

Miles without Stiles 35: The Bowderstone

Details

Route type: For all. An undulating short route with short steeper sections but suitable for wheelchair users - OS Explorer Map OL4

Distance: Just under 1 km or 0.5 miles

Start point: National Trust pay and display car park grid ref. NY 253168

Turning point: The Bowderstone - grid ref. NY 254164

Facilities: None close to site but toilets and refreshments available in Keswick and Grange

Getting there: Bus: Stagecoach 79 operates a regular service along the B5289. Car: B5289 Borrowdale Road to the car park, approximately 1 km beyond Grange

Route

The route leaves the car park by a steep but short and well surfaced track and passes an old quarry. Look out for groups practising abseiling.

You are in the heart of the Jaws of Borrowdale, the narrowest part of the valley bounded by Grange Fell and Castle Crag and High Spy, on the other side of the River Derwent. The oak woodlands are beautiful all year round, but spectacular in spring with carpets of bluebells. Autumn brings its own glories when leaves turn red, yellow and orange.

The track undulates with short sections of 1:10 but the surface is consistently good. It leads to a small plateau and the impressive Bowderstone.

The 2,000-ton rock is about 30 feet high, 50 feet across and 90 feet in circumference. Resting in a state of delicate balance, it did not, like many people assume, topple down the mountain side. It was most likely carried here from Scotland by Ice Age glaciers. A popular Victorian attraction, the ladder to the top dates back to the 19th century.

Wheelchair and pushchair users should return to the car park as the onward footpath is steep and rocky.

Map

Route 35: The Bowderstone route: for all

Route
35



	route for all		refreshments
	road		car parking
	river		escarpment

1 km



Lake District
National Park