

Geology walk: The early years of Borrowdale... 4 miles Borger Dalr, Cumbria

Explore the origins of Borrowdale as you walk from Grange to Castle Crag. The area was described by the renowned fell-walker and author Alfred Wainwright as 'the finest square mile in Lakeland'.

Start: Grange In Borrowdale **Grid ref:** GR253174 **Map:** OS Landranger 90, Explorer O14

Getting here & local facilities

By bike: from Keswick on the B5289 road to Borrowdale

By train: Nearest station is Penrith 27.1 miles (43.6kms)

By bus: Regular bus services from Keswick, Stagecoach 77 and 77a

By road: from Keswick on the B5289 road to Borrowdale

Cafe and toilets are available in Grange, as is a limited amount of car parking. There is a campsite at Hollows Farm (point 3 on the route map. See www.hollowsfarm.co.uk)

Look out for...

Rock sheep!

When you arrive at the entrance to the group campsite at Hollows Farm, look across the campsite field and you will see a large wooded knoll. It has crags at its left end and a more gentle profile to the right. This piece of solid rock has been sculpted by glaciers some 8,000 years ago. It is known as a 'roche moutonee', French for 'rock sheep' and you will see lots of these, large and small, throughout the walk.

Hill Fort

The summit of Castle Crag is packed with interest: a poignant war memorial; stunning views; Iron Age earthworks of an ancient hill fort that gave the valley its name (Borger Dalr, old Norse for 'Valley of the Fort') and, of course, the biggest 'roche moutonee' of them all!

Millican Dalton's Cave

A detour (see direction point 9) leads to Millican Dalton's cave. Millican was a self-titled 'Professor of Adventure'. Between the two World Wars he spent the summers living in these caves. You can still see some wise words that he carved on the walls of the topmost cave. If you wish to visit the caves, it's advisable to refer to the OS map.

'Walk through 450 million years of history in a little over 4 miles of stunning scenery'
Andy Warner, National Trust Ranger, North Lakes



© Paul Delaney

The small summit of Peace How was bought for the nation in 1917 as a place where soldiers returning from the carnage of the front line could regain a sense of peace.



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Look out for amazing colours in the rock walls of Dalt Quarry, where a new wetland habitat has developed since the quarry closed.



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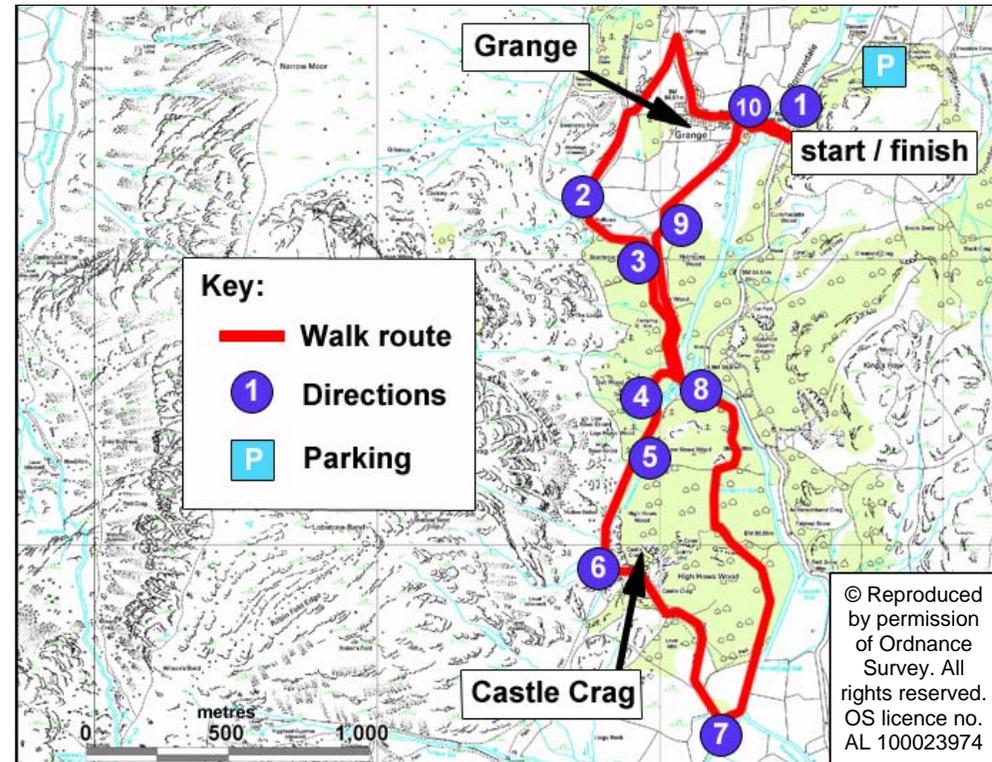
Castle Crag was the site of a hill fort some 2,000 years ago, and it is easy to see why. Notice how flat the land in the valley bottom is. It represents the drained bed of an old lake that existed here at the end of the last Ice Age, when the glaciers had finally melted.

Directions

1. Follow the road across the bridge and through the attractive village of Grange, the site of a medieval monastic farm belonging to Furness Abbey. Continue along the road for about 400m until you almost reach the Borrowdale Gates Hotel. Go through the gate on the left, follow the path to a high point, then leave it to climb the knoll on the right, Peace How.
2. Walk down to the gate at the edge of the wood. Passing through, take the clear track going gently down to the left towards Hollows Farm. Notice how you are walking into the volcanic rocks.
3. Pass through the yard at Hollows Farm. After approximately 200m take the track to the right. Ahead, across the camping field is the craggy knoll of Holmcrag Wood.
4. Continue on the main path down to the River Derwent. At the first large beck, cross it by the bridge and ahead is a path that ascends to Dalt Quarry.
5. Turning away from the Quarry, take the smaller track to the right. This joins a larger track near a small bridge. Ascend the larger track, shortly leaving the wood and climbing by the stream of Broadslack Gill. Further up, below the steep crags on the left, a smaller but still clear path branches to the left. Take a breather and a moment to listen to your surroundings.
6. If time, weather and inclination permit, the short steep climb to the summit of Castle Crag is recommended.
7. Ascend steeply to a ladder and stile. Cross these and follow the fence to another ladder stile. Turn left and keep going up. Now comes the juicy bit. Go up the spoil heaps on a path that is not as hard as it looks. A great view awaits you at the top. Go to the right of the large quarry and climb to the top of Castle Crag.
8. Carefully reverse the route of ascent to the lower ladder stile. Cross this and follow a grassy track until you approach a stone built footpath, take this path down towards the wall and gate. Follow the narrow track through the woods and you will again find a stone-built path leading you down amongst the mature oaks towards a gate and stile. Cross the stile and bear left towards another set of gates, go through and follow the path.
9. Continue through the woods, passing through an area of quarry workings (if you wish to visit Millican Dalton's cave, take the narrow path to your left as you pass through a dry stone wall), until the river is reached once more, near to the campsite and the track to Dalt Quarry.
10. From the river retrace the earlier route to the access lane to Hollows Farm. Turn right and follow the road back to Grange village.

Walk distance, terrain and accessibility

Allow 3 to 4 hours for this for this 4.05 mile (6.5 km) walk over varying terrain. There is a steep but gradual climb to Castle Crag, and paths can be slippery when wet, so suitable footwear and clothing is recommended. The route is not suitable for pushchairs. No bins provided on the route - please take all your litter, including dog waste, home with you.



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