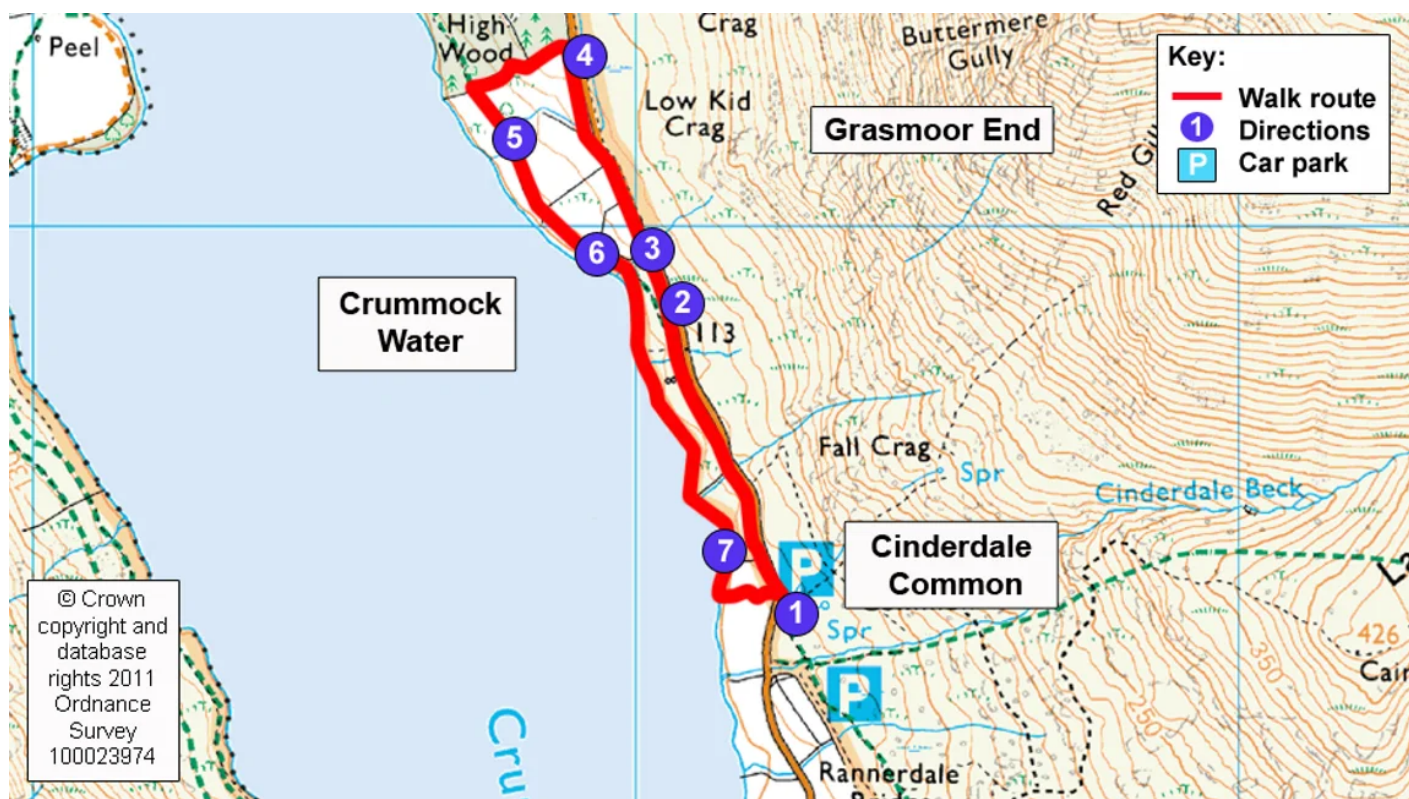


## LAKE DISTRICT

# The valley of cinders walk

Explore this gently ambling route through Cinderdale in the Lake District with views of Crummock Water and the surrounding Cumbria countryside of Buttermere Valley, while also discovering important medieval archaeological sites.



## Information

Address: Cinderdale, Buttermere Valley, CA13 9UY.

OS map: Landranger 90; Explorer OL4

Activity: Walking

Easy: Steep drops and uphill paths. Take care on grassy tracks when the ground is wet. For further details, please see Terrain section.

Dog friendly: Dogs welcome under close control. Be aware that the fields are grazed. Please do not allow your dog to foul on paths or around picnic areas. No bins provided for dog waste or litter.

Full trail: Miles: 1.5 (km: 2.4)

Access: Challenging

Duration: 1 hour

## Terrain

Grassy tracks so take care when the ground is wet.

Good footwear and waterproofs are recommended.

## Total steps: 7

Start point: Cinderdale car park, grid ref: NY162194

1. From the start point cross the road and walk uphill for approximately 20yd (18m) to the gate in the wall. Go through the gate and turn right along the path parallel to the wall.
2. Continue along the path as it rises and levels out.
3. Continue along the path to a wall and gate.
4. Continue until you approach another wall surrounding woodland. The route now drops steeply towards the lake shore. Care should be taken when wet as the ground may be slippery.
5. At the bottom of the slope turn left and continue along the lakeshore track.
6. Continue on the path for a short distance, where the path colour darkens to a blackish hue.
7. A short distance from here the path turns uphill alongside a wall. Follow this to the gate and return to the start point and car park.

End point: Cinderdale car park, grid ref: NY162194