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Route

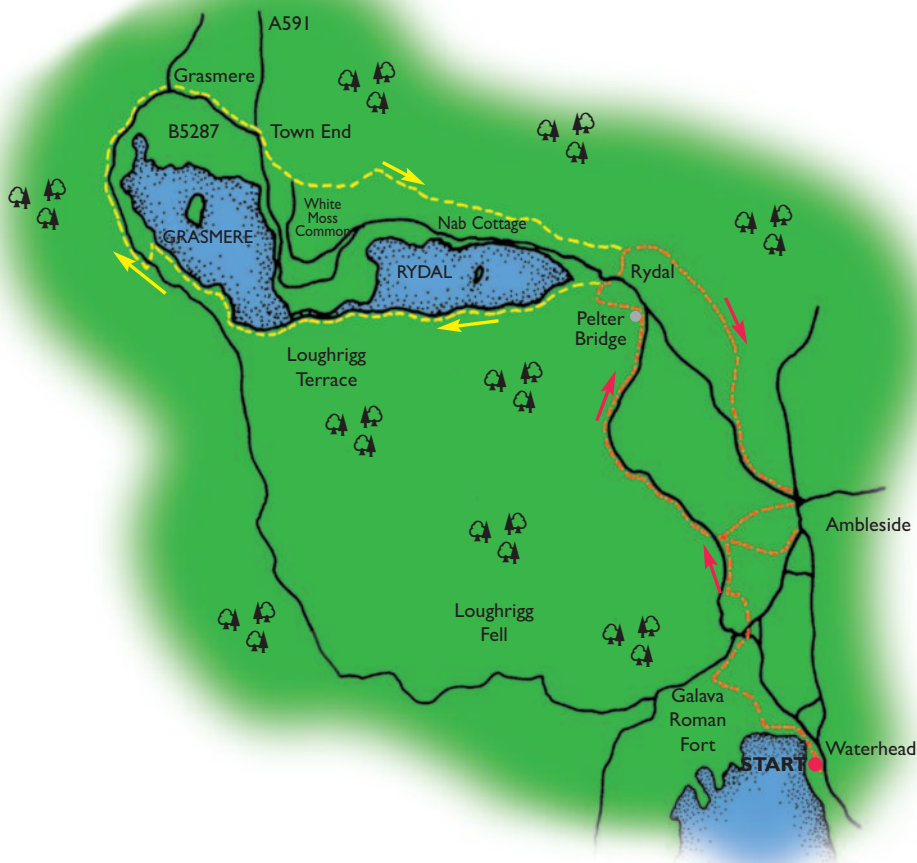


Walk 7

Walk 8

## Roman Fort and River Banks to Ambleside or Rydal

A walk following lake shore, visiting Roman Fort “Galava” and by river banks to Ambleside, approximately 1 hour circular route, or an extended walk including Rydal of 2½ hours circular route.



- 1 Leave the pier at Waterhead and turn left to walk to the end of the promenade. Join the pavement and walk 100 metres passing the Wateredge Inn and enter Borrans Park, following the path down to the shore of the lake. The park is maintained by South Lakeland District

Council and, although it is only for a short distance, it is delightful to walk by the small sandy beaches, reed beds and picnic sites. Walk around but before the path leaves the park, cut across the grass to the gate and enter Galava, Ambleside Roman Fort - see page 37.



River Rothay - P. Southall

**2** Galava site is in the custody of the National Trust. There is an explanatory plaque by the gate and at each of the excavations and it only takes a few moments to browse around. You should head to the left of the excavations. NOTE the plaque Porta Principalis and carry on from here towards the river and pass through a gate to the boardwalk and path; follow the river upstream until you come to the road. Ignore the footbridge left as you go through the gate but join the main road and cross carefully to the other side. Going left walk around the Rothay Manor, following signs “Town Centre - Keswick (A591)”, immediately past Riverside Lodge turn left into entrance signed “Lorry, Coach & Car Park”. Turn left again and you will find the public footpath sign beside the river 50 metres behind the Ambulance Station. Follow the river upstream until you come to Rothay Park, cross the stile and stay by the river until you reach Miller Bridge. Take care on this path which is riddled with tree roots.

**3 For Ambleside Village.** Turn right through the park, pass to the left of St. Mary’s Church and a further 50 metres brings you into Compston Road. The one way traffic system will take you through the village centre and directly back to Waterhead for the boats in approximately 15 minutes.

**For Rydal.** Leave the park, walking across Miller Bridge to join the road and turn right. Cross over a cattle grid and continue along this road for approximately 1.7km. You are still close to the river; now on your right, and the road is closed to cars unless they are using it for access. It should be mainly traffic free but you will need to take care and be aware of the occasional vehicle. This quiet road comes to an end as you cross another cattle grid approaching Pelter Bridge.

- 4 **For Rydal.** Go across the bridge and join the main road (A591). Turn left and follow pavement 200 metres before crossing the very busy road to Rydal Mount.
- 5 You will find your return footpath near the entrance to Rydal Hall. Walk along the track behind the Hall, and if you are looking for one of those idyllic locations for a break, visit the teashop here by the river. Rydal Hall is owned by the Diocese of Carlisle see page 39.
- 6 The footpath is now well signed and follows a rough drive past yurts and log cabins and then fenced both sides, through Rydal Park for approximately 1.5km. The drive abruptly comes to an end as it meets the A591 and you need to cross to the pavement and turn left for Ambleside. Walk for 400 metres and you will reach the village. The Armitage Ambleside Museum is here on the left. To avoid the village centre look for the footpath to Miller Bridge, it's opposite the Health Centre, turn right down Stoney Lane and when you come to Miller Bridge do not cross but follow the path through Rothay Park you are now retracing your steps following the river downstream continue until you come to the road. Turn right down the access road and right again on to the main road, walking against the one-way traffic system, pass Riverside Lodge on the right and Rothay Manor on the left. Do not cross the bridge on the right but walk round Rothay Manor and after 50 metres turn right onto a public footpath. Again do not cross the bridge but enter the field by the gate alongside and walk to the riverbank. Follow the river until you come back to the remains of the Roman fort and then on into Borrans Park. If you follow the path towards the lake you will soon be able to see across to the piers at Waterhead and watch for your boat coming in to take you back to Bowness or Lakeside.



Borrans Park - P. Southall