

## 100. Eskdale

**Distance**      **5 miles/7.5km**

**Ascent**        **317 metres**

**Start/finish**    **Dalegarth Station, CA19 1TF**

Head along the road towards Boot and turn R opposite the pub down a track, past Esk View Farm and the church to the River Esk. Cross and turn L following the riverside path up the valley and slightly south to Low Birker. Turn R here and follow the track to the road at Doctor Bridge. Cross and follow this road north then R onto the valley road to the Woolpack Inn (2 miles/3.2km). Turn L following the footpath between the pub and the outdoor centre up the fell to Eel Tarn. Pass this to the west then turn L at the path junction. A nice detour here is to climb the scrambly Great Barrow to your L, otherwise follow this path south-west and down the Whillan Beck into Boot. Turn R on the valley road to return to the start.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Head along the road towards Boot and turn right opposite the pub down a track, past Esk View Farm and the church to the River Esk.
0.6	0.9	Cross and turn left following the riverside path up the valley and slightly south to Low Birker.
1.5	2.4	Turn right here and follow the track to the road at Doctor Bridge. Cross and follow this road north then right onto the valley road to the Woolpack Inn.
2	3.2	Turn left following the footpath between the pub and the outdoor centre up the fell to Eel Tarn.
2.8	4.5	Pass this to the west then turn left at the path junction. Follow this path south-west and down the Whillan Beck into Boot. Turn R on the valley road to return to the start.