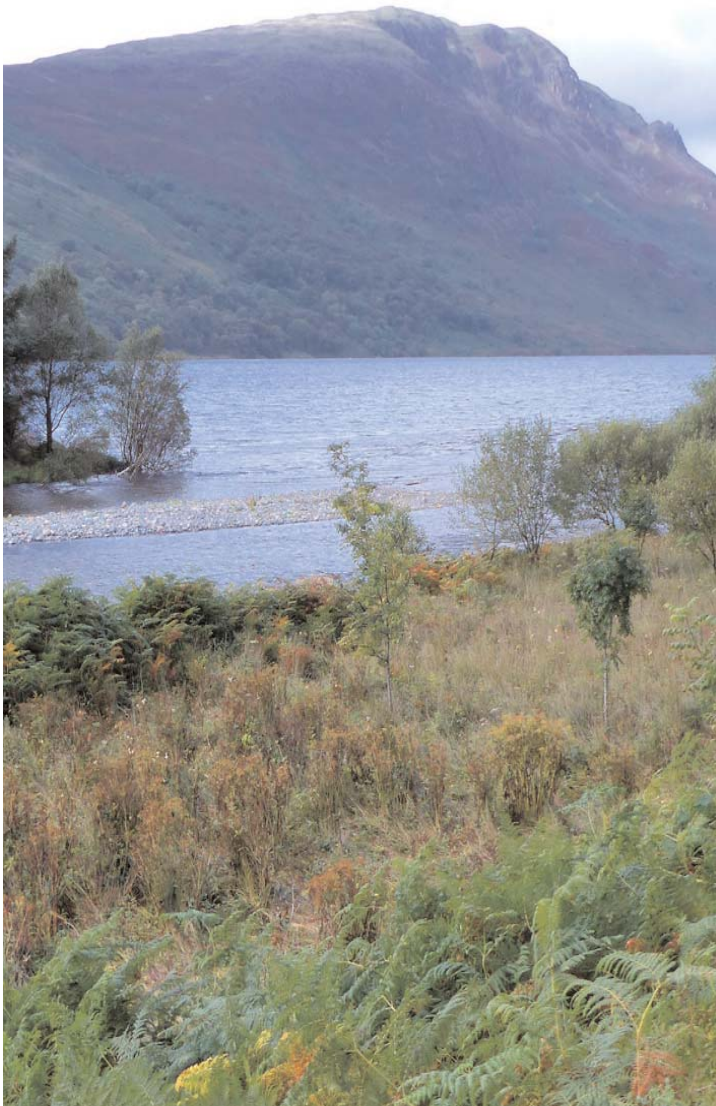


River Liza Delta Geology Trail



**Bird's foot lake-head delta
of the River Liza**

Welcome The Liza delta in Ennerdale is a Local Geological Site. It is a classic example of a *lake head* delta with a *bird's foot* shape, where the river drops its load of stones as it enters the calm water of the lake. Its main channel into the lake, *Char Dub*, is believed to have been stable for the last 140 years.

The delta has been pushed north by the pebbles brought down by the fast-flowing tributary of *Woundell Beck*.

Suitability This is a short level walk along forest tracks and footpaths, giving good views of the Liza delta into Ennerdale. Follow the valley track from the Car Park, then take the footpath (to the right) back past **Low Gillerthwaite Field Centre**. Cross the foot-bridge and walk across the delta fields built up into the lake by river deposits. Cross the Woundell Beck, follow the Liza Path for a short way then return by the main track.



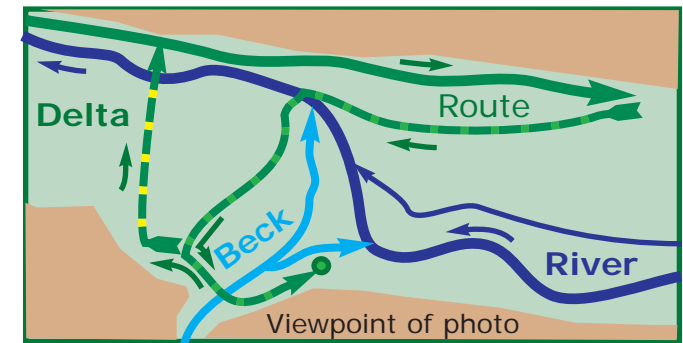
A river terrace on the Liza delta

CUMBRIA GEOCONSERVATION is a voluntary group working to record and protect important Local Geological Sites (LGS), formerly Regional Important Geological Sites (RIGS)

The Liza Delta is one of around 280 LGS in Cumbria.



**South bank of the Woundell Beck tributary
flowing north into River Liza**



Route Diagram at Beck and River confluence



Boulders of Ennerdale Granite in Woundell Beck

For more information visit
www.cumbriarigs.co.uk



River Liza Delta Geology Trail

START FROM BOWNESS
KNOTT CAR PARK

P

Ennerdale Water

Small arcuate delta where Smithy Beck enters side of the lake

First view of lake-head delta complex

Char Dub: the straight narrow and stable river mouth into the lake

Low Gillerthwaite Field Centre

River Liza delta where the river enters the lake and its velocity falls causing its load to drop and infill the lake

Main track up the valley

Large amounts of delta infill: all this flat land was once the lake

River Terraces deposited when water levels were higher

Boulders of pink **Ennerdale Granite** and grey Borrowdale Volcanic Group rocks rounded by river abrasion

Alluvial fan of **Woundell Beck** confluence has pushed River Liza mouth north

River Liza: a misfit river in a glacially eroded valley.

River Liza meanders freely over flat valley floor of glacial trough: over the last 13,500 years it has filled the valley floor with deposits of alluvium

Woundell Beck

Deep Gill

Steeply descending fast flowing tributaries

For details of the footpaths used see the diagram on the previous page

Sketch map - not to scale
For full details consult the Ordnance Survey Outdoor Leisure Map OL4

