

Hike & Wild Swim Route Card

Lake District: Hayeswater & Main Street Circuit

Fast Route Facts

Length: 6.9 miles

Elevation: 2496ft

Time: 4.5 Hours (without breaks)

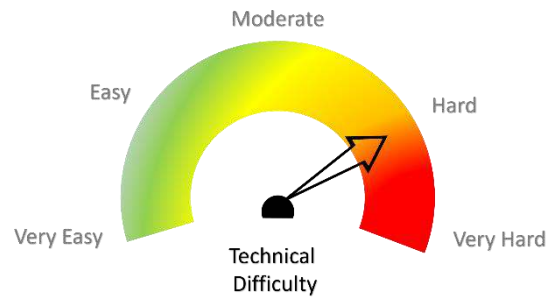
Start/Finish: Hartsop Car Park

Route Type: Footpath

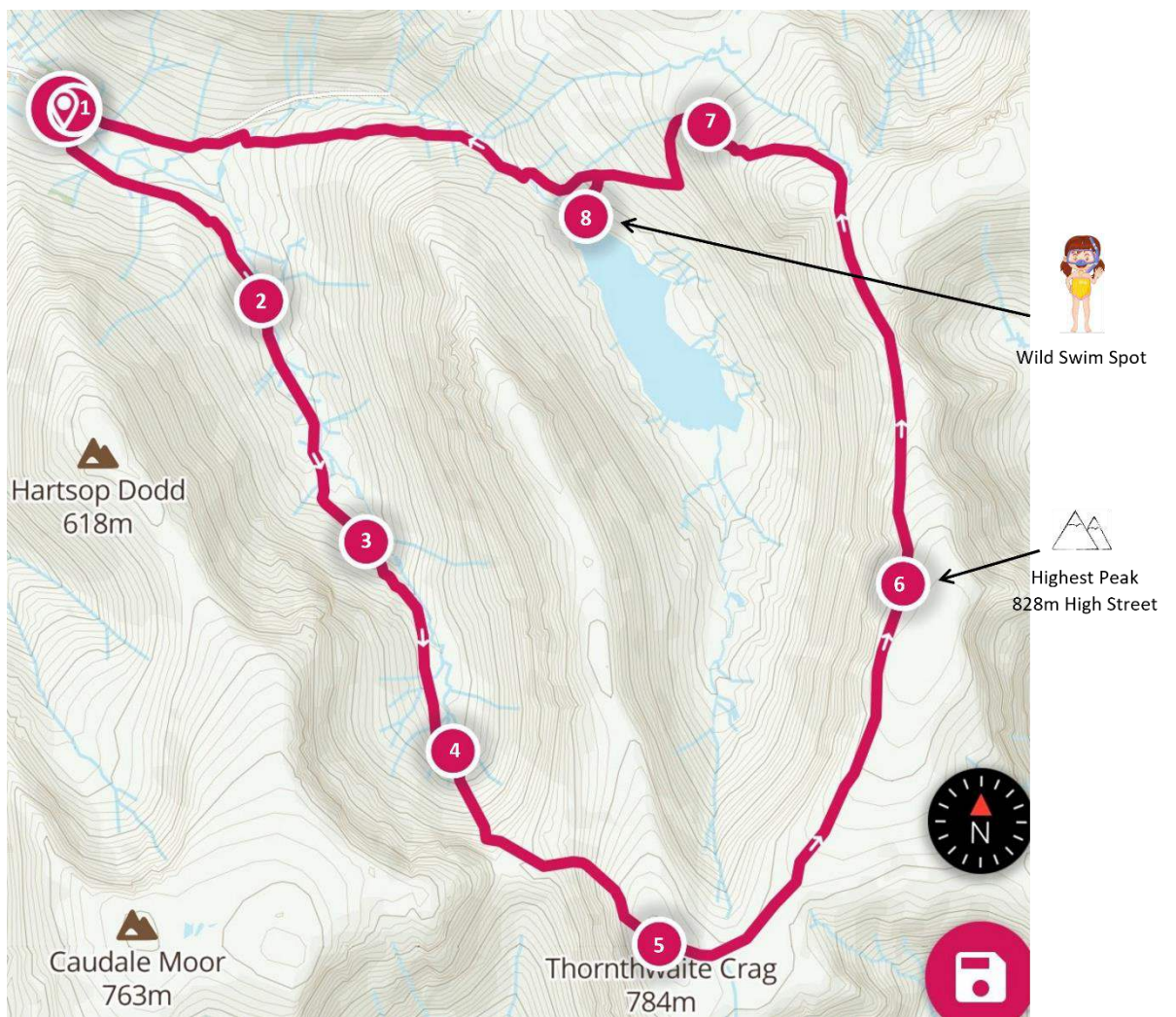
Parking Costs: Donation

Number of Peaks/Wainwrights: 3

(Threswaite, Highstreet & The Knott)



Directions [Dropped Pin](#) · [Apple Maps](#)



Route Description

This route is one of my favourites, quieter than the more popular mountains in the Lake District you will experience the most spectacular views, waterfalls and a walk on along a 2,000 year old Roman made road up on the High Street.

It doesn't matter whether you walk this route clockwise or anti clockwise but if you want to go for a swim it is worth considering the weather and time of year. I have walked this route in the spring and summer, in the summer I walked the route anti clockwise so I could cool off in the water before returning to my car. In the spring when it was much colder I walked the route clockwise so I could warm up on the incline after the cold dip.

Anticlockwise

Leg 1

Start/Finish Elevation: 588ft/737ft

Time: 22 minutes

Distance: 0.67 mi

1. Go through the wooden gate with the sign 'National Trust Hartsop'
2. Take the first right following the wooden sign post 'Pasture Berk'
3. Follow the stoned path and cross the river over a foot bridge. The sheep barn and wall should be on your left
4. You will reach a gate and a stoned wall, go through the gate and turn to the left, the wall will be on your left
5. Continue to follow this path with the wall and river on your left, go through the last gate to start leg 2.

**Note: please keep dogs on the lead on this leg as there is usually lots of sheep about*



Leg 2

Start/Finish Elevation: 737ft/1017ft

Time: 23 minutes

Distance: 0.6 mi

1. Continue on the stoned path until you reach a fork leading onto two less defined paths. Take the path to your left and closest to the river.
2. After a couple of minutes you will reach another fork continue left closest to the river, taking stone steps up a small incline
3. Keep going up a steady incline on the path, you will reach a wall and a gap in the wall where you can walk through. In front of you, you will see big rocks and boulders.



Leg 3

Start/Finish Elevation: 1017ft/1341ft

Time: 23 mins

Distance: 0.53 miles

1. Walk through the rocks and boulders, if we have had rain please be cautious as the rocks and stones can be very slippery

2. Walk over a water stream, and then another
3. After about 30 minutes you will reach the bottom of the steep incline



Leg 4

Start/Finish Elevation: 1341ft/2565ft

Time: 55 minutes

Distance: 0.75 mi

1. Make your way up the stoney step up the steep incline
2. Once you reach a flat part of the incline you will see a wall, take the path left after you have walked through the gap in the wall
3. Continue to follow the path with the wall on the left until you get Thornthwaite Crag summit and focal point



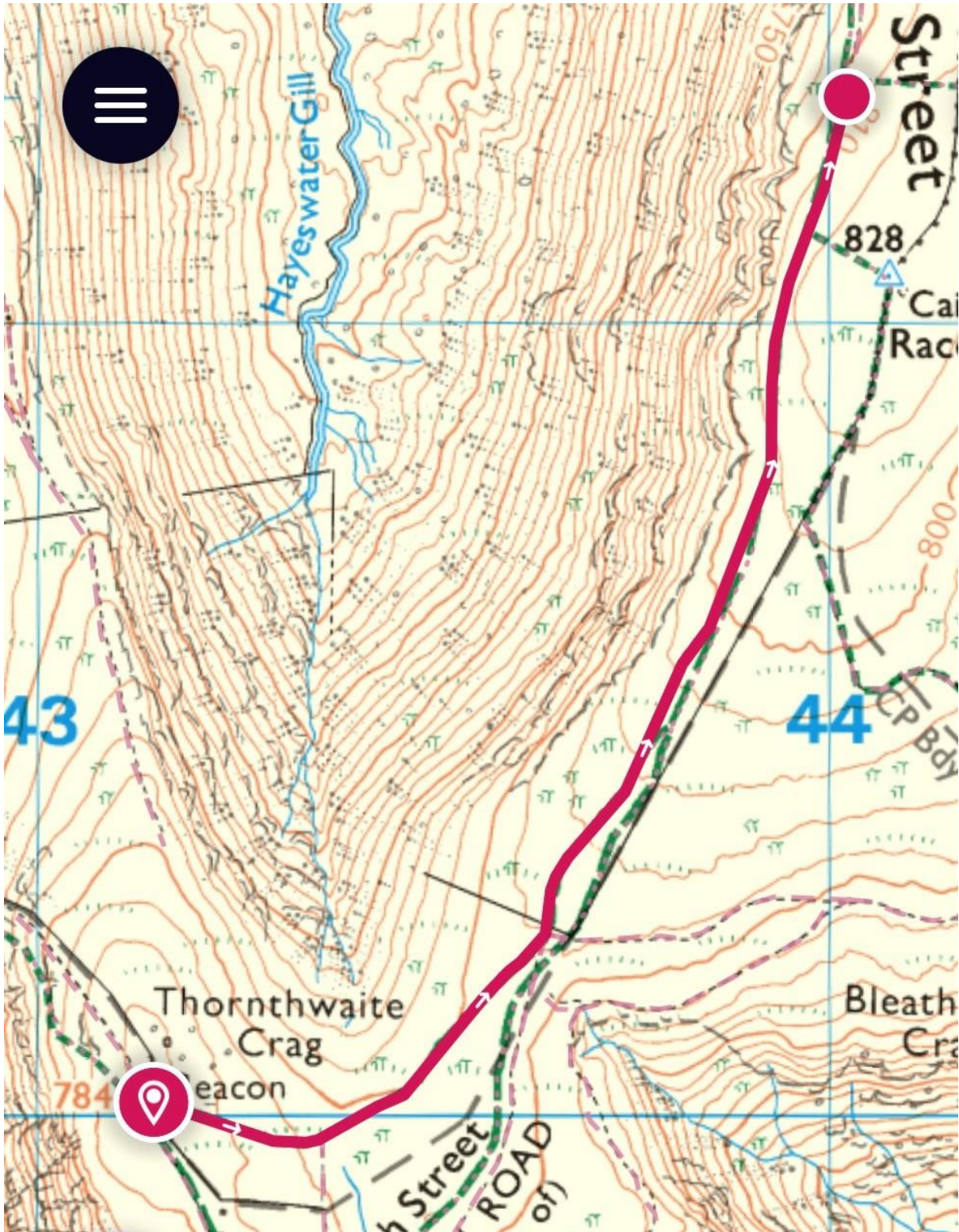
Leg 5

Start/Finish Elevation: 2565ft/2684ft

Time: 33 minutes

Distance: 1.09 miles

1. There are a number of paths from Thornthwaite Crag summit, the path for this route is through the gap in wall passed the focal point. Take the path straight in front of the focal point. You should now have the wall on the right of you.
2. Continue to walk on the path, once you reach another gap in a wall and the road will become wide. This is a 2,000 year old road the Romans built in the 2nd Century.
3. Once you see the path fork, take the less defined path to the left, this will lead you to the High Street summit.



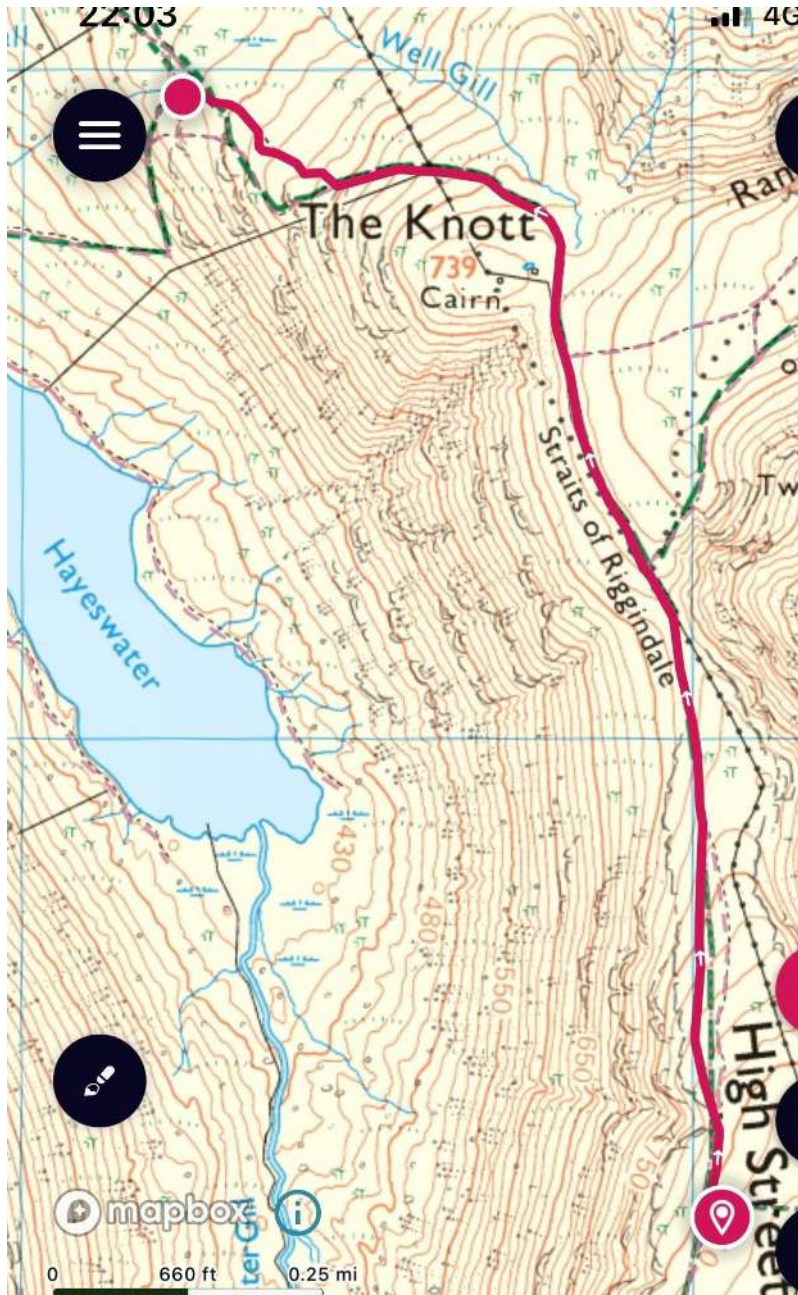
Leg 6

Start/Finish Elevation: 2684ft/1916ft

Time: 35 minutes

Distance: 1.37 miles

1. Walk along the declining path on the left with the wall to your right
2. The path will reach a gap in the wall, you will walk through this so the wall is now on your left
3. Once the wall stops, turn left to reach your last and fifth peak, The Knott 2425ft
4. Continue forward making your way down from the Knott.
5. Take a left at the wall going down the valley towards Hayeswater



Leg 7

Start/Finish Elevation: 1916ft/1401ft

Time: 11 minutes

Distance: 0.47 miles

1. Follow this path down to Hayswater, there will be a path to the left close to the lake where you can access the beach. This is the perfect spot to jump in for a wild swim, the water is clean and fresh you have beautiful views of the peaks you have just climbed.



Leg 8

Start/Finish Elevation: 1503ft/725ft

Time: 31 minutes

Distance: 1.08 miles

1. You will have an option to walk on the path which keeps the river on your left or cross the river and have the river on your right. They both come back to the car park

and the starting point. The path on the right will eventually take you over a foot bridge, over the river to the path on the left.

2. Enjoy the waterfalls back to the car park!



I hope you enjoy this route! Please leave a comment on how you found it, how we could improve and don't forget to tag us in your pictures!