



Route Information

Route Name Gowbarrow, Ullswater & Aira Force

A beautiful walk, which takes you from Lowthwaite on a loop round Gowbarrow Fell with stunning views over Ullswater and passing by Aira Force waterfall. Walk over the Hause, on to Little Meldrum, through Swinburn's Park, then the high path around Gowbarrow Fell to Aira Force above Ullswater with excellent views along the whole trail. After leaving the top of the waterfall valley, walk back around the other side of Gowbarrow Fell, along Ulcat Row and back to Lowthwaite. There is a NT tearoom at the bottom of Aira Force which is usually open, or you can make a small detour to The Royal in Dockray, or you can get a picnic lunch from here. The walk is best done in the direction shown due to the views. You are welcome to take this with you and/or borrow a laminated map.

Route Summary

Total Distance	7.8mi (12.6km)	Walk	4h 3min
Elevation	529ft at lowest point	Run	1h 24min
	1297ft at highest point		
Total Ascent	2210ft		

Elevation Profile

