

DAY LOOPS



Distance: 33 miles (53 kilometres)

A circular loop from Cockermouth to Buttermere, making use of the L&DL

From the jct of Castlegate and Market Place in Cockermouth, head east along Market Place, then second R to climb Kirkgate. At the T-jcts, R then immediately L (effectively SO), onto Lorton Road. Turn L in just under 1 km, signed 'Embleton', then R at the T-jct after a further 2 km signed 'Lorton'. SO at the x-roads with the B5292 (care), signed 'Eaglesfield'. Descend to cross the River Cocker at Southwaite Bridge, then take the next L, signed 'Lorton'. Continue for 3 km to Lorton, which offers a pub and a café, then R just before the river bridge, signed 'Thackthwaite'. This delightful little road twists and turns as it follows the River Cocker along Lorton Vale, with views of the Derwent Fells to the L and Loweswater Fell ahead. After 4 km, fork L by a metal gate (unsigned). In just over 0.5 km turn L at a T-jct signed 'Buttermere'. This road crosses the River Cocker, then climbs a short steep hill to a T-jct with the B5292 after around 1.5 km, where R, signed 'Buttermere'. Continue beside Crummock Water, with views of Mellbreak to your right and the Buttermere Fells to the left, reaching Buttermere in 6.5 km. This delightful spot offers a pub and cafes, plus there is a level footpath round the lake, which makes a pleasant 30 minute walk. From Buttermere, retrace the last 6.5 km to turn L off the B5289 north of Crummock Water, signed 'Loweswater'. Continue for another 6.5 km, passing between Mosser Fell on your right and Loweswater on the left, to climb steeply to a T-jct at Fangs Brow, where R, signed 'Mockerkin'. Ride over the brow of Mockerkin How, with open views of West Cumbria ahead. Descend to Mockerkin in 1.5 km, then take the first R turn in the village, signed 'Pardshaw'. Follow this pleasant undulating lane to Pardshaw, where R at the X-roads, signed 'Mosser'. Continue through Pardshaw Hall, bearing R to descend to a T-jct where L, signed 'Cockermouth'. Turn R in just under 0.5 km, signed 'Brandlingill'. Continue through Brandlingill, then on for nearly 2.5 km to a T-jct, where R (unsigned). Descend for 1.5 km to Southwaite Bridge, then retrace your outward route to return to Cockermouth in 5 km.