

108. Buttermere

Distance **10 miles/15.5km**

Ascent **920 metres**

Start/finish **Buttermere, CA13 9XA**

Head west out of the village to the L of the pub and across the fields between Crummock Water and Buttermere. Turn R onto the path on the far side and follow it north-west along the western shore of Crummock Water to the northern tip. Cross both bridges and turn R in the small patch of woodland below Scale Hill before running south-east along the eastern shore. You can follow this straight back to the start but we suggest turning L at Rannerdale Bridge and running up Squat Beck; the bluebells can be amazing here. Turn sharp R at the path junction at NY 179177, almost turning back on yourself then running out along the ridge to Rannerdale Knotts (7.6 miles/12.3km). Turn L and follow the steep path downhill to a path junction below. Turn L and follow this above the road and lake back towards Buttermere, joining the road. When you reach the National Trust car park on the R, turn R onto a path through woodland and down to cross a footbridge, then turn L to return to the start.

Miles	Km	Directions
0.0	0.0	Head west out of the village to the left of the pub and across the fields between Crummock Water and Buttermere to Scale Bridge.
0.6	0.9	Turn right and follow the path along the western shore of Crummock Water to the northern tip.
3.9	6.2	Cross both bridges and turn right in the small patch of woodland below Scale Hill before running south-east along the eastern shore to the car park just north of Rannerdale Bridge where a footpath bears left off the road.
5.2	8.4	Follow this path up Squat Beck to at the path junction at NY179177.
6.8	10.9	Turn sharp right almost turning back on yourself then running out along the ridge to Rannerdale Knotts.
7.6	12.3	Turn left and follow the steep path downhill to a path junction below.
8	12.9	Turn left and follow this above the road and lake back towards Buttermere, joining the road and following it to the National Trust car park.
8.9	14.3	Turn right onto a path through woodland and down to cross a footbridge, then turn left to return to the start.