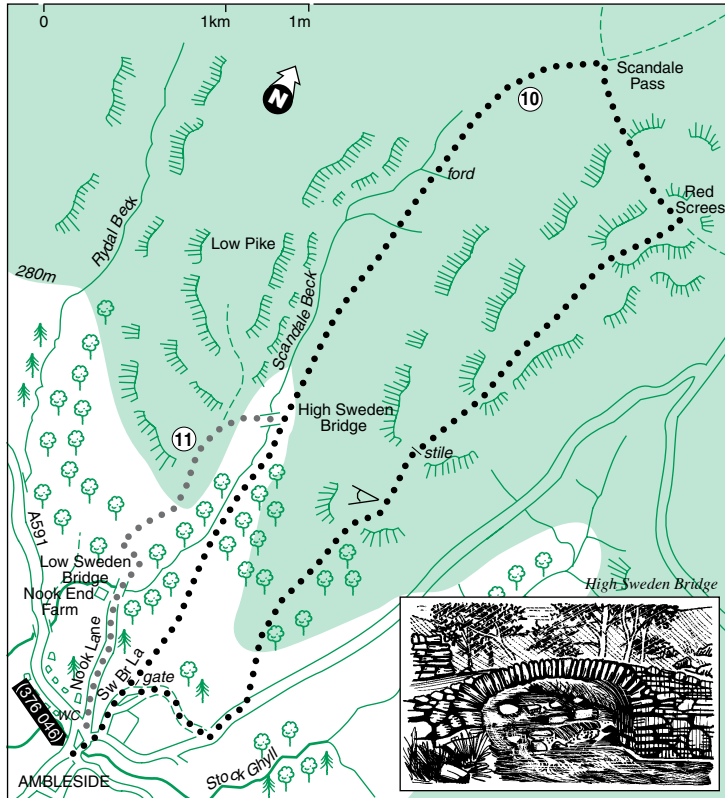


10 Red Screens/11 Sweden Bridge _____ A/B

10) A long circuit over the open hill; climbing up through the valley of the Scandale Beck to the summit of Red Screens, then back down a long ridge, providing matchless views over Ambleside and down Lake Windermere. Paths rough and often damp. Length: **8 miles/13km**; Height Climbed: **2400ft/730m**. **11)** A shorter alternative, doubling back from the valley down the ridge on its west side. Length: **4 miles/6.5km**; Height Climbed: **750ft/230m**. Fine views.

O S Sheet 90 (7)



These two routes run together for the first one and a half miles/2.5km. Start from the square in Ambleside, near the stump of the old market cross, and turn up North Road; crossing a bridge over Stock Ghyll and then climbing beyond. At the junction, turn right up Kirkstone Road, then swing left up Sweden Bridge Lane. Ignore the footpaths cutting off to the left and then the right and continue to the gate at the top of the lane. Go through this and continue with stone walls to either side.

Continue up the clear track beyond; through open ground at first, with fine views up to Rydal Water, then through an area of mixed woodland with Scandale Beck rushing through a narrow valley to the left. A short distance beyond the end of the trees, High Sweden Bridge can be seen crossing the beck.

Walk 11) To complete the shorter route, cross the bridge, turn left and climb the hill beyond. Cross a stile in a wall. A little beyond this there is a break in the wall to the left. Go through this and follow the rough path beyond down to Low Sweden Bridge. Cross this and continue through the buildings at Nook End Farm to join Nook Lane, leading back down into Ambleside.

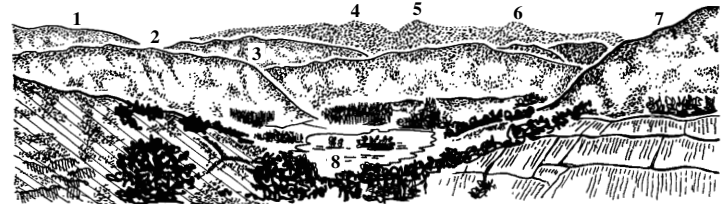
Walk 10) For the longer route, stay

on the right-hand side of the beck and continue up a lane – damp in places – between walls. When these open out, follow the rough path across an arm of the beck (quite a jump when it is in spate) and on beyond with a wall to the right. At the top of the field go through a gate and continue with a wall now to the left; following a clear path, visible ahead, leading up into Scandale Pass.

Turn right in the pass, climbing up to the round summit of the hill (the small lake visible down to the left is Brothers Water in Patterdale). Turn right from the summit and walk down the crest of the ridge. The view ahead at this point is the principal attraction of this walk: a superb panorama down the length of Windermere.

As the vague path continues to drop down walls close in from either side, until a stile in the wall ahead gives access to an alley between tumbledown walls – wet in places – leading down to the public road. Turn right along this, being careful to keep out of the way of any traffic.

After a little under half a mile/1km there is a gate to the right of the road and a sign for a footpath to Ellerigg. Turn onto this and follow it across the face of the hill to rejoin Sweden Bridge Lane.



1 Wetherlam (762m) 2 Loughrigg (335m) 3 Lingmoor Fell (469m) 4 Crinkle Crags (859m)
5 Bow Fell (902m) 6 Langdale Pikes 7 Nab Scar 8 Rydal Water