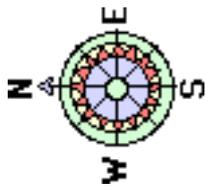
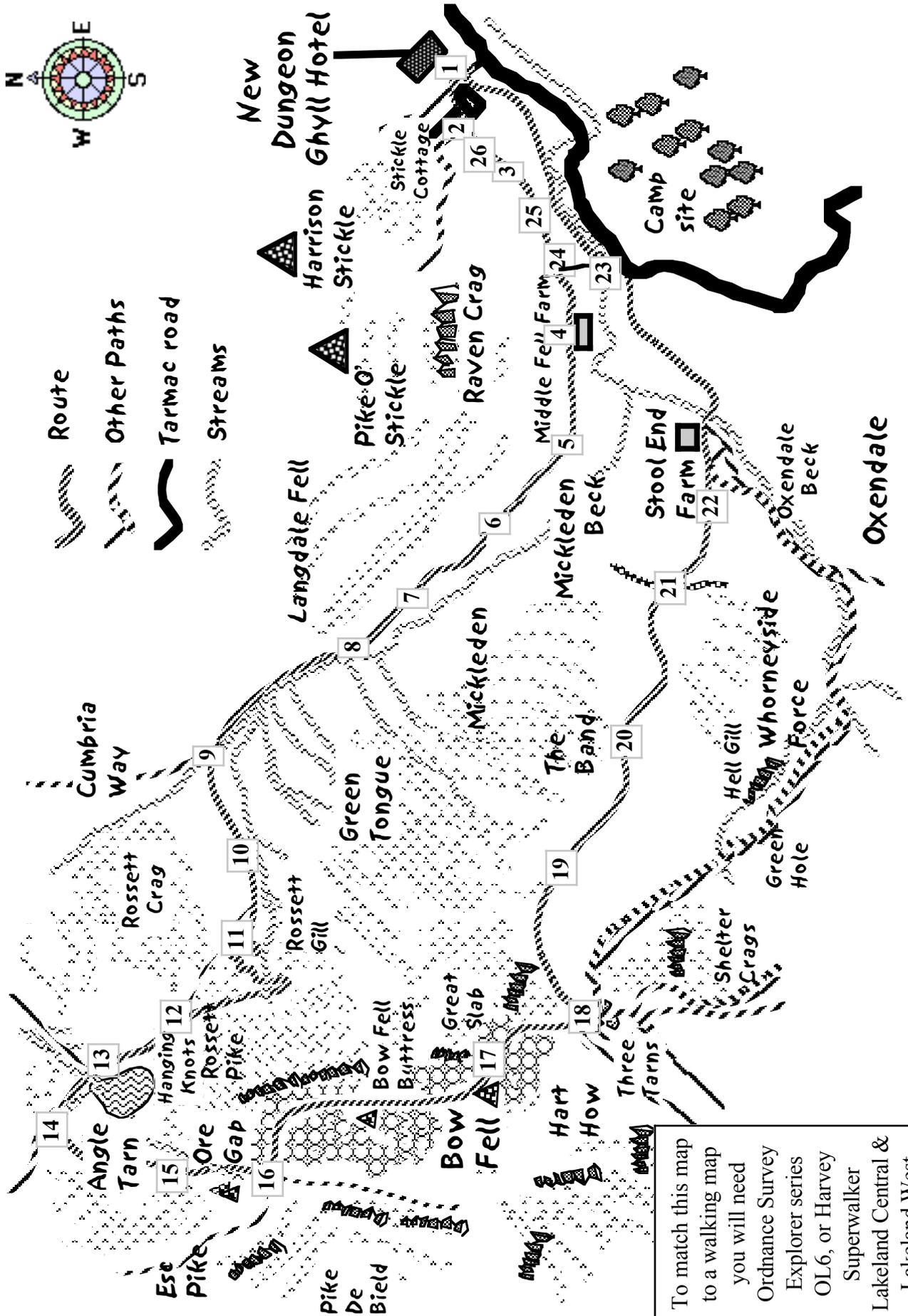


# Bowfell and Angle Tarn



- Route
- Other Paths
- Tarmac road
- Streams



To match this map to a walking map you will need

- Ordnance Survey Explorer series OL6, or Harvey Superwalker
- Lakeland Central & Lakeland West

## Walk 7

# Bowfell and Angle Tarn

Length	8 miles 12.75 km
Height	2840 ft 874 m
Difficulty	The hardest walk in the book, suitable only for those with a reasonable amount of walking experience and with the proper equipment and the knowledge of how to use it.
Time	6 - 8 hours
Summits	Bowfell
Views	The whole of the Lake District mountain range is visible at some time on this walk.
Fitness level.	Good strength and stamina required.

They always say that you should leave the best until last, and the walk up Rossett Gill to Angle Tarn and then on to the summit of Bowfell is one to leave until the last day of your holiday, if possible. There are many routes from which to choose, depending upon whether you want to include Crinkle Crag or one of the other peaks in the region. The one I've outlined here is amongst the easiest, although you'll need a good level of fitness, and plenty of fell walking experience, to complete it.

1. Turn right out of the hotel and locate a wooden gate leading into the field to the right of Stickle Cottage. Go through, then bear left to a wide gap in the wall about 100 yds. away.
2. Bear left to follow a rough, rocky track behind the buildings, up a slope. Care is needed in winter here. Ignore all paths running off to the right or left. Keep a stone wall to your left. After a quarter of a mile cross a wooden footbridge and bear left and then right almost immediately afterwards.
3. Follow the path for a quarter of a mile, then pass through a kissing gate and continue on, until you reach the rear of the Old Dungeon Ghyll Hotel. Go through a kissing gate situated to the left of a farm gate, then bear left to join up with a wider track.
4. Turn right on to the wider track, following signs for "Mickleden and Rossett Gill". Walk along the rough track, staying to the right of a wall. To your right will be pasture, to your left Bow Fell.
5. Walk along the easy to follow track towards the head of the valley. The wide path is very popular with walkers of all ages and abilities.
6. Go through a kissing gate, then another 50 yards further on.
7. Follow the line of the stone wall for another 1/8 mile, then follow the track as you leave the wall behind and move out across the open valley floor.
8. Continue on, crossing a minor beck via a flat stone footbridge and coming alongside Mickleden Beck.

9. At the head of the valley cross Mickleden Beck by a wooden bridge and follow the track signposted on a slate sign “Esk Hause”. The path gets progressively steeper as it jags back and forth along the side of Rossett Gill, the most arduous part of the climb.
10. A climb of almost 1,000 feet follows, during which the footpath is steep and rough underfoot. However, recent erosion control work has improved it greatly. Behind and below you the views get better with each step, and by the time you reach the point at which the path begins to level out the whole of the Langdale Valley is stretched out below in all its glory.
11. As you approach the top the path becomes less easy to see, and jags back and forth up the fell side. A number of small cairns mark the route, however, you should not have any great difficulty as this is the only viable path up the fellside.
12. As you reach the top of the fell Angle Tarn appears in front of you, calm and peaceful. This is an excellent place to stop awhile, gather your breath and take a drink.

There are actually two Angle Tarns in the Lake District, the other one being to the east of Patterdale. Both are formed in a Corrie, the name given to a small bowl shaped depression in the mountain from where a glacier was once formed. They are extremely common in the Lake District, although not all contain water.

13. Keeping the tarn to your left, follow the footpath down the hill, crossing the stream that drains the tarn by a series of stepping stones. Walk up the slope on the other side for 250 yards to another path on your left.
14. Take care here, you wouldn't be the first to miss this path, or head off in the wrong direction. Turn left and head up the hill and into Ore Gap, with Esk Pike to your right.

Ore Gap gets its name from the rich deposits of iron ore that are present here. The ore was first mined by the monks of the Borrowdale Valley, who used sledges to transport it down the fell to be smelted on Derwentwater. After the dissolution the ore was extracted for another 100 years before high quality deposits were found nearer to the coast. The coastal deposits were soon providing high quality iron for the factory and railway owners of the new industrial age. By the middle of the 19th century the coastal iron mines around Workington and Whitehaven were producing almost half the world's iron ore, leaving the deposits in central Lakeland undisturbed, and preserving the peace and tranquility of the Mountains for future generations to enjoy.

15. The ascent of Ore Gap is steep, but after a little effort you reach the top and find yourself on a wide, grassy ridge between the Scafell range to your right, and Bowfell on your left.
16. Turn left and begin climbing uphill again, across a boulder field. The path is hardly discernible here, however, a line of cairns marks the route. Beyond the boulders you come to a rocky ridge leading to the jagged summit of Bowfell.

At 2,840 feet Bowfell offers superb views of the central fells, and also demonstrates how close together all the major mountains in the Lake District really are. You are, in effect, in the central hub of the “wheel of mountains” that make up the Lakeland Fells. From your current position Borrowdale is no further than your base at the New Dungeon Ghyll, yet another reason to ensure that you consult your map and orientate yourself before setting off down the mountain!

17. When you are ready to return to the valley floor, head south-east, then bear south, off the summit towards Three Tarns. The descent is down a very steep and rocky path which forks half way down, the left hand path avoiding a line of crags before joining up with the right hand path again. The path is usually quite easy to see as many feet tramp this way each year. However, great care is needed.
18. You'll know when you get to Three Tarns, although if the weather has been wet of late you'll wonder if the people that named this place were able to count! There are usually at least 4 small tarns, as well as another 3 or 4 small ponds. As you approach the tarns turn on to a footpath bearing left, beside an apology for a stream which trickles out of one of the tarns. This trickle grows as it descends the fell. The footpath veers away from it and becomes clear and easy to follow. Like the path up the fell, there has been a lot of erosion control work here, but the path is steep and rocky and great care is needed.
19. You are now heading down the fell towards The Band. The path is broad and although rocky underfoot is not too steep and for almost a mile you'll enjoy a very pleasant downhill section with open grassy fells on both sides of you.
20. After a fairly level section the path starts to drop steeply down the fellside again, and Stool End Farm appears in the distance. The path then bears right down bracken covered fellside to arrive at a dry stone wall and a kissing gate.
21. Go through the kissing gate. A few yards to your left is a seat and memorial stone set in the wall. I like to take a rest here, enjoy a drink and take in the view before the final steep and rocky descent along the clear path to Stool End Farm.
22. At the bottom the path joins a wider farm track. Bear left here and follow the track to Stool End. When you reach the farm go through a gate through the farmyard following the signs, and down a metalled road until you reach a junction with the main road down the valley.
23. Turn left, along a driveway over a bridge to some houses. Walk over the bridge to a gate. Go through and cross the small field to a kissing gate. Go through, cross a road and go through the next kissing gate. Walk up a narrow path to a junction with a wide track. Cross the track and follow the wall to your right up the slope to a gate with an adjoining kissing gate.
24. Go through the gate and follow the walled track along the side of the slope. This is a rocky and undulating footpath. Do not turn off either right or left.
25. After a quarter of a mile go through a kissing gate. After another quarter of a mile cross a wooden bridge. Continue on until the New Dungeon Hotel appears in the distance. The last part of this section is stony, with a steep, rocky slope to walk down.
26. Go through a gap in a wall and bear right across a small field to a gate. Go through to find yourself beside Stickle Cottage, with the New Dungeon Ghyll Hotel just beyond.