



<p>Distance: Approx 9.5 miles</p> <p>Time Taken: Approx. 5hrs</p> <p>Terrain: Steep mountain terrain, steep crags, uneven, rocky paths.</p> <p>Total ascent / descent: 1,469 meters</p> <p>Dog Friendliness: If you've got a big dog, put them in a harness, some of the paths off the mountains are very craggy and require dogs to be lifted down. Keep dogs on leads.</p> <p>Toilets / Refreshments: Old Dungeon Gill pub at the start/finish.</p> <p>Parking: National Trust car park at Old Dungeon Gill. Also bus stop with buses from Ambleside and Coniston.</p> <p>OS Maps: OL6</p>	<p>039 – Bowfell, Crinkle Crags and Pike O' Blisco Circular</p> <p>Background: Langdale takes its name from the Old Norse term for 'long valley'. Located right in the heart of the Lake District, this U-shaped glacial valley was described by John Ruskin as 'the loveliest rock scenery, chased with silver waterfalls, that I ever set foot or heart upon'.</p> <p>Great Langdale was an important site during the Neolithic period for producing stone axes and was also one of the centers of the Lakeland slate industry.</p> <p>The Old Dungeon Ghyll Hotel was originally a farm and Inn. It has been extended several times, the original piece being the middle portion. In the rate book of 1885, it was named as Middlefell Inn and run by John Bennett, who was a well-known guide for tourists</p> <p>These were the days of the horse-drawn 'charas' bringing visitors from Little Langdale over Blea Tarn Pass; they would stop at the top and blow their horn, a signal to get lunch or tea ready – the number of blasts informed the staff of the number of passengers requiring the meal!</p> <p>Route Description: We completed this walk on a lovely day in April, this is safely one of the toughest walks we've done, however and a clear day provides some of the most spectacular views of Lakeland.</p> <ol style="list-style-type: none"> 1. Starting from the Old Dungeon Ghyll car park, head out of the car park towards the road you came in on. 2. Pass the bus stop on your left and turn right on to the road. 3. Follow the road straight ahead and through the gates next to the post box. 4. Follow this lane up to Stool End Farm, cutting through the farmyard then turning left onto the path behind the farm and following the route of Oxendale Beck. 5. Keep following this path until you reach the second footbridge. 6. Cross the footbridge and follow the path as it turns right just after the bridge. 7. This path now is a long climb up to the three tarns keeping Buscoe Sike on your right. 8. Once you reach the Three Tarns, turn right, and follow the path straight up to Bowfell. If the weather closes in as it did on the day we walked it, then it's very easy to get lost up there so it is essential you have map reading skills. 9. Once you 'bag' Bowfell, head down the same path, back to the Three Tarns. 10. Continue straight, going past the Three Tarns on your right, following the path along the crags of Crinkle Crags. Again, this is another dangerous mountain in the mist, it is easy to get lost and go over the steep edges of the crags so make sure you can read a map. The path on Crinkle Crags breaks up regularly and can be easily lost so keep this in mind. 11. Once you've 'bagged' Crinkle Crags, follow the path down off the mountain and down to Great Knott and down towards Red Tarn. 12. The path will now split, one directly ahead, one left and one right. Take the path directly ahead following the good clear path up to Pike of Blisco. This is short and steep and hard work for tired legs. 13. Head down Pike of Blisco taking the path to the right, following it down and back towards Old Dungeon Ghyll. This descent is very steep so be careful of your footing especially with those tired legs. 14. Once off the hill you will come to a road, join the road and follow it back down to the Old Dungeon Ghyll for a well-earned pint and a rest! <p>Points of Interest:</p> <p>Old Dungeon Ghyll Hotel, which has welcomed fell walkers and climbers for more than 300 years. Stickle Ghyll, where you can do gorge scrambling. Great Langdale hotel which has a spa and also the beautiful little village of Elterwater.</p>
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