

AYCLIFFE FELL WALKING CLUB – WALK DETAILS

OUTING No. 365: Saturday 10th August 2019

A Journey Through Cathedral Cavern – Elterwater

Hi Folks

In the voting for this year's walks, 30 members voted for the walk to and through Cathedral Cavern.

This has been facilitated on all walks except walks 4 & 6 which cover the Fells. Walks 1-5 are circular, beginning and ending in Elterwater; Walks 6 and 7 are linear beginning in Ambleside and ending in Elterwater.

Walk 1 offers a longer walk; Walks 3, 5 and 6 (with or without the extension to avoid road walking) offer mid-range walks; Walk 4 offers the experience of the Loughrigg Fell area (with the opportunity, if the weather is good, to access Lad Crag & Scartufts via the tracks); Walk 7 offers the experience of the Loughrigg Fell area, Colwith Force and Cathedral Cavern. In choosing your walk, please allow time for experiencing Cathedral Cavern.

Walks 6 and 7 will be dropped off first; all other walks begin at Elterwater.

Walk details are given in font size 9 on the Walk sheet. A printable font size 11 sheet is given on page 12, if needed.

Information related to Cathedral Cavern (pages 6 & 7) – and how to find it (page 8) – are given in this 'package' plus all relevant details for the day. It is suggested that the map on page 8 is printed out for the walk. Please remember that you may need a head torch when exploring Cathedral Cavern.

Thanks to Mike Bergstrang for the walk profiles and mileages.

Enjoy.

Andy

Page	Details to print out as needed.
2	Walk Sheet (Font 9)
3-5	Walk Profiles (includes Walk 6B insert map; Walk 7 poor weather alt. route)
6-8	Cathedral Cavern details and map
9-10	Travel Route; Coffee Venues; Three Shires Ales; Britannia Ales
11	Britannia Menu
12	Walk Routes (Font 11)

Reminder: The next walk is on Saturday 14th September: Yorkshire Coast: Scarborough to Whitby

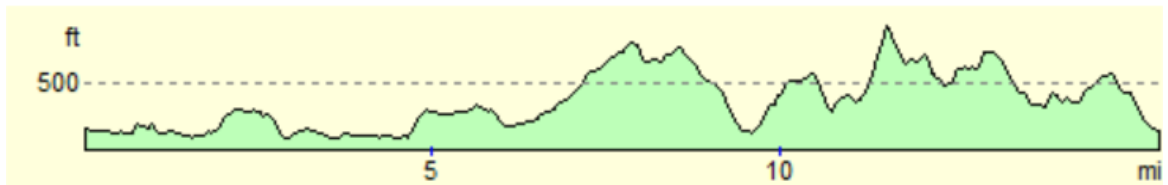
AYCLIFFE FELL WALKING CLUB – WALK DETAILS					
OUTING No. 365: Saturday 10 th August 2019					
Visit our website www.afwc.org.uk for all club news including information on this & other planned events during the year					
WALK AREA	A Journey Through Cathedral Cavern – Elterwater (Except Walks 4 & 6)				
COACH FARES	MEMBERS £10	NEW MEMBERS £15 (inc Memb Fee)	JUNIORS: £5 (10 - 17 years)	Approx. journey time from Darlington	2.5 hour(s)
TO RESERVE A COACH SEAT	To reserve a coach seat simply contact Sheila Pinkney by email: sheilapinkney@yahoo.co.uk or 07853 795243(Sheila's new number). Please note that when booking, those having attended the previous club outings will be given priority!				
CANCELLATION POLICY	<i>If you've had your place on the coach confirmed and then cancel after 9.00pm Tuesday week i.e. within 10 days of the trip, or fail to show on the day, you'll be asked to contribute £10 towards Club funds in lieu of the standard coach fare; payment is to be made on your next outing with the Club!</i>				
O.S.MAPS	OL7 The English Lakes (South-Eastern Area)				
PICKUP DETAILS	Darlington Feethams 07.30 Newton Aycliffe (Big Club) 07.45 Bishop Auckland (Cabin Gate) 08.05		Barnard Castle 8.30 For Cathedral Cavern: Remember your head torch.(See description attached.)		
SUGGESTED ROUTES	<ol style="list-style-type: none">(15 miles) ELTERWATER (Britannia)>Cumbrian Way> FB>Weir>Skelwith Bridge>Skelwith Fold>Holme Brow>Pull Wood>Angle Wood>Randy Pike>Blelham Tarn>High Tock How>Crag Wood>CroftsHead>FB>CourtHouse> Skinner How Lane>Bettyfold>Yew Field>Quarry> Ford>Rose Castle>Howgraves>Tarn Hows>Hill Fell Planation>Fell End>Boon Crag Farm>Lags Coppice>Tarn Hows Cottages>Glen Mary Bridge>Harry Guards Wood>Ivy Crag>Uskdale Gap> Holme Fell>Holme Ground>Low Tilberthwaite> High Tilberthwaite>Knotts>Atkinson Coppice>Low Hall Garth Climbing Hut>Slater Bridge> Cathedral Quarry & Cavern>Slater Bridge>Three Shires Inn (Hotel) (PH)>Wilson Place>Howe Banks>Elterwater Hall>Eltermere Hotel>Elterwater (Britannia)(13 miles) ELTERWATER (Britannia)> Birk Riggs Park> Park House >Colwith Force (2 views)>High Park >Tongue Intake Plantation>Hollin Bank>Sheepfold>Low Arnside >Iron Keld Plantation>Tarn Hows >Love Head Coppice>Glen Mary Bridge >Ivy Crag >Uskdale Gap>(The Great Hole)>Holme Fell>Quarry>Quarry>Hodge Close >The Dubs >Little Fell >Strang End >(Cycle Route) >Cathedral Quarry & Cavern>Slater Bridge>High Birk Howe>Dale End>Sawrey's Wood>Cycle Track>Baysbrown Wood>Baysbrown>Spout Crag>Quarry.>Oak Howe>Great Langdale Beck> New Bridge>Thang Farm>Weir>Elterwater (Britannia)(6-7 miles) ELTERWATER (Britannia)>Eltermere Hotel>Fletcher's Wood>Low Hacker>High Colwith>Colwith Force>Colwith Brow>Tongue Intake Planation>Hollin Bank>Oxen Fell High Cross>High Oxen Fell>Hodge Close>The Dubs>Little Fell>Stang End> Cathedral Quarry & Cavern>Forc>Slater Bridge>Three Shires Inn (Hotel)(PH)>Wilson Place >Howe Banks >Cycle Track> Elterwater Hall> Eltermere Hotel> Elterwater (Britannia)(12-13 miles) ELTERWATER (Britannia) > Cumbrian Way to Weir>Walwthwaite>Dow Bank>Spedding Crag>Silver How>Kel Barrow>FB>Grassmere (PH)> Burthalp> Michael's Fold>(waterfall)>Stone Arthur>Cairn>Riggs Crag> Stone Cove> Heron Pike>Lord Cove> Lord Crag> Cairn>Nab Scar>Hart Head Farm> Rydal> Pelter Bridge>Fox Ghyll>FB>Sheepfold>Ellers>Brunt How>Road (637)>Cumbrian Way>Elterwater(Britannia)(8 miles) ELTERWATER (Britannia) >Cumbrian Way>Rob Rask>Weir>Skelwith Force>Park House>Park Farm>Colwith Force (2 views)>High Park>Stang End>Forc>Cathedral Quarry & Cavern> Forc>Slater Bridge>High Burk Howe>Dale End> Sawrey's Wood>Cycle Track>Baysbrown Wood>Baysbrown>Spout Crag>Quarry.>Oak Howe>Great Langdale Beck> New Bridge>Thang Farm >Weir>Elterwater (Britannia)(10 – 12 miles) AMBLESIDE (Nr Waterhead/Rothay Manor)>Scandale Bridge>Rydal Park>FB>Rydal Hall>Hart Head>Nab Scar>Cairn>Lad Crag>Lord Crag>Lord Cove>Heron Pike>Stone Cove>Riggs Crag>Cairn>Stone Arthur>Ford>FB>Butter Crag>Grey Crag>Town End>Wood Close>(White Moss Common)>FB> Ford>FB>Loughrigg Terrace (lower level)>(a) mapped – follow road into Elterwater OR (b) (see inserted map in profiles) Grasmere Shore> Landing Stages>The Lea>FB> Road>Hunting Stile> Red Bank Wood>Hammerscar Plantation>Huntingstile Crag>Walthwaite Bottom> Elterwater (Britannia)(10 miles) AMBLESIDE (Nr Waterhead/Rothay Manor)>Queens Head>Scandale Bridge>Rydal Park>Rydal Mount>Cote How>Jobson Close>Loughrigg Terrace>Ewe Crag>Lad Crag>Loughrigg Tarn>Tarn Foot>Skelwith Bridge>Park House>Park Farm>Colwith Force (2 views)>Stang End>Cathedral Quarry & Cavern>Forc>Slater Bridge>Three Shires Inn (Hotel) (PH)>Wilson Place >Howe Banks> >Cycle Track> Elterwater Hall> Eltermere Hotel> Elterwater (Britannia)				
NOTES	<ol style="list-style-type: none">The coach will travel along to Ambleside then to Elterwater via A637 dropping off at convenient places on route to Elterwater if you wish to undertake a walk not shown here.The coach will park at the road junction 200 yards north of the Britannia and will depart for home at 6.30pm.There is one pub in the village: The Britannia which serves ale & food. Sandwiches, chips and soup for 40 people will be available from 3-5pm. We must be in the pub and order by 5pm. Menu below.				
IN EMERGENCY	In the event of an emergency during the walk, phone Enterprise Coaches (07917 880212/ 07532 802596) and/or send a text to Andy Jakob (07730 881216), advising the grid reference of your location. If you have no signal, move to a different location and try again!				
Aycliffe Fell Walking Club (hereinafter the Club) shares the view of the British Mountaineering Council. Those joining this outing or any other activity organised by the Club are reminded that “hill-walking, scrambling and mountaineering are activities with a danger of personal injury or death. Participants should be aware of and accept these risks & be responsible for their own actions and involvement”. The Club and it's officers accept no responsibility or liability for accidents howsoever incurred. Reminder: The next walk is on Saturday 14th September: Yorkshire Coast: Scarborough to Whitby					

PROFILES

(Mike Bergstrand)

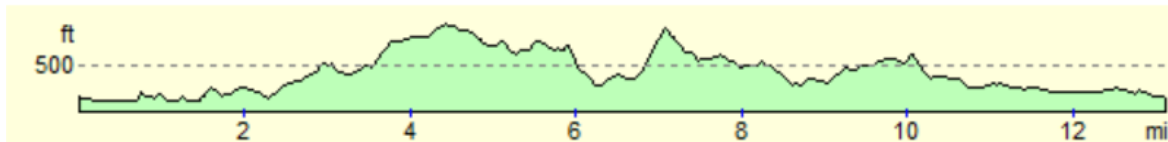
1. ELTERWATER (Britannia) > Elterwater (Britannia)

Elterwater old 1 Elevation



2. ELTERWATER (Britannia) > Elterwater (Britannia)

Elterwater old 2 Elevation



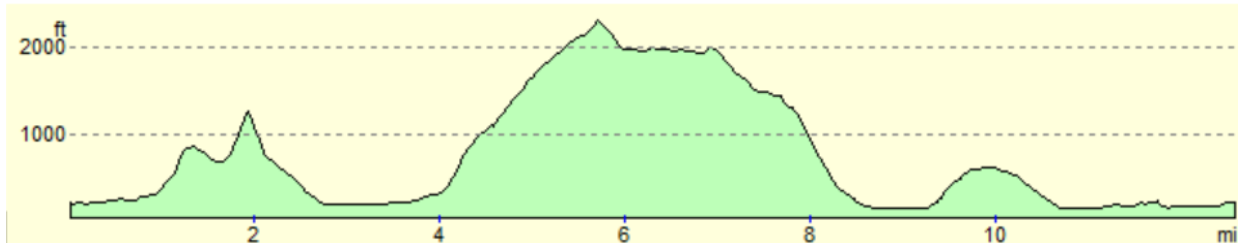
3. ELTERWATER (Britannia) > Elterwater (Britannia)

Elterwater old 3 Elevation

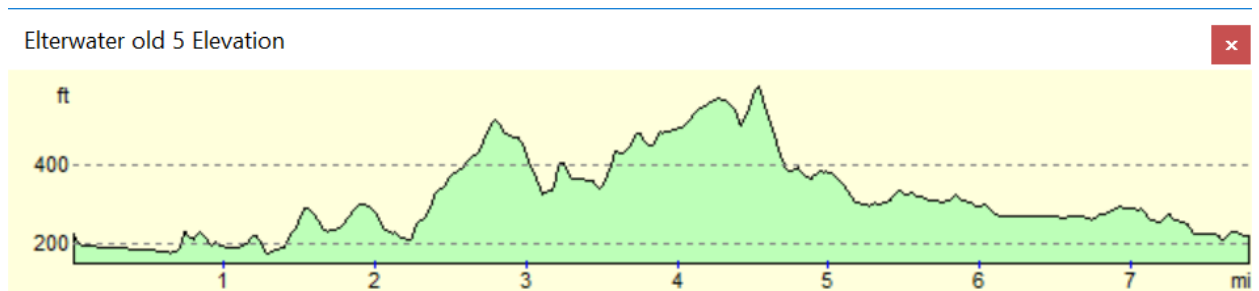


4. ELTERWATER (Britannia) > Elterwater (Britannia)

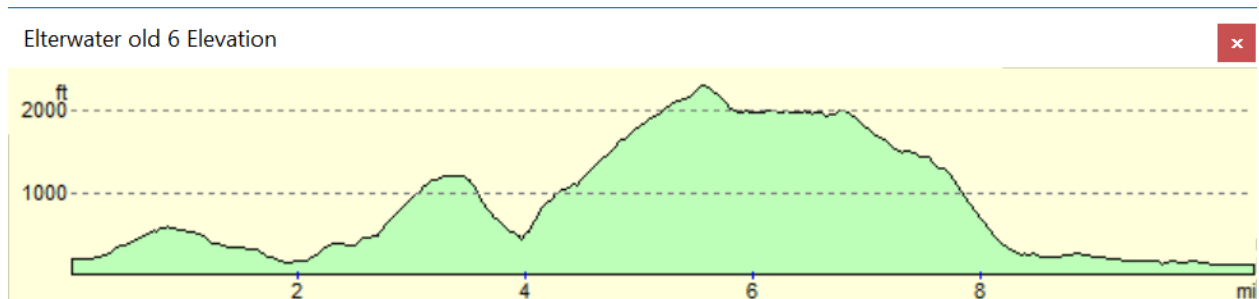
Elterwater old 4 Elevation



5. ELTERWATER (Britannia) > Elterwater (Britannia)



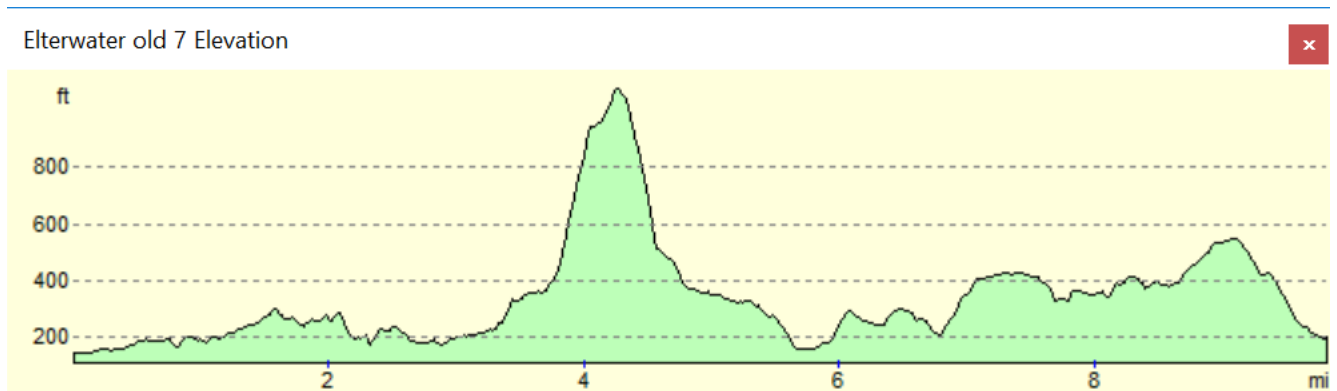
6. AMBLESIDE (Nr Waterhead/Rothay Manor) > Elterwater (Britannia)



To avoid end road walking section: (b) (see insert map below) *Grasmere Shore> Landing Stages>The Lea>FB> Road>Hunting Stile> Red Bank Wood>Hammerscar Plantation>Huntingstile Crag>Walthwaite Bottom> Elterwater (Britannia)*



7. AMBLESIDE (Nr Waterhead/Rothay Manor) > Elterwater (Britannia)



Poor weather:

follow Loughrigg Terrace to road, then follow road passed Intake Wood and pick up the path to Loughrigg Tarn to recommence route OR follow route 6 to Elterwater.

Cathedral Cavern details

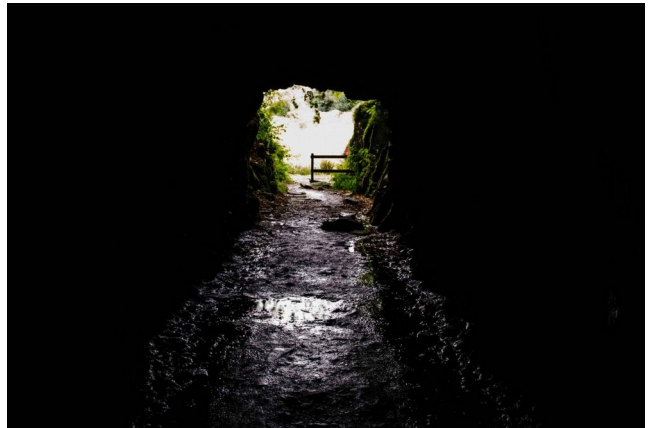
The entrance to the cave is unassuming – a small doorway guides you into the ‘cathedral’.

Cathedral Cave is a place to be explored. It's easy to spend a couple of hours here simply because there are so many little nooks and crannies to discover. Be careful of course, there are plenty of places to fall, hit your head or slip so do exercise caution as you run and climb and channel your inner child.

Cathedral Cavern is situated in an area of old slate quarry workings near Slater's Bridge in Little Langdale. It is a short detour from the byway that runs from Stang End past (not across) the Brathay Ford to Low Hall Garth Hut. Walkers can be uncertain as to the exact location of Cathedral Cave, but an obvious looking inclined track and a give-away notice points to the tunnel entrance. (See map)

Using the bridleway from Slaters Bridge or Forc, and depending on your direction of approach, look for a right/left fork over a stile/gate up towards disused quarry workings. Walk up this track a short way (about 100 metres to a level area) and you will see the entrance to a narrow tunnel with a notice from the National Trust. You can enter this narrow tunnel without the need for a head torch. The tunnel opens out into a large manmade cavern with a supporting pillar and skylight. The acoustics in this cavern are fantastic, and the pool of water is home to a goldfish, if you can spot it? You can climb through the other end of this cavern into the quarry at the back, and there is another longer tunnel back out which exits a little higher up from the entrance you came through – you will need a torch in this longer cavern. Please be careful around these quarry workings, and do not stray in the tunnel – there is a gated section leading to a dead end which is not safe.





There is a 'long way in' involving about 300 yards of tunnel (**you will need your head torch**), a bit of a scramble, it is suggested that the short tunnel is used to reach the main cavern.

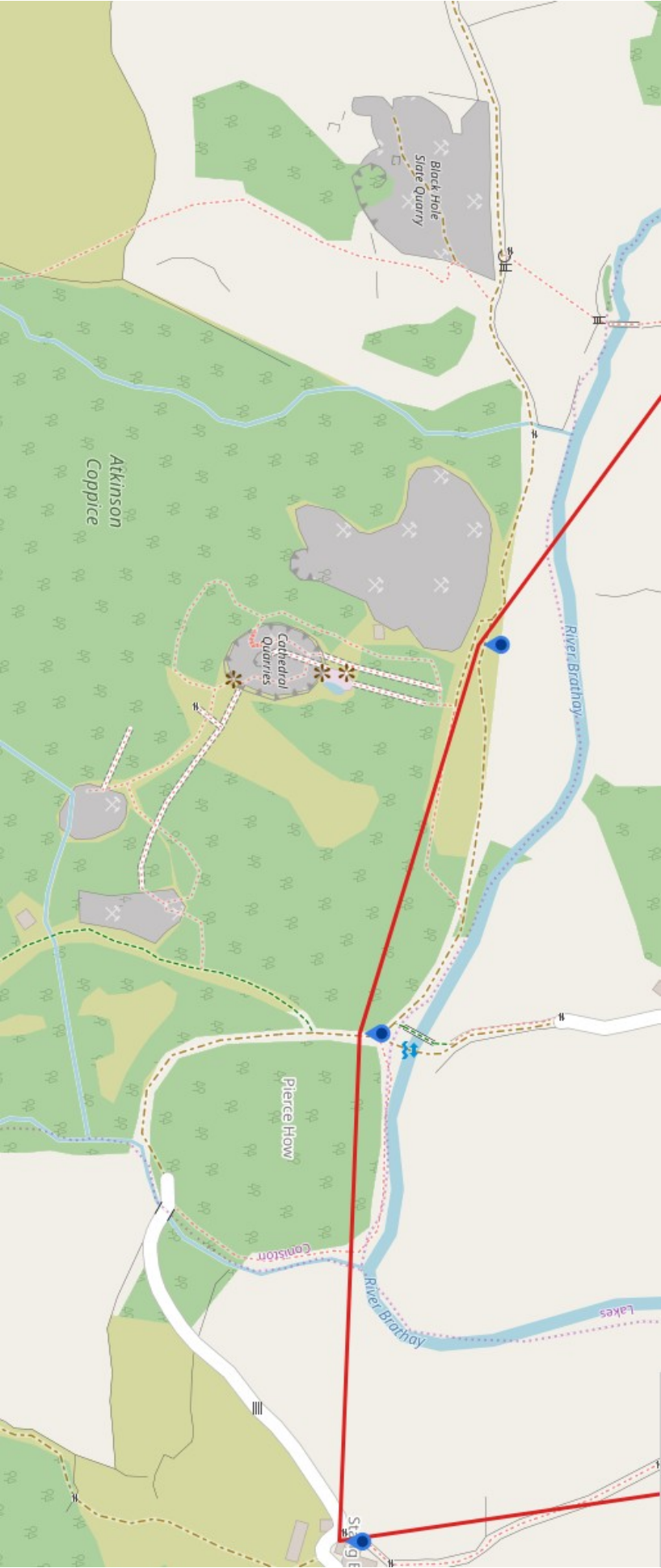


If you use or explore the long tunnel be aware that **you will definitely need a head torch**, and will need to mind your head. This tunnel may not be suitable for those experiencing claustrophobia. Even some hardy individuals have been 'spooked' by this tunnel.

And for those on Walk 2 walkers will encounter the ***Great Hole, Hodge Close Quarry***



Next Page: Map of Cathedral Cavern area. (Please ignore red line – this was the route for another walk.)



TRAVEL DETAILS

Bishop Auckland to Ambleside 1 h 55 min (72.3 miles) via A685

Follow A689 to A688

3 min (0.9 mi)

Continue on A688. Take A67 and A66 to A685 in Cumbria

1 h 4 min (46.8 mi)

At the roundabout, take the 1st exit and stay on A685

19 min (11.5 mi)

Take A591 to Old Lake Rd

24 min (12.7 mi)

Ambleside to Elterwater 12 min (4.3 miles)

via A593 and B5343

Take Old Lake Rd to Lake Rd/A591

41 s (0.1 mi)

Follow A593 to B5343

7 min (2.6 mi)

Continue on B5343 to your destination

4 min (1.6 mi)

Elterwater – Ambleside LA22 9HP



For those who like a coffee and breakfast before the walk try:

The Maple Tree Cafe, Maple Tree Corner, Elterwater LA22 9HP (15394 37755) which is vegetarian friendly and offers Gluten free options. Open 10.00-16.00

Ambleside: There is a choice of coffee shops: **Cafe Altitude, M H Tearooms, Stiles Coffee Bar, Esquire Coffee, The Giggling Goose Cafe & The Apple Pie Cafe.**

THREE SHIRES INN (HOTEL) ALES

Regular Beers

This pub serves 4 regular beers.

- Barngates Goodhew's Dry Stout
- Coniston Old Man Ale
- Cumbrian Legendary Ales Loweswater Gold
- Hawkshead Bitter

Changing Beers

This pub serves 1 changing beer.

Source: Local

Updated on 28/02/2018

BRITANNIA ALES

Regular Beers

This pub serves 3 regular beers.

- Coniston Bluebird Bitter
- Coniston Britannia Special (Extra barley is specially added to XB for richness.)
- Jennings Sneck Lifter

Changing Beers

This pub serves 2 changing beers.

Changing beers typically include:

- Eden River --varies--
- Langdale --varies--

Langdale Brewery is the sister business. The pub showcases their: Blonde, Gold, Pale and Neddy Boggle Bitter.

The pub's range of changing beers regularly includes the following rare beer styles:

- Old Ale
- Wheat Beer
- Real Lager

Coniston Old Man. Langdale wheat beer and real lager.

Source: Local

Updated on 12/05/2019



Afternoon Menu served from 2.00pm to 5.00pm

Homemade Soup with fresh Roll & Butter £4.95

Wholemeal Rolls from Peggy's Bakery, Ambleside

Lakeland Free Range Egg and Hellman's Mayonnaise £4.95

Mature Cheddar and Hawkshead Chutney £4.95

Home Cut Roast Ham and Coleman's Whole Grain Mustard £5.50

Tuna, Spring Onion and Hellman's Mayonnaise £5.50

Smoked Salmon – Cucumber and Chive Crème Fraiche £6.50

Hot filled Wholemeal Rolls

Chef 's Recipe Cumberland Sausage & Red Onion Marmalade

Roast Pork Loin – Homemade Sage & Onion Stuffing, Apple Sauce £6.25

Grilled Cumbrian Minute Steak Sandwich with Beetroot & £6.50

Horseradish Chutney £6.95

Vine Tomato & Buffalo Mozzarella, with Basil Oil & Crisp Leaves

Served Hot Or Cold £6.25

Bacon & Brie with Cranberry Sauce

Basket of Chips £6.25

with Mature Cheddar £3.50

Kid's Platter £4.00

Ham, Cheese, Tuna Mayonnaise with Spring Onion or Egg sandwich

on sliced White/Brown Bread, bag of Crisps, Kit-Kat and a Banana £5.50

Peggy's Fruit Scone with Strawberry Jam, Butter & Cream

Slice of Peggy's Flapjack £2.50

Mug of Tea £2.00

Cup of freshly brewed ground Coffee £2.00

Hot Chocolate topped with whipped Cream £2.50

SOME OF OUR PRODUCTS MAY NOT BE SUITABLE FOR PEOPLE £2.90

WITH ALLERGIES—PLEASE ASK FOR A FURTHER INFORMATION

All information correct at the time of issue.

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