

Bowness Promenade, Cockshott Point, Claife Viewing Station, Red Nab 3 hours 8 miles

Turn right out of Ivythwaite's front gate. Walk to the end of Prince's Road and turn left into Lake Road with the Baddeley Clock and public toilets to your right. The clock tower marks the division between Windermere and Bowness-on-Windermere, and was built as a memorial to Mountford John Byrde Baddeley (1843 - 1906) who wrote a series of well-regarded Windermere walking guides.

Lake Road turns into New Road. Continue straight ahead, downhill, past the Church of Our Lady of Windermere and St Herbert. Go straight on at the turning into Queens Drive to your left, Goodley Dale primary school on the right and the police station on the left. Continue downhill past Craig Manor Hotel on the right and Beresford's restaurant and bar on the left with views of Lake Windermere in the distance.

Continue steeply downhill into Bowness village centre, past Ash Street with its excellent range of bars and restaurants on the left. When you reach the roundabout, go straight on and follow the road as it bears to the left past Mountain Warehouse on the right and Vinegar Jones chip shop on the left. Ignore the turning to the left to Kendal, and follow the road as it bears to the right.

You will shortly reach the promenade on the shore of the lake **P1**, with Windermere Boat Hire and Windermere Lake Cruises offering options to explore the lake. Turn right into Glebe Road at the Tourist Information Centre and enjoy stunning views of the northern half of Lake Windermere with the high fells of the Langdales in the distance.

There are a number of places for a pit stop on Glebe Road. The Quayside and The Boaters Bar have seats that afford stunning lake views. At the Aquatic Marine Store, where Glebe Road bears to the left, take the footpath that goes straight ahead. The footpath is signed 'Footpath to Hawkshead via ferry 0.5 miles, Cockshott Point'. Go through the metal gate and follow the footpath to the ferry.

You will eventually reach a car park and boat storage area. Go straight ahead, past Dan's Food Shack, then uphill until you reach the road. Turn right and follow the road to the ferry **P2**. The ferry now costs £1.10 each way for a foot passenger. You can not buy a return ticket. The ferry passes the tiny island of Ramp Holme to the left and Crow Holme to the right. Belle Isle is the largest isle in the lake.

As you leave the ferry, go past The Ferry House on your left and follow the road as it bears to the left. As the road starts to bear to the right, turn right, through a gate and follow the footpath signed 'Claife Viewing Station 0.5 miles, Wray Castle 4 miles'. Go through the gate and onto a road. Claife Viewing Station is to the left and is a must see. Built in the 1790s and later expanded, the building had windows tinted with coloured glass, designed to recreate the landscape under different seasonal conditions. Yellow created a summer landscape, orange an autumn one, light green for spring, dark blue for moonlight and so on. The National Trust has re-created this today with coloured glass slides you can hold and imagine those views the early tourists had. It is free to visit.

Go back to the road and head off in the opposite direction, signed 'Wray Castle 3.75 miles' and follow the road with the lake to your right. You get great views of Belle Isle **P3**, Bowness marina and, to the north, the southern end of the impressive Roman Road of High Street, 828m at its highest point. Belle Isle is the largest of 18 islands on Lake Windermere and the only one ever to have been inhabited. It is 1km in length. The Roman governor at Ambleside built a villa on the island. In 1250 it was the seat of the district's Lord of the Manor. It was also a Royalist stronghold during the English Civil War.

The road turns into a track as you cross a cattle grid. Follow the track north with the lake to your right, past Strawberry Gardens campsite to your right. The track goes uphill to a short, elevated section with fantastic views. You pass Black Barn on your right, an occasional summer landing station of Windermere Lake Cruises. The footpath uphill to the left takes you to the lovely village of Hawkshead. It is 3 miles, is steep in places and there are buses to Windermere (via Ambleside) from Hawkshead.

The track turns into a road again as you pass through two pillars. The road forks to the left and goes uphill. Take the path to the right to Red Nab car park, signed 'Wray Castle 1.5 miles, Ambleside 5 miles.' Wray Castle is well worth a visit and has a great café. If you make it as far as Wray Castle, your quickest route back to Windermere is around the northern point of Lake Windermere via Ambleside. You can travel from Ambleside by bus or boat. Alternatively, retrace your steps to return via the ferry and Bowness.

