

Your Adventure Your Way

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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

Hazards

Grizedale is a working forest, there may be large vehicles moving and temporary diversions which require you to navigate your own diversion. There are many tracks and paths so careful navigation is required. May flood in places after heavy rain and may be slippery and muddy. Some walking on lanes and narrow roads without pavements. Some paths are shared with cyclists.

Accessibility

There are stiles and steps on the route and gates and paths less than one metre wide. There are long stretches of rough ground with large stones and ruts. Retuning from [11](#) via Scale Green Intake reduces the route to 9.8 miles (15.8km) with 514m (1,686ft) of ascent.

Facilities

Tea room, toilet at the church and pub in Satterthwaite. Toilets and café off route at Grizedale Forest Visitor Centre.

Sculptures

There are many sculptures in Grizedale Forest, some obvious, others slightly off route. Sculptures may be moved, removed or new ones added.

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 Alan Platt & Simon Ainley. Designed by HeylinSmith.com. Cover image: Simon Ainley



Grizedale Forest and Carron Crag walk



118

YHA Hawkshead

Book your stay now yha.org.uk/stay-118

Woodland walk

A stunning walk through Grizedale Forest with many sculptures along the way and breath-taking views from Park Crag and Carron Crag.

Distance: 12.7 miles (20.5km)

Ascent: 628m (2,060ft)

Time: Allow 6h 15m to 10h



Challenging

Partnered with



Route directions

Map: OS Explorer 1:25k (OL7) English Lakes – South-eastern area

Start/Finish: Grid ref SD 354 966

what3words ///frantic.handrail.indulgent

- 1 From the hostel head through the small wooden gate in the far corner of the bottom car park near the camping field.
- 2 Cross over a stone bridge and walk along the path between the beck and the old garden wall.
- 3 At the end of the path join the public footpath and head uphill.
- 4 After passing High Barn turn left towards Furness Fells.
- 5 Go ahead, then bear left to follow the bridleway past Tarn Intake.
- 6 Turn right here. Or to see more sculptures go straight ahead, follow the path around Grizedale Tarn and rejoin the main route.
- 7 Continue straight ahead to pass alongside Low Scar Wood.
- 8 Turn right onto the bridleway, pass Breasty Haw and continue towards Satterthwaite.
- 9 At the first road junction turn left and head through the village.
- 10 Cross the stream at Satterthwaite Bridge, turn right onto a track at the fingerpost and head along Moor Lane.
- 11 Turn left, then cross the track to head through the forest to Low Parkamoor. Or to return to the hostel from here turn right and follow the distinct path uphill. Pass Scale Green Intake and rejoin the main route at the Ancient Forester sculpture.
- 12 Turn right, pass Park Crag and head back into the forest to Heald Brow Pasture.
- 13 Turn right to head downhill, then bear left to pass to the left of Mustard Hill.
- 14 Turn left uphill. At the track crossroads turn left, then left again to Carron Crag.
- 15 Continue past the trig point on Carron Crag and bear left onto a distinct track.
- 16 Bear left, then right and right again to pass Jack Gap Plantation and Juniper Tarn, then continue to Moor Top car park.
- 17 At the road turn right, then turn left at the fingerpost to High Barn and retrace the route to the hostel.

Scan this link to view this route on the OS Maps App – also a route profile and GPX

1km / ½mile



Sculpture

Steep gradient

over 15% over 20%

OS map legend - find out what the other symbols on this map mean os.uk/explorerlegend



This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.