

Your Adventure Your Way

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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

Hazards

This is a high-level mountain route so proper preparation and equipment is necessary. The higher parts of the route regularly have low visibility, make sure you know where you are at all times and have a map and compass for navigation. In wet weather the route will become slippery and in winter conditions may be dangerous, especially when covered with snow and ice – mountaineering skills and equipment may be required. Very steep paths. The descent from Swirl How is steep and may be slippery. Many exposed sections with steep drops. Path passes close to deep water. Old quarry and mine workings.

Accessibility

This is a physical route with very steep and rocky ascents and descents, some scrambling is required. There are no stiles on the route. Paths are uneven, but well-trodden and cairns aid navigation for many parts of the route.

Facilities

No facilities on the route. Pub, food and drink available in Coniston village.

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.

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



The Old Man of Coniston and Wetherlam walk



026

YHA Coniston Holly How

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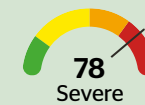
Mountain walk

An exhilarating high-level ridge walk to the summits of The Old Man of Coniston, Brim Fell, Swirl How and Wetherlam. The route offers an insight into the geology of the range and the industrial history of the Coppermines Valley. Great views of the Scafell and Langdale ranges, Coniston Water, Windermere, and to the Irish Sea.

Distance: 8.5 miles (13.8km)

Ascent: 1,043m (3,422ft)

Time: Allow 6h to 9h



Partnered with



