



# Press information

**For immediate release**

## **Runners vote with their feet to support path repairs**

A well-used footpath in the heart of the Lake District is to be restored thanks to runners on the Grasmere Gallop.

Work will soon be underway on the route which runs from Deerbolts Lodge to Loughrigg Terrace, on the fells above Grasmere. The work, which will be carried out by teams from the National Trust, has been funded by the profits from the Grasmere Gallop, an annual race which the Trust now organises.

More than 500 metres of path will be repaired and resurfaced, ensuring it blends sympathetically with the surrounding fellside, but can stand up to the rigours of the thousands of feet which hike across it each year. The work will cost around £4,000 and be completed by this year's Grasmere Gallop which takes place on Saturday 8 June.

Area Ranger Neil Winder, who works for the National Trust's Central and East Lakes team, said: "We've been promoting the Grasmere Gallop as a race where you really can 'run for the hills' because all the entry fees from the event are reinvested in the work we do in and around this valley. We rely massively on finding new funding sources to allow us to carry out this vital work and we want to thank everyone who has taken part in the race in 2012 for providing the money to carry out these repairs.

"We've got a busy time ahead, improving the drains and culverts, as well as reinstating and repairing revetments – sloping structures which manage how water drains away - so that heavy rain doesn't damage the path. We'll also be cutting back low tree branches and trimming bushes and undergrowth in certain areas to open up the path and make it easier for walkers, runners and cyclists to use. This is a really popular area and we want to ensure it remains beautiful, but is also practical, for those who use it."

The National Trust's Central and East Lakes Ranger Team looks after almost 10,000 hectares of valleys, lakes and fells in Grasmere, Great Langdale, Windermere, Troutbeck and Ullswater. The area has a wide range of landscapes and habitats which are either owned or managed by the National Trust, including 25 tenanted farms. In addition, there are a number of visitor attractions, including Georgian and Victorian gardens, and buildings such as Allan Bank and Townend. Great Langdale is also home to Sticklebarn – the only National Trust-run pub in the country.

Hundreds of runners every year take part in the Grasmere Gallop. Usually, runners race over 10k, but this year, for the first time, a 17k trail run has been added to the event. If those two distances sound too challenging, there's also a 6k fun run, perfect for families, and a 10k Nordic walk, as well as a mini 'teddy dash' for the littlest runners on Grasmere's showfield.

Places are still available for the events on Saturday 8 June and runners can sign up now for all of the distances.

There's plenty on offer for non-runners too. As well as the teddy dash, food and family activities on the showfield, visitors can also head up to Allan Bank, one of the newest National Trust houses to be opened to the public. This former home of William Wordsworth and Canon Hardwicke Rawnsley, one of the founders of the Trust, threw open its doors last year to great acclaim.

You can enter the Gallop online until midnight on Wednesday 5 June, or sign up on the day. Visit [www.grasmeregallop.co.uk](http://www.grasmeregallop.co.uk) for more details of the routes and all entry information.

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**For further information or interview opportunities please contact Suzanne Elsworth on 07881 816140 or email [elsworthcommunications@hotmail.co.uk](mailto:elsworthcommunications@hotmail.co.uk). Alternatively, call Jenny Sutton at the National Trust on 015394 63803. Any journalists who would like to run any of the routes in advance of the Gallop are very welcome to do so and we can arrange for a Ranger to escort you.**

**Media release issued on behalf of the National Trust by Suzanne Elsworth,  
[www.elsworthcommunications.co.uk](http://www.elsworthcommunications.co.uk)**

#### **Notes to Editors:**

##### **Grasmere**

The village, and the lake from which it takes its name, has spectacular scenery, with a backdrop of fells and surrounding woodland. Despite being one of the smaller lakes in the Lake District it is still one mile long, half a mile wide and 75 feet deep.

The National Trust owns much of the land in the area, including Dora's Field. Once owned by the poet William Wordsworth, this sloping field was named after his daughter and acquired as an alternative residence to Rydal Mount. The land was thankfully never developed and is now renowned for fine displays of bluebells and daffodils, and a rocky inscription etched by the poet himself.

Allan Bank is a former home of Wordsworth and Canon Hardwicke Rawnsley, one of the founders of the National Trust. It is open to the public this year for the first time in its 206-year history.

##### **NT in the Lake District**

The National Trust cares for one quarter of the Lake District National Park, including England's highest mountain, Scafell Pike, its deepest lake, Wastwater, and 90 tenanted farms. Most of the central fell area and major valley heads are owned or leased by the Trust, together with 24 lakes and tarns, as well as 4,000 acres (1,600 hectares) and 14 farms bequeathed to the Trust by Beatrix Potter. <http://www.ntlakesoutdoors.org.uk/>