

Safety

- Always wear adequate buoyancy when canoeing, a personal buoyancy aid or life jacket. Canoes/kayaks should be fitted with enough buoyancy to allow them to float in the event of capsizing. Spray decks are recommended for kayaks.
- Hypothermia kills. Wear adequate clothing for your journey and the time of year. Ullswater is deep and cold for most of the year. Fatalities have occurred when ill equipped.
- Be flexible, the wind is the main controlling factor on the lake and can make some trips impossible and/or dangerous. Therefore you may need to change your plans. Check the weather forecast before your trip. It is generally easier to go downwind but you might find it too difficult to paddle back. If you are planning an out and back trip then always set off into the wind so that it will be easier to get back.
- Ideally you should always paddle in a group of at least three. If planning to cross or paddle the length of the lake at least one of you should know how to perform a 'deep water rescue'.
- Stay with your boat in the event of capsizing. It is easier to see the boat rather than just a head. Stay close to the shore if uncomfortable with deep open water.
- Carry and know how to use a map and compass.
- Leave plans/details of your trip with a responsible adult.
- KEEP CLEAR of the lake steamers and their piers. They are not as manoeuvrable as a canoe/kayak.

Emergency telephone numbers

Coast Guard 999 (all phones) or VHF channel 16

Police & Ambulance 999 or 112 (all phones)

NB Mobile phone reception in some areas of the lake does not extend to all networks.

Weather Information National Park Weatherline 0870 055 0575
BBC Radio Cumbria (FM 95.6 or MW 756),
daily forecasts, 07:35, 08:35 & 17:35, 18:35
www.metoffice.gov.uk

Local River Access www.cumbriacanoeists.org.uk
www.bcu.org.uk
www.ukriversguidebook.co.uk

Tourist Information Ullswater 017684 82414
www.lake-district.gov.uk
Penrith 01768 867466
www.visiteden.co.uk

Police Station Penrith 0845 3300247
Local bus service 108 Service. Penrith & Patterdale
www.traveline.info



This leaflet was produced as part of the 'Discover Eden' project - a countryside recreation and interpretation programme managed by Eden Rivers Trust in partnership with East Cumbria Countryside Project supported by the Heritage Lottery Fund.

edenriverstrust.org.uk

Pooley Bridge - meaning the hill by the pool or stream, the hill being Dunmallard on top of which are the remains of an Iron Age hill fort. This small village at the northern end of Ullswater has a bridge dating back to the 16th century where previously there had been a fish trap. A fish market was held in the village square in front of the Crown and in 2000 a fish cross was put up to commemorate this, replacing an earlier one which had been removed in 1859.



Pooley Bridge

P1 Eusemere car park - Pay & display. Requires a portage of some 300mtrs down a footpath to launch from the beach past the Lakeland Boat Hire Company. This avoids using the river.

P2 Dunmallard car park - Pay & display. You can paddle the 200 metres upstream to join the lake but you must contact Dalemain Estates T: 01768 486450 before your river trip.

Both these car parks are very busy on a summer's day.

P1 Park Foot - Lake access and launching free while staying at Park Foot. £4.50/day park & launch fee for non-residents.
T: 017684 86309 www.parkfootullswater.co.uk

P2 Waterside House - Lake access and launching free while staying at Waterside. £4.50/day parking & £4.50 launching fee for non-residents.
Canoe hire on a daily basis
T: 017684 86332 www.watersidefarm-campsite.co.uk

Earn yourself a welcome

- Be friendly and polite to local residents.
- Drive slowly with care and consideration and park sensibly without causing obstruction.
- Be as quiet as possible.
- Get changed discreetly out of public view.
- Get permission before going onto private property.
- Avoid wildlife disturbance and environmental damage.
- Be considerate to other water users.
- Support local business if you can.
- Unload kit tidily and take all litter home.
- Please follow the country code.

Short trips

The Pooley Bridge end of the lake, with it's quite shallow water and sometimes fairly large breaking waves can give small surfing experiences.

One day trips

1 Launching from either the Dunmallard car park, then upstream to the lake or Park Foot slipway direct onto the lake, paddle SW past Gale Bay, Waterside, Ullswater Yacht Club, Sharrow Bay and on to Howtown Wyke (Public launching) for a lunch break. A hotel is located in the hamlet.

An excursion is possible from here up to the Hause or continue to the summit of Hallin Fell (approx 1hr) which offers commanding views of Ullswater from its summit.

To return to Pooley Bridge, either paddle directly across the lake at its widest point or paddle along the shoreline to Geordie's Crag and NE towards Outward Bound®. This forms the narrowest/shortest crossing of the lake.

From Skelly Nab continue NE passing Oldchurch, Leeming House, the Ullswater Marinas and a small privately owned harbour, before returning to your start point.

For the more energetic finish the day with a short walk to the top of Dunmallard (approx 35min) for fine views of the lower reach of the lake.

NB the shoreline of this trip is privately owned; please respect the wishes of landowners.

The Middle Reaches - Howtown on the south shore of the lake is the mid-point of the steamers' journey between Glenridding and Pooley Bridge. The pier stands on a small headland formed by debris washed down by Fusedale Beck. A good place for a break, there is a hotel with a bar around the back (Apr-Oct). There is a public slipway here but it is limited by lack of parking.



The Middle Reaches

P3 Lake side lay-bys - 4 large lay-bys next to the lake provide safe launching and disabled access too. They can however be very busy, and at peak times parking is often limited.

P4 A further 4 small lay-bys can be found on your left between the above and Glencoyne, they are a little way above the lake so making it difficult to launch.

Short trips

Howtown Bay presents a circular exploration offering the narrowest and widest part of the lake in the same place with stunning views of the Helvellyn range.

Please help to protect the wildlife

- Landing/launching and trampling can easily damage the lakeshore. Please take care when launching or landing.
- Wintering wildfowl and nesting birds use the lake and lakeshore. Please avoid disturbing areas where they may be found.
- Birds nest on Norfolk (House Holm) Island. Please avoid landing during April and May. Birds also nest on the other islands, so please be aware.
- Do not land or paddle amongst the reed beds or wetlands. They provide valuable shelter for nesting birds & wildfowl.
- Keep clear of shallow gravel areas of rivers where salmon and trout may spawn - especially November, December and January.
- Do not camp or light fires on the lakeshore or islands.
- Take your litter home with you.
- Please report any pollution to the Environment Agency: 0800 807060

One day trips

2 Launch in one of the lay-bys opposite Sandwich and paddle down to Skelly Nab and Outward Bound® and then cross the lake at its narrowest point to the small crag (Geordie's Crag) at the corner of the lake. Make a 100 metre detour back up to visit the Birkett Memorial on Kailpot Crag then paddle into Howtown Bay and across to near the steamer pier. There is a public slipway where you can land. Either return the way you have come or paddle towards Pooley Bridge for a while and then cross back to the northern side and return past Leeming House Hotel and Outward Bound®.

3 From the lay-bys described above paddle across to Sandwick Bay (landing permitted), head South past the conservation area (no landing) adjacent to Sandwick Beck and on past Scalehowe Wood to Long Crag. A good lunch spot is located at the S end of Scalehowe Wood. Paddle across the lake to Aira Point (privately owned) then NE passing Lyulph's Tower and on to the lay-bys.

3a Continue to Silver Point, round Norfolk Island and follow the shore back to Aira Green, next to Aira Point (private). Stop for tea or a wander up to Aira Force (approx 40 min) if time allows. Exercise care when crossing the road.

3b Alternatively paddle to Silver Bay to wander up Silver Crag (approx 35 min) and return (a struggle through Juniper).

Glenridding - meaning the glen overgrown with bracken, the village at the southern end of Ullswater. It owes its existence to the presence of the lead mine at Greenside. The mine was worked almost continually during its life from 1825 until it was exhausted in 1961. The mining company built the terraced houses in the village for its workers.



Glenridding

P5 Glencoyne - National Trust pay and display car park. Care needs to be exercised, as you have to cross the road with your boat to access the beaches. Please do not restrict the entrance with large trailers or vehicles.

P6 Stybarrow Crag - Free car parking. On the road towards Glenridding about 1 km from Glencoyne is a lay-by, just before the large cliff next to the road. Again you have to cross this busy road to access the beach.

P7 Glenridding 'Steamer' Pier - A pay and display car park with good access to the lake from beaches to either side. KEEP CLEAR of the pier as the steamers need clear access at all times.

NB If you are not using the steamer, you will need to ask if you can park, especially during busy periods of the season. An alternative is to drop boats off here and then park in Glenridding, which is only a short walk away.

P8 Side Farm - Lake access and launch free while staying at Side Farm. £5.00/day park and launch fee for non-residents. T: 017684 82337 andrea@sidefarm.fsnet.co.uk

Short trips

Glenridding offers perhaps the most variety for a short trip in terms of island hopping and has a craggy shoreline to explore.

One day trips

4 Aira Force for tea! Launch from Glenridding and paddle to Aira Green next to Aira Point (private). Leave your boat on the shore and follow the footpath to the road and the Café on the far side for afternoon tea.

5 Island Circuit. Launch from Glencoyne (having checked on the weather first) and paddle to Norfolk Island, Silver Point, and S to the other islands of Lingy, Wall, and Cherry Holm before crossing back to near the steamer pier at Glenridding and a refreshment stop. Then return down the western shore passing the wooded cliffs to Glencoyne.

6 Lake Circuit. Launching from one of the car parks at this end of the lake, a circuit can be made as far down the lake as the canoeist feels able. This is the wilder end of the lake, offering majestic views of the Helvellyn range and surrounding hills when travelling in a S direction. It is also quite possible to just explore the islands and features at this end of the lake.

Lake Traverse. It is quite possible to make the journey to Pooley Bridge. Either arrange a shuttle or, leaving your boat secure, catch one of the lake steamers back to Glenridding. Consider this trip in reverse if the wind is from the N or NE.



Ullswater
Canoe
Trail

Ullswater is an
ideal destination
for canoeing
enthusiasts with
its breathtaking
scenery



Photo: Van Oostert

Ullswater, situated in the north-east corner of the Lake District National Park, is 7½ miles (13km) long and 0.5 miles (0.8km) wide and is 205 feet (63m) at its deepest point. Ullswater is named after the first lord of Ullswater, a Norse settler called Ulf (wolf). The lake has three distinct reaches, with the most dramatic scenery towards the southern end of the lake, the geology being of the Borrowdale Volcanic series topped by Helvellyn (949m), the third highest peak in the Lake District. The view is more pastoral towards the northern end with Heughscar Hill being a limestone outcrop. The line of the High Street Roman Road runs along the fell tops above the eastern side of the lake.

Pooley Bridge and Glenridding at either end of the lake offer pubs, cafes and shopping for those last minute essentials. Larger shops can be found in Penrith.

Accommodation

The Ullswater Valley boasts a wide range of quality accommodation, from a world-renowned Country House Hotel to B&Bs and campsites. Lakeside campsites are listed, further information is available from:

www.ullswater.com www.visiteden.co.uk

Disclaimer: Please note that no organisation, their representatives or individuals involved in the production of this leaflet can be held responsible for any loss, damage or accident. You park and paddle at your own risk – please accept and respect this.

Getting There

From the North and East: Junction 40 M6 - A66 - A592

From the South: Ambleside A592 Kirkstone Pass to Glenridding

From the West: Keswick A66 - A5091 - A592 North or South to either Pooley Bridge or Glenridding

Parking

The Ullswater Valley is a very popular visitor destination; consequently parking can be difficult at weekends and during the holiday season. Please park your vehicle/trailers with consideration at all times.

The second largest lake in the Lake District, Ullswater is regarded by many as one of the most scenic of the Lake Districts' lakes. Most of the lakeshore is private, with only a few public access points, therefore the reason for this guide. The lake has a right of navigation, therefore once you gain access to the water you are then free to explore the lake.

This trail is designed by the Eden Rivers Trust and Canoe England for Paddlesport enthusiasts (& on calm days beginners) to help make a visit to Ullswater easier and more informative.

Short trips

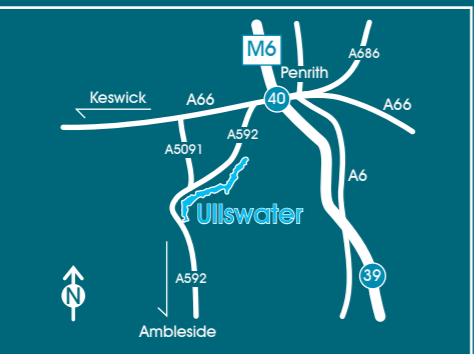
Many of the points of interest around the lake can be visited on a short trip from the various launch points. They can also be made up of parts of the one day trips outlined in the text. The Ullswater Paddling Times chart gives an estimate in minutes between the various points around the lake.

1 day trips

Recommended trips are outlined on the map and described in the text referring to each area of the lake.

2 day trips

A trip of this nature is ideally based at one of the campsites, which offer access to the lake, taking into account the prevailing wind. Based at one site then staying overnight at the other end of the lake, such trips would allow all points of interest to be visited without the need to rush and would be good for groups allowing plenty of time for each leg of the journey. This would allow scope to explore local attractions or to take in the local fells.



Wordsworth Point – on 15 April 1802, William Wordsworth and his sister Dorothy passed this place on their walk back to Grasmere having stayed with friends in Pooley Bridge. Dorothy wrote about the daffodils growing there in her journal and two years later William composed his famous poem 'I wandered lonely as a cloud'.

Glencoyne Bay – a pleasant beach, beyond which is Glencoyne Farm, a private farm owned by the National Trust which includes 3500 acres of mainly fell land. The farmhouse dates back to 1500 and has distinctive large round Westmorland chimneys. Behind the farm is a 'hanging valley', a glacial feature.

Stybarrow Crag – locally known as 'hanging rock'. In the 1920's the crag was cut through to take the road around the base of it providing a more direct route to Glenridding.

Ullswater 'Steamer' Pier – to the left of the slipway is a plaque recording the fact that on 23rd July 1955, Donald Campbell broke the water speed record at 202.32mph.

Silver Point – a usually peaceful stop, ideal for picnics, lunch etc and only a short paddle from Glenridding launching points. Just offshore here is the deepest part of the lake 205' (63m).

Goldrill Beck & adjacent reed beds – a good example of wet Alder woodland and reed beds, which offer shelter for nesting birds and wildfowl. Please respect this area and avoid unnecessary disturbance.

Red Deer – can be seen on the slopes of Place Fell, sometimes coming down to the lake's edge.

Place Fell – dominates the southeastern reach of the lake. On the steep slopes of Birk Fell is the most extensive area of juniper scrub in the Lake District, which gives way to birch wood below.

Aira Force Waterfall – it is not possible to see the waterfall from the lake but a short excursion can be made, leaving your boat on Aira Green next to Aira Point (private). The waterfall has a drop of 70ft and the stone bridges were built to commemorate Sir Cecil Spring-Rice (a diplomat whose main achievement was to gain America's support during WW1) and his sons. He wrote the text of the hymn 'I vow to thee my country'.

Lyulph's Tower – a gothic hunting lodge built by the 11th Duke of Norfolk in 1780.

Red Squirrels – can be sighted at almost any point around the lake.

Sandwich Bay – a good spot for lunch or a break as landing is permitted on the beach here.

Kailpot Crag – named after the pothole at its base formed by the action of stones and water in a depression. Set into the rock is the Birkett Memorial, a plaque commemorating Lord Birkett of Ulverston.

Fishing – an Environment Agency rod licence must be held (available from Tourist Information Centres and Post Offices). Please keep clear of anglers fishing from boats, piers or lakeshore.

Hallinag Wood – a scheduled Site of Special Scientific Interest and a Special Area of Conservation is a good example of broadleaved fell woodland. Woodpeckers, Tree Creepers, Blue Tits, Great Tits and Pied Flycatchers nest amongst the holes and crevices within the wood.

Glenridding

Bird life – Ullswater has a wide range of bird life. Mute Swans, Ducks, Moorhens and Coots are to be seen around the lake and Cormorants and Herons can be seen fishing on the lake. Among the seasonal visitors there are Canada Geese and Oystercatchers. Swallows and Swifts perform their aerobatics as they catch insects close to the surface of the lake. Ullswater is also an important site for Gulls roosting, particularly through the winter.

The lakes waters – are home to Char, Perch, Trout and Schelly, a fresh water herring. This relic of the Ice Age is found only here, Haweswater and in three local tarns.

Canoe Hire

Glenridding Sailing Centre
017684 82541 www.lakesail.co.uk

Lakeland Boat Hire - Pooley Bridge
017684 86800 www.lakelandboathire.co.uk

Ullswater Outward Bound® Centre has a Community Canoe Centre for hire by groups. 017684 85000

Watermillock

Castlehow's Point

Ullswater Marinas

Waterside House

Yacht Club

Thwaitehill Neb

Sharrow Bay – the original country house hotel with fine views across the lake.

Gale Bay – the concrete structure near here is a pumping station used to pump limited amounts of water to Haweswater in times of drought and then onwards to Manchester.

Waterside – the set of railway tracks here are used by the Ullswater 'Steamer' Company to maintain their steamers. Please keep clear of the tracks.

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Key

- P1 Lake access and parking (No. refers to notes overlaid)
- Recommended routes (No. refers to notes overlaid)
- Lakeside camping facilities (No. refers to notes overlaid)
- Tourist Information Centre
- Public Toilets
- Public Telephone
- Inns, pubs, hotels
- Cafes
- Shops, general stores etc
- Open Access Land (CROW 2000)

Scale 1/25000 (approx)
Use in conjunction with OS 1:25000 Explorer OL 5 or OS 1:50000, sheet 90 Penrith & Keswick

	Aira Green	Blowick Bay	Castlehow's Point	Devils Chimney	Gale Bay	Glencoyne	Glenridding Spit	Howtown Wyke	Kailpot Crag	Lakeside Laybys	Norfolk Island	Old Church Bay	Pooley Bridge	Roscombe Rigg	Sandwich Bay	Sharrow Bay	Side Farm	Silver Bay	Skelly Neb	Stybarrow Crag	Thwaitehill Neb	Waterside House	
Aira Green																							
Blowick Bay	150																						
Castlehow's Point	120	150																					
Devils Chimney	5	35	145																				
Gale Bay	175	30	180	150																			
Glencoyne	150	20	120	25	25																		
Glenridding Spit	30	180	15	150	10	50																	
Howtown Wyke	120	100	75	105	45	110	75																
Kailpot Crag	25	90	120	150	120	45	85	55															
Lakeside Laybys	15	40	75	60	90	70	60	75	40														
Norfolk Island	60	75	90	20	10	145	10	115	15	25													
Old Church Bay	90	35	25	25	115	100	55	100	25	105	80												
Pooley Bridge	65	165	105	90	90	200	165	20	175	50	180	145											
Roscombe Rigg	135	60	40	25	40	60	55	40	120	40	85	45	30										
Sandwich Bay	25	115	35	65	15	40	140	70	100	70	55	75	45										
Sharrow Bay	65	90	45	25	120	60	55	40	145	130	35	130	15	135	105								
Side Farm	150	85	60	200	120	30	85	90	120	10	40	180	15	145	15	45							
Silver Bay	35	115	55	30	165	90	10	55	70	85	30	20	150	25	115	25	25						
Skelly Neb	75	110	30	25	45	85	15	85	30	10	25	105	90	60	90	40	95	70					
Stybarrow Crag	105	20	25	130	75	50	180	115	15	75	95	115	15	20	175	10	135	15	40				
Thwaitehill Neb	150	40	130	150	10	130	95	45	30	130	70	60	45	150	120	25	135	10	140	120			
Waterside House	25	175	55	140	175	25	85	115	25	45	150	85	70	60	145	145	5	160	25	165	130		

