

Smithy Beck Trail



Welcome. The Smithy Beck Trail starts and finishes at Bowness Knott car park. Follow the red painted way markers and wander in the footsteps of medieval settlers past a magical waterfall and juniper spires. Enjoy views into one of England's wildest valleys and look out for Red squirrels collecting acorns.

Suitability. The walk is ideal for families but is not suitable for most pushchairs as the path is narrow in places. However the route from the Car Park to Smithy Beck is a surfaced forest road. The path has a couple of moderately steep sections lasting 20 to 30m each. There is also a longer climb of 100m at the end of the walk from the lakeshore back up to the car park.



Please Protect Our Wild Valley

- Don't start fires
- Protect and respect wildlife, trees and plants
- Keep dogs under control
- Take your litter home
- Make no unnecessary noise
- Take only memories away

Wild Ennerdale is a partnership between people and organisations led by The National Trust, The Forestry Commission, United Utilities and Natural England. Our vision is "to allow the evolution of Ennerdale as a wild valley for the benefit of people, relying more on natural processes to shape its landscape and ecology."

For more information visit www.wildennerdale.co.uk



£1

wildwaterforestmountains
ennerdale



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Forestry Commission [100025498]

Emergency!

A&E Hospital
Whitehaven. 01946 693181
Nearest Public Phones
Gillerthwaite YHA common room. Low Gillerthwaite Field Centre. Ennerdale Bridge outside the school.
Rescue Phone 999 ask for Mountain Rescue.
Mobile Phones. Poor (west) to no reception (east).

Start from Bowness Knott car park Grid Ref NY110153 or Postcode CA23 3AU

Scots Pine trees blown over in the great storm of 2005. This area is being left to nature and illustrates a key principal of how Ennerdale is being managed. Look out for naturally regenerating holly, rowan and birch.

Don't forget to climb up onto this little summit and enjoy the views across to Robin Hoods Chair and up the valley to the mountains of Steeple and Pillar.

You chose your direction, lake shore first or woodland.

Juniper Spires. Perhaps Juniper is the key to the valley's name as Scandinavians lived in Cumbria during medieval times and their name for Juniper is "Einer" or "En" which are both remarkably close to the spelling at the beginning of Ennerdale.

Smithy Beck falls and bridge, a delightful place to play Pooh Sticks.

Ennerdale Water is important for its diverse lakeshore habitats and nutrient poor waters which are home to Salmon, Trout and Arctic Charr. The lake supplies 60,000 customers in West Cumbria with fresh water. Look south across the lake and you will see the birch and oak trees of ancient Side Wood.

Smithy Beck bloomery was a furnace used in medieval times for producing iron. A bloomery's product is a porous mass of iron and slag called a bloom.

Follow the red way marker posts

The trail is 2 miles long and takes around an hour or longer if you can't stop playing pooh sticks and enjoying the views

250m

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