



# Lord's Seat and Barf

**Distance** 5 miles **Time**—2.5 hours  
**Starting point** Whinlatter Visitor Centre Car Park CA12 5TW (number plate recognition—pay on exit)  
**Public transport** 77/77A Honister Rambler. Summer season only, [click here](#) for bus timetables  
**Notes** Good paths in Whinlatter Forest, some boggy areas on open fell between Lord's Seat and Barf  
**Feedback** Please contact Keswick Tourism Association on [info@keswick.org](mailto:info@keswick.org)

1. From the Visitor Centre head up in the direction of the Go Ape Hut. Just before reaching the hut turn to the right. At a T-junction in front of the pond turn right passing through part of the wild play trail. Once through the play trail follow the path uphill as indicated by the green way-marker arrow. Continue up to the benches where you can enjoy the view. Now follow the path steeply uphill as indicated by the green trail arrow. As you emerge from the trees turn left onto the forest track.
2. Look out for the Gruffalo statue on your left. At junction 2 Horsebox Crossroads turn right still following for now the green markers of the Seat How Summit Trail. Continue up the wide forest track. As the path levels out you reach junction 3 Tarbarrel Moss. Turn right here following the green arrows. The path soon enters the forest again. When the path splits follow the green arrow up to the left.
3. Shortly you reach marker point 53. Here we diverge from the Seat Howe Summit Trail and instead of following the green arrow to the right we continue straight forwards. Follow the path as it meanders up and down with forest to one side and heather to the other. Following a short upward stretch marker point 5 is reached at a T-junction at which point you turn left. As you leave the forest and head towards the open fell the views open up. To the right you can see the summit of Barf where we are headed with the mighty Skiddaw range beyond it.
4. The path now climbs to a stile at marker point 23. On a clear day from here you can see over the Solway Firth to Scotland. Once over the stile the path ascends the short final stretch to the summit of Lord's Seat. Pause to enjoy the 360-degree views before taking the first right, heading downhill first of all, towards our second summit of the day Barf. There are usually boggy paths to negotiate during this section of the route. Keep to the same path. A short steep section then leads you to the summit of Barf. If it's not too windy this makes an excellent picnic spot with its splendid panorama over Bassenthwaite Lake, Keswick, Derwentwater and the surrounding fells.
5. To leave the summit, with the cairn behind you, there are two paths. Take the right-hand path looking towards Whinlatter Forest. The path drops to cross a stream before heading up and over a stile. The path then heads down to the left through trees initially. Shortly you'll come to junction point 21. Keep forward on the same track.
6. At a T-junction at marker point 8 turn left downhill to join a wide forest track. Continue down the track passing junction point 54. At a T-junction at marker point 9 turn left. We are back now on the green Seat How Summit Trail. Follow the green arrow as the path bends round to the right with views over Keswick and Derwentwater. A bench awaits just round the bend. Keep down the path with Grisedale Pike now ahead of you. Passing another bench at junction point 11 follow the green arrow straight ahead. When the path forks follow the green arrow to the right. Shortly at a junction follow the green arrow to the right. Follow this path back to the Visitor Centre.

