



Buttermere and Scales Force Walk



Start/Finish Buttermere (GR NY 175 169)

Distance 4.3 miles (7km) Time short—2-3 hours, long—4-5 hours

Height gain short—154m, long—360m

Terrain Lake side paths and bridleways, short tunnel, woodland, becks and gravel beaches and long also open fell and a remote waterfall

Maps OS Landranger 89, OS Explorer OL 4, Harveys' Superwalker (1:25 000) Lakeland West, British Mountain Maps Lake District (1:40 000)

Green Route (Short)

1 From the centre of Buttermere village walk 50m along the road (B5289) towards Honister Pass (southeast) to the start of a bridleway on the right. Follow this to the lakeshore path.

2 Once at the lake turn left and follow the path all the way around the lakeshore, through the tunnel at Hasness to rejoin the road (B5289).

3 Turn right and follow the road to Gatesgarth Farm.

4 Join the bridleway at the entrance to the farm and follow it across the valley bottom to Peggy's Bridge.

5 Cross the bridge and turn right at the junction to join the Burtness Wood bridleway. Follow this alongside Buttermere until it splits at Horse Close just before the trees. Take the right branch by the lake and through the trees. There are lots of little bays which make ideal picnic stops in Burtness Woods.

6 The footpath rejoins the bridleway at the end of Buttermere by a footbridge. The dashing waters of Sourmilk Gill which flow out of Bleaberry Tarn high in the mountains above also joins Buttermere Dubs at this point. After heavy rain this dashing gill forms a raging torrent and turns into white froth.

7 Turn right, off the Burtness Woods bridleway, and cross the footbridge. The bridleway on the other side is followed back to Buttermere village.

Blue Route (Long)

1 Follow the green route, directions 1 - 6, until you reach the footbridge at the end of Buttermere.

2 Ignore the footbridge and continue along the bridleway beside Buttermere Dubs and then alongside Crummock Water.

Opposite Scales Island the bridleway leaves Crummock Water and turns west to climb towards Scales Beck. It then turns southwest and climbs more steeply to the foot of Scales Force.

3 There is a footbridge below the force, admire the impressive cascade, then take a higher level path leading back down across the fell in an easterly direction to rejoin the bridleway beside Crummock Water.

4 Once on the bridleway, retrace your steps as far as Scales Bridge. Turn left and cross the bridge following the bridleway on the other side back into Buttermere village to finish the walk.

