

# Rydal Cave

3.7 Miles (6Km)

Time : 2-3Hrs

A pleasant stroll around Grasmere. Spectacular views, attractive woodland and a rich variety of wildlife make this a delightful walk.

From the Garden Centre turn right on the road, over the bridge by St Oswald's Church and take the road out of the village past Potted Out Café and the school. On reaching the main road, turn right and cross over, then take the side road that leads past Dove Cottage. Continue on until you reach a junction at How Top Farm, then turn left up the tarmac road past the Duck Pond signposted to Rydal, The Coffin Route and Alcock Tarn.

The tarmac road climbs steeply, past a track left, signposted Alcock Tarn, then levels out to pass White Moss Tarn on the left. Follow this path. At a house called Brockstone, the path splits. Take the Left path

through the gate. Keep on this path, through several gates along the way until you come to the road going down to the right which takes you past Rydal Mount.

At the main road, turn right and, opposite the Badger Bar, there is a hole in the wall. Go through this and down over the bridge. Turn right and follow the low path passing through 2 kissing gates. Then take the high path which will take you up to the caves. (The low path is great if you want to paddle in the lake, but will miss the caves). Carry on up past the first cave to reach the second cave and, when finished exploring, follow the path with the views of Rydal Water on your

right hand side.

Just after the small wood on your right, take the left hand fork which gently rises to the top of a wood. The views over Grasmere from here are stunning.

Through the kissing gate at the top of this rise, turn right through another gate, and gently meander back down through the wood, coming back onto a tarmac road at Deerbolts Lodge.

From here, it's just a gentle strole back along the road to Grasmere, where a nice cup of tea (or glass of wine) awaits you at Grasmere Garden Village.


Hope you enjoyed your walk.



## Let us know what you think...

Have you enjoyed your walk? Is there anything you wish to share with us that could help us improve the information on this walk? We would love to hear from you about your experience and what you saw along the way. Coffee and Cake are on offer for any that we use.

Let us know by email : [more@grasmeregardens.com](mailto:more@grasmeregardens.com), facebook :  (Grasmere Garden Village), or

Twitter : [@GrasmereGardens](https://twitter.com/GrasmereGardens) 

wonderful walking



# Easedale Tarn



## wonderful walking



4.75 Miles (7.5Km) - Although can be shortened by not going round the tarn

Time : 3Hrs

From the centre of Grasmere Village, turn up Easedale Road next to the Heaton Cooper gallery. Continue up the road passing the sign 'Youth Hostel' going to your right.

On the bend of the road you will see a sign saying Easedale Tarn on your left and a footbridge ignore this and continue on the road past Lancrigg Hotel and you will enter into a field. Passing a few houses you will arrive at a fork, go right (signed Far Easedale & Helm Crag) on a rough track leading up to a metal farm gate. Through the gate and bear left to another fork in the path and go left (signed Far Easedale & Borrowdale). The path will lead you between drystone walls and across some fields to some barns.

Passing the barns you will arrive at Far Easedale Gill continuing on the path you will arrive at a footbridge, cross over the bridge you will arrive at another fork in the path, take the left fork and you will begin to ascend steeply and pass a split boulder and a footpath

this time going down Sourmilk Gill. The route from here is straight forward but care is required underfoot. Eventually you will arrive at a stone wall and go through the kissing gate which then joins a farm track across the fields. Keeping to the track and entering through a metal



marker. You will climb to the top of the field on your left and onto some more footpath markers and you will start to go right slightly arriving at Sourmilk Gill keeping to the path around the boggy land you soon arrive at Easedale Tarn. From here you, circle the tarn arriving back at this point to where you will descend back down


gate and into another field. On reaching the concrete bridge go through the left gate which takes you alongside Easedale Beck which in-turn takes you into the woods to the footbridge.

Over the footbridge and you are back at Easedale Road, turn right and follow the road back to Grasmere.

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if you have a smart phone, scan the QR code and it will take you to our full online newsletter. Have a browse on the website for more information and to take this guide on the go.

## Other Great

### Walks in the Area

- Easedale Tarn
- Allcock Tarn
- Helm Crag

These and many more can be found in a number of guide books available to buy in the Garden Centre. Also available are a selection of local OS maps.

One of our current favourite guides is the "Lake District Walks" from Pathfinder Guides (No.60). In it are plenty of great walks around the area, ranging in length from shorter walks (up to 2.5hrs) to longer ones (over 4hrs). A great buy for regular visitors to the Lake District - only **£11.99**

## Trekking Poles

The benefits of poles are many and varied. Here are just a some of them;

- Relieving tired legs of some of their load by sharing it with the little used (when walking) arm muscles.
- Virtually eliminating the impact on feet, knees and hips when descending slopes.
- Easing the stresses on knee joints and muscles when ascending slopes.
- Allowing (maybe even forcing!) a faster pace to be maintained when walking on flatter ground. Known as the "Supercharged Lope".
- Crossing burns and prodding suspicious looking boggy ground.
- Getting the brambles that others haven't been able to pick.... The list is almost endless.

### In Stock Now

Peak Walker Poles only **£8.99** / single

## After your walk....

Why not try our cafe— **The Potting Shed Cafe** at the Garden Centre. Our **cafe** menu changes on a regular basis, reflecting the seasonal availability of fresh produce. We have inspirational, imaginative combinations and genuine flair combined with all round good home cooking. There's something for all tastes and appetites. For those who'd prefer just a snack, then why not take afternoon tea with a freshly baked scone and cream, or morning coffee with a selection of cake?

Speciality teas and ground coffee are always available along with a selection of fruit juices and cold beverages.

As a fully licensed establishment, you may prefer to choose a glass of chilled Sauvignon Blanc or a robust Merlot to accompany your meal, or how about a local, award-winning beer from (amongst others) Coniston Brewing Co?

Grasmere Garden Village

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# Grasmere Garden Village

