

LAKE DISTRICT

Mickleden Valley trail

Walk into the wilds of Mickleden, a Langdale valley where clues to Neolithic and Norse settlers lie beneath dramatic views of pikes and crags. This easy out-and-back route follows the bridleway along the valley floor, on a section of the Cumbria Way.

! Stony terrain

The track is easy to follow but stony in places. Wear sturdy footwear suitable for the weather conditions.



Information

Address: Old Dungeon Ghyll National Trust car park,
Great Langdale, nr Ambleside, LA22 9JY

OS map: Explorer OL06

Activity: Walking

Easy: Flat route along valley bottom, stony in places.
For further details, please see Terrain section.

Dog friendly: Dogs welcome, but please keep them on
leads due to livestock grazing.

Full trail: Miles: 3.8 (km: 6.08)

Duration: 2 hours

Terrain

An easy to follow, flat route along the valley bottom.
The track is stony in places, particularly the first
section, so sturdy footwear is required.

Total steps: 6

Start point: Old Dungeon Ghyll National Trust car park, grid ref: NY286061

1. Leave the car park and walk behind the Old Dungeon Ghyll Hotel, through a gate and onto the stony track heading left. You'll follow this path all the way along the valley.
2. Begin your walk along the stony track, looking up to see the rocky outcrops of Raven Crag above you on the right.
3. Continue along the main track, ignoring any small paths climbing up the fell to your right. With navigation easy, keep an eye out for wildlife around you. The surrounding crags provide nesting for the peregrine falcon and the lower, rock-strewn valley is home to the migrating wheatear.
4. The valley opens up in front of you as you pass the last sign of habitation on the left of the valley, Stool End Farm. As you admire the views of Gimmer Crag and Pike O' Stickle, close your eyes and imagine the sound of rock cracking against rock, as Neolithic workers made stone axes. The rock in this area is perfect for stone tools, because of its very hard yet easily workable nature. Rejected axe heads have been found on the slopes of Pike O' Stickle.
5. As you near the head of the valley, look out for the strange lumps and bumps on the valley floor. These are glacial moraines.
6. Continue on the path past the glacial moraines until you reach the wooden bridge across the stream, near the walled sheep pen. This is the turnaround point for the walk. Take time to rest and enjoy the views before heading back along the same route to your start point at the Old Dungeon Ghyll.

End point: Old Dungeon Ghyll National Trust car park, grid ref: NY286061

