

wildwaterforestmountains  
ennerdale

Explore  
Ennerdale  
trail map



wildennerdale.co.uk

From car parks at Bowness Knott and Bleach Green a network of paths and forest roads leads you up the valley. The Smithy Beck trail offers a family friendly waymarked trail whilst the Liza path takes you along Ennerdale's stunning natural river. For a more adventurous experience, head off to the high mountain peaks or valley head.

**Ennerdale Bridge**  
The village of Ennerdale Bridge offers services and friendly hospitality and is a welcome stop on the long distance 'Coast-to-Coast' walk. The community run The Gather provides a wealth of local information, a shop, cafe, toilets and shower facilities. There is also the Fox & Hounds Inn and the Shepherds Arms Hotel. There are walks in and around the village and a community recreation area is situated east of the village school.



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Welcome to Ennerdale

Shaping the  
landscape naturally



Activities in Ennerdale

 **Walking**

Ennerdale offers many miles of forest track and public rights of way to explore including two way marked circular routes: Smithy Beck and Ennerdale Views. The wooded slopes offer sheltered walking during inclement weather whilst the valley ridges provide spectacular views of Lakeland mountains, the Cumbrian coastline and into Scotland.

 **Cycling & horse riding**

There are 15 miles of forest track suitable for cycling and horse riding. Bridleways are accessible from both car parks. Please look out for vehicles and be courteous towards other users. Cycling is permitted between Bowness Knott and Bleach Green using the lakeshore path.

 **Rock Climbing**

There are many crags for climbing in Ennerdale, but perhaps the most famous is the iconic Pillar Rock, forming an imposing outcrop of the rugged face of Pillar mountain. The summit of Pillar Rock was the focal point for the earliest pioneers of rock climbing in the Lake District in the early 1800's.

 **Water Activities**

Ennerdale Water is nationally important for its wildlife and lakeshore habitats. Canoeing is permitted on the lake (no motor, sail craft or swimming). Groups are required to obtain a permit in advance from United Utilities (01768 772334). To avoid damage to sensitive habitats, please choose sensible launch points and carry your boat from the car park. No canoeing is permitted on the River Ehen due to site sensitivities. To protect our clean and clear waters make sure you follow good biosecurity. Please check, clean and dry your canoes and gear before using them in the Lake.

 **Orienteering**

Ennerdale offers a number of great opportunities for orienteering. Our work to restore a more natural landscape has opened up the valley bottom and the well thinned forests provide some great navigational challenges. There are courses available from Bleach Green, Bowness Knott and Gillerthwaite and offer suitability for all skill levels, from beginners to fit and expert navigators.

Welcome to a unique Lakeland valley and home to one of the longest running wild land partnerships in the UK. The Ennerdale valley offers a spectacular landscape of big mountains, forest, rivers and lake.

**The historic valley**  
Ennerdale is home to just a handful of people. However over the past 4000 years Ennerdale has been shaped by the ebb and flow of people living and working in the valley.  
  
The historic landscape of Ennerdale sets it apart from other Lakeland valleys because of the diversity, complexity, and survival of its archaeological remains. The valley floor holds the most impressive collection of Bronze Age (2000BC to 800BC) and domestic medieval (410AD to 1600AD) archaeology in the Lake District.

Smithy Beck longhouse

For more information see [wildennerdale.co.uk/managing/archaeology](http://wildennerdale.co.uk/managing/archaeology)

For more information on activities please visit [wildennerdale.co.uk/activities](http://wildennerdale.co.uk/activities)

**The Wild Ennerdale Partnership**  
By working together, our thinking is big and bold. For over two decades, a natural process led restoration approach in the valley has been encouraging a wilder landscape to evolve for the benefit of wildlife and people.

The **Wild Ennerdale Partnership** comprises:

Facilities in Ennerdale

 **Accommodation & Food**

**Upper valley**  
YHA Ennerdale: **0345 371 9116**  
YHA Black Sail: **0345 371 9680**  
Low Gillerthwaite Field Centre: **01946 861229**. The centre has Dark Skies status [darkskydiscovery.org.uk](http://darkskydiscovery.org.uk)  
**West of the valley**  
Ennerdale Scout Centre: **01539 742606**  
Fox & Hounds Inn: **01946 861373**  
Shepherd's Arms Hotel: **01946 861249**  
  
B&Bs are also available. More information at [wildennerdale.co.uk](http://wildennerdale.co.uk) and [thegatherennerdale.com](http://thegatherennerdale.com)

 **Camping and Caravanning**  
Dockray Meadow: **01946 861357**  
Inglenook: **01946 861240**

 **Toilets**  
There are no public toilets in the valley. The nearest facilities are in Ennerdale Bridge. As a good practice guide please do toilet duties well away from any water courses and carry out any sanitary items.

 **Dogs**  
Dogs are welcome. Please keep dogs under control at all times and be a responsible owner by taking away your dog mess or 'stick and flick' it well away from public routes.

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The **Wild Ennerdale Partnership** comprises:

 Forestry England

 National Trust

 **United Utilities**  
Water for the North West

 **NATURAL ENGLAND**

Shaping the landscape naturally  
[wildennerdale.co.uk](http://wildennerdale.co.uk)

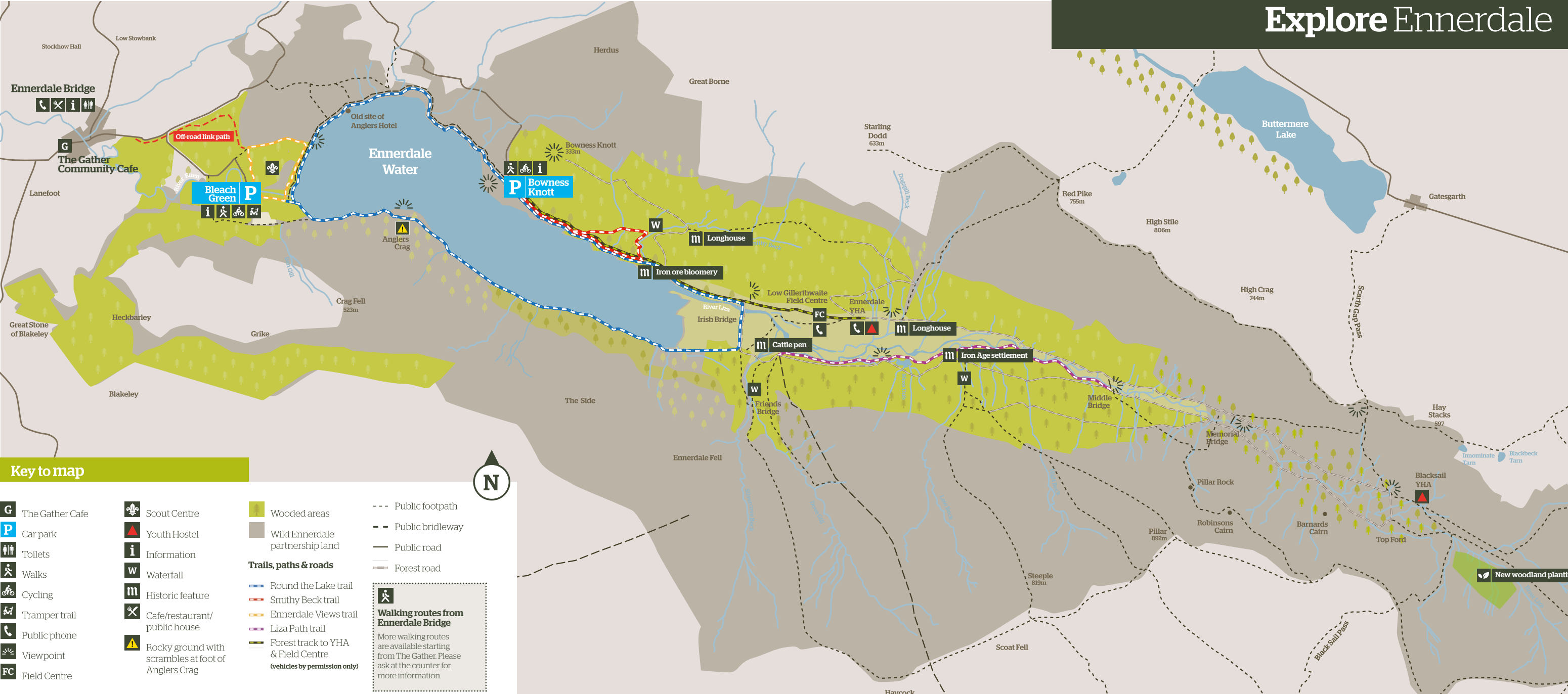
 

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design@kaman-design.co.uk Dec-21 © Wild Ennerdale





Explore Ennerdale Trails

**Smithy Beck**  
**2 miles (1 hour) Waymarked**

Low level circular woodland walk with lovely views, great for families. Some rough ground in places, not suitable for pushchairs.

**Round the Lake**  
**6.5 miles (4 hours) Waymarked**

Low level, circular walk. Some higher level path sections and rough terrain which includes a short, difficult section (rocky terrain to be traversed via a scramble) under Angler's Crag. Lake and mountain views, woodland and open farmland.

**Liza Path**  
**8 miles (4 hours) Not waymarked**

Low level walk, 8 miles if starting from Bowness Knott with mountain, open fell and forest views. The river route along the Liza is accessed from the forest track with plunge pools, gravel beaches and rock outcrops.

**Ennerdale Views**  
**1.5 miles (45mins) Waymarked**

Low level circular walk suitable for familes. All ability standard. Suitable for trampers. Lake and mountain views. Benches for rest and view points.

For more information on a longer walks, please use **Ordnance Survey Explorer Map OL4 The English Lakes North-western area.**

### Cycling in Ennerdale

**There are no purpose built mountain bike trails in Ennerdale. However the forest roads in the valley bottom have few steep gradients and are generally wide enough to ride side by side.**

The steepest section is the first 350m between the car park and lakeshore. Please be aware that the forest roads can be potholed and loose gravel surfaces increase braking time and reduce control. Mountain bikes with good tread are recommended.

Traffic levels are low but please keep a look out for agricultural and forestry traffic and service vehicles especially between Bowness Knott car park and the YHA and Field Centre at Gillerthwaite.

### Vehicles & parking

**Vehicle access beyond Bowness Knott is limited to people who live and work in the valley. Bowness Knott Gate is locked with a combination lock.**

**Car parking is free however Bowness Knott will become a pay for car park during 2022/2023**

Visitors staying at YHA Ennerdale can take their vehicle to the YHA car park.

Visitors staying at YHA Black Sail must leave their vehicles at Bowness Knott car park.

### Emergency information

**Car park locations**  
Bleach Green, CA23 3AS  
Grid ref: NY 085 154  
W3W: tree.giving.eclipses  
Bowness Knott CA23 3AU  
Grid ref: NY109153  
W3W: puddles.including.brew

**Nearest hospital**  
Whitehaven. 01946 693181

**Nearest public phones**  
YHA Ennerdale (payphone access seasonal March-October. Low Gillerthwaite Field Centre and Ennerdale Bridge.

**Rescue**  
Phone 999 or 112 and ask for Police then Mountain Rescue.

**Mobile phone reception**  
Poor (West) to no reception (east)

Forestry England forests and woodlands have been certified in accordance with the UK Woodland Assurance Standard (UKWAS)

Promoting Sustainable Forest Management

**Forest road & similar**

**Suitable for:** Cyclists in good health. Map reading useful (routes not always marked). Most bikes.

**Trail:** Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.