

Safety

- Always wear adequate buoyancy when canoeing, a personal buoyancy aid or life jacket. Canoes/kayaks should be fitted with enough buoyancy to allow them to float in the event of capsizing. Spray decks are recommended for kayaks.
- Hypothermia kills. Wear adequate clothing for your journey and the time of year. Ullswater is deep and cold for most of the year. Fatalities have occurred when ill equipped.
- Be flexible, the wind is the main controlling factor on the lake and can make some trips impossible and/or dangerous. Therefore you may need to change your plans. Check the weather forecast before your trip. It is generally easier to go downwind but you might find it too difficult to paddle back. If you are planning an out and back trip then always set off into the wind so that it will be easier to get back.
- Ideally you should always paddle in a group of at least three. If planning to cross or paddle the length of the lake at least one of you should know how to perform a 'deep water rescue'.
- Stay with your boat in the event of capsizing. It is easier to see the boat rather than just a head. Stay close to the shore if uncomfortable with deep open water.
- Carry and know how to use a map and compass.
- Leave plans/details of your trip with a responsible adult.
- KEEP CLEAR of the lake steamers and their piers. They are not as manoeuvrable as a canoe/kayak.

Emergency telephone numbers

Coast Guard 999 (all phones) or VHF channel 16

Police & Ambulance 999 or 112 (all phones)

NB Mobile phone reception in some areas of the lake does not extend to all networks.

Weather Information National Park Weatherline 0870 055 0575
BBC Radio Cumbria (FM 95.6 or MW 756),
daily forecasts, 07:35, 08:35 & 17:35, 18:35
www.metoffice.gov.uk

Local River Access www.cumbriacanoeists.org.uk
www.bcu.org.uk
www.ukriversguidebook.co.uk

Tourist Information Ullswater 017684 82414
www.lake-district.gov.uk
Penrith 01768 867466
www.visiteden.co.uk

Police Station Penrith 0845 3300247
Local bus service 108 Service. Penrith & Patterdale
www.traveline.info



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edenriverstrust.org.uk

Pooley Bridge - meaning the hill by the pool or stream, the hill being Dunmallard on top of which are the remains of an Iron Age hill fort. This small village at the northern end of Ullswater has a bridge dating back to the 16th century where previously there had been a fish trap. A fish market was held in the village square in front of the Crown and in 2000 a fish cross was put up to commemorate this, replacing an earlier one which had been removed in 1859.



Pooley Bridge

P1 Eusemere car park - Pay & display. Requires a portage of some 300mtrs down a footpath to launch from the beach past the Lakeland Boat Hire Company. This avoids using the river.

P2 Dunmallard car park - Pay & display. You can paddle the 200 metres upstream to join the lake but you must contact Dalemain Estates T: 01768 486450 before your river trip.

Both these car parks are very busy on a summer's day.

P1 Park Foot - Lake access and launching free while staying at Park Foot. £4.50/day park & launch fee for non-residents.
T: 017684 86309 www.parkfootullswater.co.uk

P2 Waterside House - Lake access and launching free while staying at Waterside. £4.50/day parking & £4.50 launching fee for non-residents.
Canoe hire on a daily basis
T: 017684 86332 www.watersidefarm-campsite.co.uk

Earn yourself a welcome

- Be friendly and polite to local residents.
- Drive slowly with care and consideration and park sensibly without causing obstruction.
- Be as quiet as possible.
- Get changed discreetly out of public view.
- Get permission before going onto private property.
- Avoid wildlife disturbance and environmental damage.
- Be considerate to other water users.
- Support local business if you can.
- Unload kit tidily and take all litter home.
- Please follow the country code.

Short trips

The Pooley Bridge end of the lake, with it's quite shallow water and sometimes fairly large breaking waves can give small surfing experiences.

One day trips

1 Launching from either the Dunmallard car park, then upstream to the lake or Park Foot slipway direct onto the lake, paddle SW past Gale Bay, Waterside, Ullswater Yacht Club, Sharrow Bay and on to Howtown Wyke (Public launching) for a lunch break. A hotel is located in the hamlet.

An excursion is possible from here up to the Hause or continue to the summit of Hallin Fell (approx 1hr) which offers commanding views of Ullswater from its summit.

To return to Pooley Bridge, either paddle directly across the lake at its widest point or paddle along the shoreline to Geordie's Crag and NE towards Outward Bound®. This forms the narrowest/shortest crossing of the lake.

From Skelly Nab continue NE passing Oldchurch, Leeming House, the Ullswater Marinas and a small privately owned harbour, before returning to your start point.

For the more energetic finish the day with a short walk to the top of Dunmallard (approx 35min) for fine views of the lower reach of the lake.

NB the shoreline of this trip is privately owned; please respect the wishes of landowners.

The Middle Reaches - Howtown on the south shore of the lake is the mid-point of the steamers' journey between Glenridding and Pooley Bridge. The pier stands on a small headland formed by debris washed down by Fusedale Beck. A good place for a break, there is a hotel with a bar around the back (Apr-Oct). There is a public slipway here but it is limited by lack of parking.



The Middle Reaches

P3 Lake side lay-bys - 4 large lay-bys next to the lake provide safe launching and disabled access too. They can however be very busy, and at peak times parking is often limited.

P4 A further 4 small lay-bys can be found on your left between the above and Glencoyne, they are a little way above the lake so making it difficult to launch.

Short trips

Howtown Bay presents a circular exploration offering the narrowest and widest part of the lake in the same place with stunning views of the Helvellyn range.

Please help to protect the wildlife

- Landing/launching and trampling can easily damage the lakeshore. Please take care when launching or landing.
- Wintering wildfowl and nesting birds use the lake and lakeshore. Please avoid disturbing areas where they may be found.
- Birds nest on Norfolk (House Holm) Island. Please avoid landing during April and May. Birds also nest on the other islands, so please be aware.
- Do not land or paddle amongst the reed beds or wetlands. They provide valuable shelter for nesting birds & wildfowl.
- Keep clear of shallow gravel areas of rivers where salmon and trout may spawn - especially November, December and January.
- Do not camp or light fires on the lakeshore or islands.
- Take your litter home with you.
- Please report any pollution to the Environment Agency: 0800 807060

One day trips

2 Launch in one of the lay-bys opposite Sandwich and paddle down to Skelly Nab and Outward Bound® and then cross the lake at its narrowest point to the small crag (Geordie's Crag) at the corner of the lake. Make a 100 metre detour back up to visit the Birkett Memorial on Kailpot Crag then paddle into Howtown Bay and across to near the steamer pier. There is a public slipway where you can land. Either return the way you have come or paddle towards Pooley Bridge for a while and then cross back to the northern side and return past Leeming House Hotel and Outward Bound®.

3 From the lay-bys described above paddle across to Sandwick Bay (landing permitted), head South past the conservation area (no landing) adjacent to Sandwick Beck and on past Scalehowe Wood to Long Crag. A good lunch spot is located at the S end of Scalehowe Wood. Paddle across the lake to Aira Point (privately owned) then NE passing Lyulph's Tower and on to the lay-bys.

3a Continue to Silver Point, round Norfolk Island and follow the shore back to Aira Green, next to Aira Point (private). Stop for tea or a wander up to Aira Force (approx 40 min) if time allows. Exercise care when crossing the road.

3b Alternatively paddle to Silver Bay to wander up Silver Crag (approx 35 min) and return (a struggle through Juniper).

Glenridding - meaning the glen overgrown with bracken, the village at the southern end of Ullswater. It owes its existence to the presence of the lead mine at Greenside. The mine was worked almost continually during its life from 1825 until it was exhausted in 1961. The mining company built the terraced houses in the village for its workers.



Glenridding

P5 Glencoyne - National Trust pay and display car park. Care needs to be exercised, as you have to cross the road with your boat to access the beaches. Please do not restrict the entrance with large trailers or vehicles.

P6 Stybarrow Crag - Free car parking. On the road towards Glenridding about 1 km from Glencoyne is a lay-by, just before the large cliff next to the road. Again you have to cross this busy road to access the beach.

P7 Glenridding 'Steamer' Pier - A pay and display car park with good access to the lake from beaches to either side. KEEP CLEAR of the pier as the steamers need clear access at all times.

NB If you are not using the steamer, you will need to ask if you can park, especially during busy periods of the season. An alternative is to drop boats off here and then park in Glenridding, which is only a short walk away.

P3 Side Farm - Lake access and launch free while staying at Side Farm. £5.00/day park and launch fee for non-residents. T: 017684 82337 andrea@sidefarm.fsnet.co.uk

Short trips

Glenridding offers perhaps the most variety for a short trip in terms of island hopping and has a craggy shoreline to explore.

One day trips

4 Aira Force for tea! Launch from Glenridding and paddle to Aira Green next to Aira Point (private). Leave your boat on the shore and follow the footpath to the road and the Café on the far side for afternoon tea.

5 Island Circuit. Launch from Glencoyne (having checked on the weather first) and paddle to Norfolk Island, Silver Point, and S to the other islands of Lingy, Wall, and Cherry Holm before crossing back to near the steamer pier at Glenridding and a refreshment stop. Then return down the western shore passing the wooded cliffs to Glencoyne.

6 Lake Circuit. Launching from one of the car parks at this end of the lake, a circuit can be made as far down the lake as the canoeist feels able. This is the wilder end of the lake, offering majestic views of the Helvellyn range and surrounding hills when travelling in a S direction. It is also quite possible to just explore the islands and features at this end of the lake.

Lake Traverse. It is quite possible to make the journey to Pooley Bridge. Either arrange a shuttle or, leaving your boat secure, catch one of the lake steamers back to Glenridding. Consider this trip in reverse if the wind is from the N or NE.



Ullswater
Canoe
Trail

Ullswater is an
ideal destination
for canoeing
enthusiasts with
its breathtaking
scenery



Photo: Van Oostert

