches for rest and view points.

Smithy Beck ●●●

3.3km (2 miles)

Waymarked

Low level circular woodland walk with lovely views, great for families. Some rough ground in places, not suitable for pushchairs.

Round the Lake ●●●

10.5km (6.5 miles)

Not waymarked

Low level, circular walk. Some higher level path sections and rough terrain which includes a short, difficult section (rocky terrain to be traversed via a scramble) under Angler's Crag. Lake and mountain views, woodland and open farmland.

Liza Path ●●●

12.9km (8 miles)

Not waymarked

Low level walk, 8 miles if starting from Bowness Knott with mountain, open fell and forest views. The river route along the Liza is accessed from the forest track with plunge pools, gravel beaches and rock outcrops.



Emergency info

Name of key locations:

Bleach Green, CA23 3AS

Grid ref: NY 085 154

Bowkness Knot, CA23 3AU

Grid ref: NY 110 154

Nearest public phones:

Ennerdale YHA, Low Gillerthwaite Field Centre, and Ennerdale Bridge

In case of an emergency, call 999 or 112

Ask for Police then Mountain Rescue

Hospital with A&E unit:

West Cumberland Hospital, Homewood Rd, Hensingham, Whitehaven CA28 8JG

T: 01946 693181

The forest code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Keep dogs under control.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.
- The forest is for everyone. Please be aware of other visitors.