



LANGDALE

escape to the Lake District

Walking Tips and Advice

Walking Advice – Valley Walks

1. Walking the valleys and fells is a potentially dangerous activity. Any individual following the route on this card is responsible for his or her own safety.
2. Walkers using these guides will need good walking boots, waterproofs, spare food and clothing, and reasonable map-reading skills. Walkers should go equipped for bad weather at any time, as the climate in the Lake District is highly changeable.
3. The map on this route card has been digitally drawn from pre-1950s Ordnance Survey maps and direct observation. It gives an approximation only of the route and terrain, and must be used in conjunction with the appropriate Ordnance Survey map.
4. Please note that changes occur to footpaths and the countryside from time to time, over which the author has no control, but which may affect the accuracy of the information contained herein.

Walking Advice – Fell Walks

1. Walking the valleys and fells is a potentially dangerous activity. Any individual following the route on this card is responsible for his or her own safety.
2. Beautiful though the Lakeland fells are, they require a respectful approach. Standing in the path of every front from the Atlantic Ocean, they can experience weather more extreme than one might expect on such modest-sized mountains. Walkers should go equipped for bad weather at any time, as rain and hill fog can appear out of a blue sky remarkably quickly.
3. Walkers using these guides will need good walking boots, waterproofs, spare food and clothing, and reasonable map-reading skills. For those routes that take to the fells, walkers should be able to navigate with map and compass where necessary, and will require a greater degree of physical fitness and sure-footedness. In winter conditions the Lakeland hills should only be tackled by those equipped for, and experienced in, winter mountain walking. Before venturing onto higher ground, always check an up-to-date weather forecast.
4. Whilst it is assumed that anyone venturing onto the hills will have the skills to get themselves back down safely, in an emergency the local Mountain Rescue team are available via the police by calling 999. In the absence of phone communication, the emergency signal is 6 blasts on a whistle or flashes of a torch, repeated at 1-minute intervals.
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