

Your Adventure Your Way

Explore the world around you with OS Maps. Routes, mapping and navigation across the UK whenever and wherever you need it.

Find out more at os.uk/osm



Scan to download the app:



YHA Members: Head to the member benefits area at yha.org.uk/walk-os to find your discount code for an OS Maps Premium subscription

Before you go:

- Check the local weather forecast and whether there is enough daylight to complete the walk (metoffice.gov.uk).
- Ensure you are wearing suitable clothing and footwear for the route and weather, and that you take the right kit – learn more at yha.org.uk/walk-skills.
- Download the OS Maps and what3words apps to your phone.
- To be able to contact emergency services by text visit relayuk.bt.com/emercencysms or text 'register' to 999.
- For more information on staying safe in the outdoors visit adventuresmart.uk.
- Complete a route notification card (yha.org.uk/route-card) to provide essential information for the Emergency Services if you do not return when expected.
- Check all members of the group have the fitness and skills to complete the route.

In case of emergency:

- Contact 999 and use OS Maps or what3words to help pinpoint your location.
- To attract attention shout or give six blasts on a whistle at regular intervals. In low light flash a torch six times at regular intervals.
- If you can send someone for help, they need to know your location, number of people in the group and the nature of the emergency.

For more walks or information on route grading and timings go to yha.org.uk/map-guidance

If you encounter problems with this route contact walking@yha.org.uk

Walking has been at the heart of YHA since 1930, helping people access the great outdoors. Today, YHA continues to make adventures possible with mapped routes and affordable hostel stays across England and Wales. Our hostels are ideal for walkers, with drying rooms, self-catering kitchens, and great trails from the doorstep. We're committed to making adventure accessible to everyone, with walks for all abilities and guided walking events that connect people to nature, heritage, and each other.

Supported by

Share your walks



Produced by Matt Overd (<https://walkingpace.uk>). Contributions from Andrew Bannister & Simon Ainley. Designed by HeylinSmith.com. Cover image: © Andrew Bannister



Tarns Hows and Coniston walk



023

YHA Coniston Holly How

Book your stay now yha.org.uk/stay-023

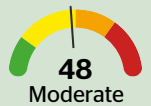
Countryside and lakeside walk

A varied and interesting walk including Tarn Hows, a photogenic Site of Special Scientific Interest and lake formed by a dam built in 1865, Monk Coniston grounds and walled garden, with beautiful plants and rare trees, Coniston Water and Coniston village.

Distance: 7.6 miles (12.2km)

Ascent: 322m (1,056ft)

Time: Allow 3h 45m to 6h 15m



Moderate

Partnered with



Route directions

Map: OS Explorer 1:25k (OL6) English Lakes
– South-western area

Start/Finish: Grid ref SD 302 980

what3words ///training.propelled.recline

- 1 From the hostel head along the driveway and turn left onto the road.
- 2 At the A593 turn left and walk alongside the road for about 40 metres, then pass through the gate on the left and onto the footpath.
- 3 Pass through the gate on the right, then cross the road onto the farm track.
- 4 Pass the barn, cross the bridge and turn left, then follow the path alongside the stream and through Tarn Hows Wood.
- 5 After the woods, and at the entrance to Tarn Hows Cottages, turn left onto the track and follow it around to the right.
- 6 Turn left onto the lane and head uphill.
- 7 Pass the car park and turn left onto the well-defined path along the left side of Tarn Hows, then stay on the main circular path.
- 8 Bear left through a gate, signposted to Rose Castle and head uphill.
- 9 Pass through the car park and take the path to the left of the dry stone wall, then follow signs to Coniston.
- 10 At the sign for Monk Coniston bear left, head down the steps and cross a narrow footbridge.
- 11 Cross the road and through a gate, then follow the path through Monk Coniston grounds.
- 12 Pass through a metal gate into the walled garden, then turn right to exit towards the lake.
- 13 Just before the road turn right onto the footpath and follow alongside the road.
- 14 Bear left and cross to the footpath alongside the road.
- 15 Pass through the gap in the hedge and cross the road onto a track towards the lake.
- 16 Bear right towards the lake.
- 17 Bear right to cross the stream, then either stay on the road or walk on the lake shore.

- 18 Pass the jetty, head to the car park behind the Bluebird Cafe and onto the footpath alongside Lake Road.
- 19 Turn left over the footbridge, then right onto Lake Road and continue to the village.
- 20 At the A593 turn right towards Skelwith and Ambleside.
- 21 Cross the bridge, then cross the road to turn left onto Yewdale Road.
- 22 After the Black Bull pub turn left and head along the lane, climbing steadily.
- 23 Turn right and through a gate onto the footpath signposted Yew Tree Farm.
- 24 Turn right onto a stony path which heads steeply down to the road.
- 25 At the road turn right and to the hostel.

© Crown copyright and database rights 2020. Ordnance Survey 100019945. For full terms and conditions please visit www.ordnancesurvey.co.uk

