

107. Aira Force & Gowbarrow Fell

Distance 4.5 miles/7km

Ascent 630 metres

Start/finish Aira Force car park, CA11 0JS

From the car park take the main path initially then turn R crossing Aira Beck on a footbridge and follow the path east. Turn R at the first junction then fork L ascending under Hind Crag and following the path L around Gowbarrow Park. Stay L past the shooting lodge and then climb to the trig point on Gowbarrow Fell (2.6 miles/4.1km). Continue on the path, descending west into the Aira Beck valley. Turn L at the path junction and head down the beck and past the smaller waterfalls upstream of Aira Force. Join the tourists at the bridge over Aira Force and follow the well-used paths past the various viewpoints before returning down the main path to the start.

Miles	Km	Directions
0.0	0.0	Follow the main path north then turn right crossing Aira Beck on a footbridge and following the path east. Turn right at the first junction then fork left ascending under Hind Crag to a path junction at NY413206.
1.1	1.8	Stay left and follow the path around to the left heading north to a path junction by the Shooting Lodge at NY414217.
1.9	3.1	Stay left and follow the path around to the left ascending to the trig point on Gowbarrow Fell.
2.6	4.1	Descend west to a path junction in Aira Beck valley.
3.2	5.1	Turn left and head down the beck and past the smaller waterfalls upstream of Aira Force. Join the tourists at the bridge over Aira Force.
3.9	6.2	Follow the well-used paths past the various viewpoints before returning down the main path to the start.