where to get on in the lake district

The Lake District Visitor Centre

The Lake District Wiremore

paddling on lake windermere

Useful information

Before going afloat on any of the Lake District’s varied waterways, consider a few health and safety points:
- If new to paddling consider taking tuition from a recognised provider.
  - Visit www.golakes.co.uk/onwater for a list of activity providers.
- Be aware: however gentle a stretch of water looks there will always be a level of risk and a capsize can be serious.
- Never paddle alone or outside your level of competence.
- Be familiar with rescue techniques and be properly equipped with the right equipment and clothing.
- Have a buoyancy aid, proper clothing, protective gear (a helmet is essential on moving water) and rescue equipment.
- Plan your route using one of the Ordnance Survey Outdoor Leisure maps.

IMPORTANT

All paddlers go out at their own risk. This leaflet offers guidance advice for paddling in the Lake District. Remember there is always an element of danger and risk in any paddle sport and responsibility lies with the individual. The publishers cannot be held responsible in the unlikely event of injury or accident whilst undertaking this sport.

The weather in the Lake District is changeable and any variation in weather can have a significant impact on paddling conditions. Look at the weather forecast and the risk of any increase in wind, rain, rising river levels or likely sea states during your planned paddle. Grading systems are a rough indication and conditions on the day will determine the real standard required.

Call Weatherline on 0844 846 2444 or visit www.lakedistrictweatherline.co.uk

If in doubt of ability to deal with weather conditions leave the trip for another day.

ACCOMMODATION

Visit www.golakes.co.uk/stay to search for and book local accommodation.

GETTING HERE

Visit www.golakestravel.co.uk for public transport information.

Drive less and see more.

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CANOE ENGLAND

All these points are covered in the Canoe England training scheme and Canoe England courses are readily available and fun. Visit www.canoe-england.org.uk for full details.

There are lots of registered providers in the Lake District that offer an introduction to paddling in a safe and controlled way. For more information visit www.golakes.co.uk/onwater

All paddlers in the Lake District share the water with other users and they should be shown consideration. Windermere has a right of navigation, it is regularly paddled and any specific access restrictions will be listed in the route descriptions. On other lakes and rivers access agreements have been carefully negotiated so if restrictions do apply to any water please observe them – in any event please treat other water users with courtesy and respect.

Visitor Information Centre

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Windermere

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**Route 1. Brockhole and the North Lake**

*Grade:* Red (Moderate - Challenge)

*Distance:* 7-8km

*Time:* 1-2 hours

*Start / finish:* Brockhole, The Lake District Visitor Centre (GR NY 3905 0100)

Park at Brockhole car park and walk down to the launch site near Brockhole water sports slipway (NY 3865 0104).

Head south and across the lake towards Red Nab car park (NY 3756 0132).

From Red Nab car park, paddle north past Wray Castle and up to Low Wray composite. From here cross over towards Brock Crag (NY 3688 0234), and paddle into the small bay past Brathay Hall Outdoor Centre, round by Brathay Rocks and round to Waterhead jetties and slipway (NY 3761 0329).

You can stop and have a rest here, or an ice cream. Then from Waterhead head south past the pier, past Holme Crag, Low Wood Marina, Langdale Chase Hotel and the return to Brockhole.

**Route 2. Fell Foot Park to Newby Bridge**

*Grade:* Green (Easy)

*Distance:* 6km round trip

*Time:* 1-2 hours

*Start / finish:* Fell Foot Country Park car park (GR SD 3862 8677)

Park at Fell Foot Country Park's southern car park and walk down the path past the adventure playground to the National Trust launch spot. Please check the local launching rules.

Once in the water, head south along the river following along the Haverthwaite railway line to Newby Bridge and return by the same route.

There's a rest spot at Newby Bridge, but please note there is no exit at the Swan Hotel as it is a private slipway.

Do not go below Newby Bridge due to the dangerous weir and faster moving water.

**Please Note:**

These routes are provided as a guide and they should be used in conjunction with the Ordnance Survey Outdoor Leisure 7 (South Eastern area).

**Canoe Trail Grading:**

*Grade:* Green (Easy)

Flat water, distance up to 12 miles, close to urban areas.

*Grade:* Red (Moderate - Challenge)

Flat water distance up to 25 miles, more urban than rural, can include tidal / flowing / open waters.

**Key to symbols used:**

- Car Park
- Rowing Boat Hire
- Canoe / Kayak Hire
- Wildlife Area
- Please Avoid Speed Limit
- Busy
- Speed Limit
- Public Toilets
- Tourist Information Centre
- Ferry Nab slipway

**Route 3. Red Grade Extension**

*Grade:* Red (Moderate - Challenge)

*Distance:* Additional 2km

*Time:* Additional 30 min – 1 hour

When leaving Ferry House (SD 3908 9570) head up to Belle Isle and paddle along the eastern shoreline (please note landing is not allowed).

When comfortable, head across the channel and paddle up to Bowness.

When returning, cross over to Belle Isle and circumnavigate the island until you can cross to the north of Thompson’s Holme (SD 3907 9711) and return north to Red Nab.

**Route 4. Ferry Nab to Bowness-on-Windermere**

*Grade:* Green (Easy)

*Distance:* Additional 3km

*Time:* 1 hour

When leaving Ferry House (SD 3908 9570) head up to Belle Isle and paddle along the eastern shoreline (please note landing is not allowed).

When comfortable, head across the channel and paddle up to Bowness.

When returning, cross over to Belle Isle and circumnavigate the island until you can cross to the north of Thompson’s Holme (SD 3907 9711) and return north to Red Nab.

**Route 4. Red Grade Extension**

*Grade:* Red (Moderate - Challenge)

*Distance:* Additional 2km

*Time:* Additional 1 hour

When leaving Bowness head across to Belle Isle. Follow the island around to the north.

Then explore through the islands behind Belle Isle, before passing to Ferry House (SD 3908 9570) on the west shore.

From here cross the lake avoiding the cable ferry back to Ferry Nab slipway.