

Swindale Beck

Distance – 8.7 kilometres

Recommended Time – 3 hours

Standard – Moderate

Car needed to get to Swindale (7.5 kilometres from New Ing Lodge)

Park at 522142 just before the cattle grid. After this point the road does proceed into Swindale valley but there is no parking and very few chances to turn around.

Walk south east along the road passing Swindale Foot farm until just before Truss Gap house (1.4 kilometres). At this point (515132) there is a footpath to the left (headed south west). It is marked with a sign with a white arrow on a blue background, it is these markers that can now be followed. This is also a British Mountaineering Council access path to Goucher and Outlaw Crag which dominate the view ahead. This new path follows the river upstream just above a wall that is clearly visible. After 2 kilometres it reaches a natural amphitheatre just above Swindale Head. The path crosses Mosedale Beck on a small footbridge and turns west before reaching a junction. To turn south here would mean heading steeply up to Nab's Moor and into the Mosedale blanket bog. 3 kilometres away in this direction is Mosedale Cottage, owned by the Mountain Bothies Association.



But this walk continues to follow the blue markers, and heads north to join the road at Swindale Head. This section offers spectacular views of the steep ground and two waterfalls descending from Mosedale and Hobgrumble Gills. A cool dip is possible in either of the pools formed by the falls. The path meets the road at Swindale Head House (505125). Just before the house the path takes a right fork away from the road and follows the river valley on a tractor track. There are paths here dating back several hundred years, for example, heading north-west from this point is the Old Corpse Road, a 3 kilometre section climbing to Mardale Common and then heading down to Hawes Water (see separate details). It is 2 kilometres along the track (still following the blue signs) to the bridge over the river at the lock at Truss Gap. From here it is 1.5 kilometres on the road back to the car park. heading north east back to the car park at cattle grid, and the foot of Bewbarrow Crag. This section of the walk offers wonderful views of Swindale Beck itself, and the recent work that has been done to put the bends back into the river.

Further Reading:

[Video showing the work done at Swindale Beck](#)

Mosedale Cottage – [Mountain Bothies Association](#)

[The Old Corpse Road](#)

RSPB - [If you bend it they will come - Salmon success for new curvy section of Lake District river](#)



The restoration of natural bends to the river (after 200 years) has spawned benefits for breeding fish. Atlantic salmon now migrate to Swindale Beck from the sea via the Solway Firth and the River Eden. Originally, the Beck was straightened to clear land for grazing, but the resultant faster flows washed gravel away, making it less easy for salmon and trout to spawn. During the summer of 2016 a stretch was filled in and replaced with a meandering course. Since then many salmon have been spotted, along with five redds - disturbed gravel where eggs had been laid. The bend restoration project, involving United Utilities, the RSPB, Natural England and the Environment Agency, was also aimed at alleviate flooding by slowing the flow of water through the valley.



