

THE
ANGEL
INN

Post Knott

A short but steep climb taking you up to a variety of spectacular views of Windermere and the stunning central fells of the Lake District, with plenty of resting places and potential picnic sites.

Start

St Martin's Place, Bowness, grid ref: SD403969

1

Follow Lake Road approximately 200 metres through Bowness uphill towards Windermere village.

2

Turn right up Helm Road keeping The Angel Inn to your right or why not pop in for some refreshments on your way.

3

Just beyond the Hydro Hotel, a steep path (steps) leads off to the left ascending to the view point on Biskey Howe. Benches and an interpretation of the view are available.

Biskey Howe Toposcope

Take a breather at Biskey Howe and admire the lovely views up Windermere lake to the central fells. The toposcope board explains what you are looking at. See what you can spot.

4

Leave by the disabled track at the back of the viewpoint and cross the road through gates marked 'Deloraine'. Cross another road and follow the sign 'Permitted Path Post Knott', bearing right through a gate with a National Trust omega sign.

5

Follow the Carriageway to the end and take in the view. Then drop back to the gate on to Post Knott and climb to summit for more views.

Carriageway and promenade

You are following an old route from the Hydro Hotel to Post Knott, once used by those taking the waters. There are plenty of stone benches for resting and conversation along the way. It was also designed to take the carriages of the more seriously ill.

6

At this point you can either retrace your steps or you can proceed along the path behind Post Knott through a kissing gate and on to Brantfell to enjoy 360 degree views before returning to Post Knott.

Brantfell

The path to Brantfell requires a little more effort, but the extra height leads to even grander 360 degree views.

7

Where the path crosses with another signed Dales Way, turn left and descend through the field to Brantfell Road and down to Bowness village.

End:

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