Please follow the Country Code and visit kindly:
- Camp and motorhome only in official sites
- Do not light fires or barbecues
- Take all your litter home
- Keep your dog under close control at all times, on a lead near sheep, and pick up and bin its waste
- Park in car parks, not on verges or blocking roads and gateways
- Travel sustainably and leave no trace

**ADVENTURE SMART.uk**

Be Adventure Smart
We want you to enjoy your walk whether low or high level. At all times remember to be Adventure Smart, especially if you are heading out into the higher fells.

Ask yourself 3 questions before you set off:
- Do I have the right gear?
- Do I know what the weather will be like?
- Am I confident I have the knowledge and skills for the day?

For more details visit adventuresmart.uk

**Explore Langdale**

Until 5 November 2023

www.lakedistrict.gov.uk/explorelangdale

By bike, bus and on foot
With its waterfalls and tarns, overlooked by the dramatic Langdale Pikes, Great Langdale is a popular place to visit. This leaflet gives you some tips on visiting without a car, discovering more and reducing your impact on this special place.

**By bus**

Service 516 Operated by Stagecoach daily until 5th November 2023.

Bus number 516 runs between Ambleside and Dungeon Ghyll at the head of Great Langdale every day of the week.

By travelling by bus, you have no worries about parking, it gives you the freedom to start and finish your walk at different places and you can sit back and enjoy the spectacular views. You are also helping this special place by reducing traffic and carbon emissions.

From Ambleside Bus Station there are direct buses linking you to Keswick, Grasmere, Coniston, Windermere, Bowness, Kendal and Lancaster.

For more details and timetables visit traveline.info or stagecoachbus.com.

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**By bike**

The Langdale Trail runs from Ambleside to New Dungeon Ghyll. The trail is mostly off road and does include some steep hills.

Maps of the route can be found here lakedistrict.gov.uk/cycling

**Bike hire**

Ebikes and bikes available to hire at:

- Waterhead, near Ambleside
  - lakedistrict.gov.uk/bikehire
  - 015394 40277

- Ghyllside Cycles, Ambleside
  - ghyllside.co.uk 015394 33592

- Stickle Ghyll, near New Dungeon Ghyll
  - lakedistrict.gov.uk/bikehire
  - 015394 40277

**On foot**

From low level trails to high fell walks, walking is a great way to explore Langdale.

For accessible Miles Without Stiles routes try Skelwith to Elterwater and Elterwater to Dungeon Ghyll, you can find them at:

lakedistrict.gov.uk/mileswithoutstiles

Or check out some walk suggestions from the National Trust at nationaltrust.org.uk/visit/lake-district/the-langdales