

## Glaramara and Allen Crag

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Distance	8 miles
Total feet of ascent	2600 feet
Approx time	5 hours
Starting Point	Seatoller Car Park
Public transport Service	79 Borrowdale bus

For anyone who has never climbed a Lakeland summit, Glaramara is perhaps the best fell to begin with. The ascent is fairly easy yet it still gives the climber a great appreciation of the Cumbrian fells.

**1** From Seatoller car park walk eastwards back along the road towards Keswick for a quarter of a mile to Mountain View, a prominent terrace of cottages. Opposite Mountain View is a farm access road leading to Thorneythwaite Farm. Walk down this access road for 80 yards to a tall wooden stile on your left. ( $\frac{3}{4}$  mile)

**2** Climb over the stile on to a pathway. This easily discernible path broadly follows the crest of the ridge ahead of you to the summit of Glaramara. Half a mile from the stile the path comes to a kissing gate. 250 yards after this kissing gate a smaller path branches off to the left heading up the valley, be sure to ignore this path and keep to the main path climbing uphill. Near the top there is a hundred foot or so scramble. This is not difficult, but can be avoided if necessary by taking a wide curving course of ascent to the right.

**3.** From the summit of Glaramara continue south-westwards along the ridge path linking Glaramara to Allen Crag. This route is very undulating and quite rocky in places, passing close to many attractive pools and tarns on the way. Because of its undulating nature however it requires more effort than just the mere mileage suggests. If you are new to fell walking therefore and have reached the summit of Glaramara in a state of near collapse you will certainly find retracing your ascent route back to Seatoller the easier option.

**4.** Descend south-westwards off Allen Crag. At the foot of the short descent off Allen Crag a cairn marks the intersection of the path you have descended with a path running from Angle Tarn to Sprinkling Tarn. Here turn sharp right and follow the path towards Sprinkling Tarn. The path soon parallels a deep gully. Half a mile from Allen Crag note a distinctive piece of cobbled path descending down to the beck running through the gully.

**5.** Descend down to the beck and cross over it and continue along the path on the other side. This path soon descends northwards along Grains Gill down to Stockley Bridge. Cross over Stockley Bridge and continue along the trackway on the other side to Seathwaite Farm.

**6.** Follow the road from Seathwaite Farm back to Seatoller.

