

101. Wast Water

Distance **11 miles/17km**

Ascent **1341 metres**

Start/finish **Wasdale Head, CA20 1EX**

Take the road south to the bend, where you continue onto a bridleway heading south-west to the head of Wast Water. Turn L and then R onto the lakeside path, which follows the southern side of Wast Water all the way to the mouth of the River Irt by Low Wood. Turn L and follow the path up to Greathall Gill (4.7 miles/7.5km). Turn L again up the gill to the ridge path at the top. Turn L onto this and follow it north-east over Whin Rigg and along the ridge to Illgill Head. Continue on the path trending R and downhill to a path junction at NY 183055 near Maiden Castle Cairn (8.1 miles/13.1km). Turn L and follow the bridleway downhill to join the outbound path in the north-eastern corner of Wast Water. Turn R here away from the outbound route and follow the path up Lingmell Gill. Turn L at the next path junction and follow a path around the base of Lingmell to a footbridge over Lingmell Beck, cross this to return to the start.

Miles	Km	Directions
0.0	0.0	Take the road south to the bend, where you continue onto a bridleway heading south-west to the head of Wast Water. Turn left and then right onto the lakeside path at the north-eastern end of the southern shore.
1.2	1.9	Follow the southern side of Wast Water all the way to the mouth of the River Irt by Low Wood.
4.3	7	Turn left and follow the path up to Greathall Gill.
4.7	7.5	Turn left up the gill to the ridge path at the top.
5.2	8.4	Turn left onto this and follow it north-east over Whin Rigg and along the ridge to Illgill Head.
7	11.2	Continue on the path trending right and downhill to a path junction at NY 183055 near Maiden Castle Cairn.
8.1	13.1	Turn left and follow the bridleway downhill to join the outbound path in the north-eastern corner of Wast Water.
9.2	14.8	Turn right here away from the outbound route and follow the path up Lingmell Gill. Turn left at the next path junction and follow a path around the base of Lingmell to a footbridge over Lingmell Beck, cross this to return to the start.