

045

YHA Helvellyn

Glenridding, Helvellyn and Grisedale

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

Mountain walk

Distance: 11 miles (17.6km) **Ascent:** 982m (3,222ft)

Time: Allow 6h 30m to 10h



Map: OS Explorer 1:25k (OL5) English Lakes – North-eastern area

Start/Finish: OS Locate NY 365 173 **what3words** ///albatross.thinks.interacts

A high level walk through Glenridding up to Whiteside and Lower Man to Helvellyn, then down via Nethermost Pike, Dollywaggon Pike and through Grisedale. Turn left out of the hostel onto Greenside Road and at the mine follow signs for Helvellyn and Whiteside. Follow the obvious zigzag path up the side of Kepple Cove and then over Whiteside and Lower Man to Helvellyn. To reach Nethermost Pike and Dollywaggon Pike bear left from the main path at Swallow Scarth. Deviate from the route if you would like to visit the summits of the two Pikes. Descend the zigzag to Grisedale Tarn. Follow the obvious path down Grisedale from the tarn outflow. Stay on the left of Grisedale Beck and follow the path to Lanty's Tarn then take the obvious path by a seat. Go right on an unpaved road, follow signs back to Greenside Road and then left to the hostel.

Hazards

Steep drops at Brown Cove Crags and along the Helvellyn Ridge. Zigzag down to Grisedale Tarn can be awkward and may be slippery in wet conditions. 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 winter conditions the route will become slippery and dangerous, especially when covered in snow and ice – mountaineering skills and equipment will be required.

Accessibility

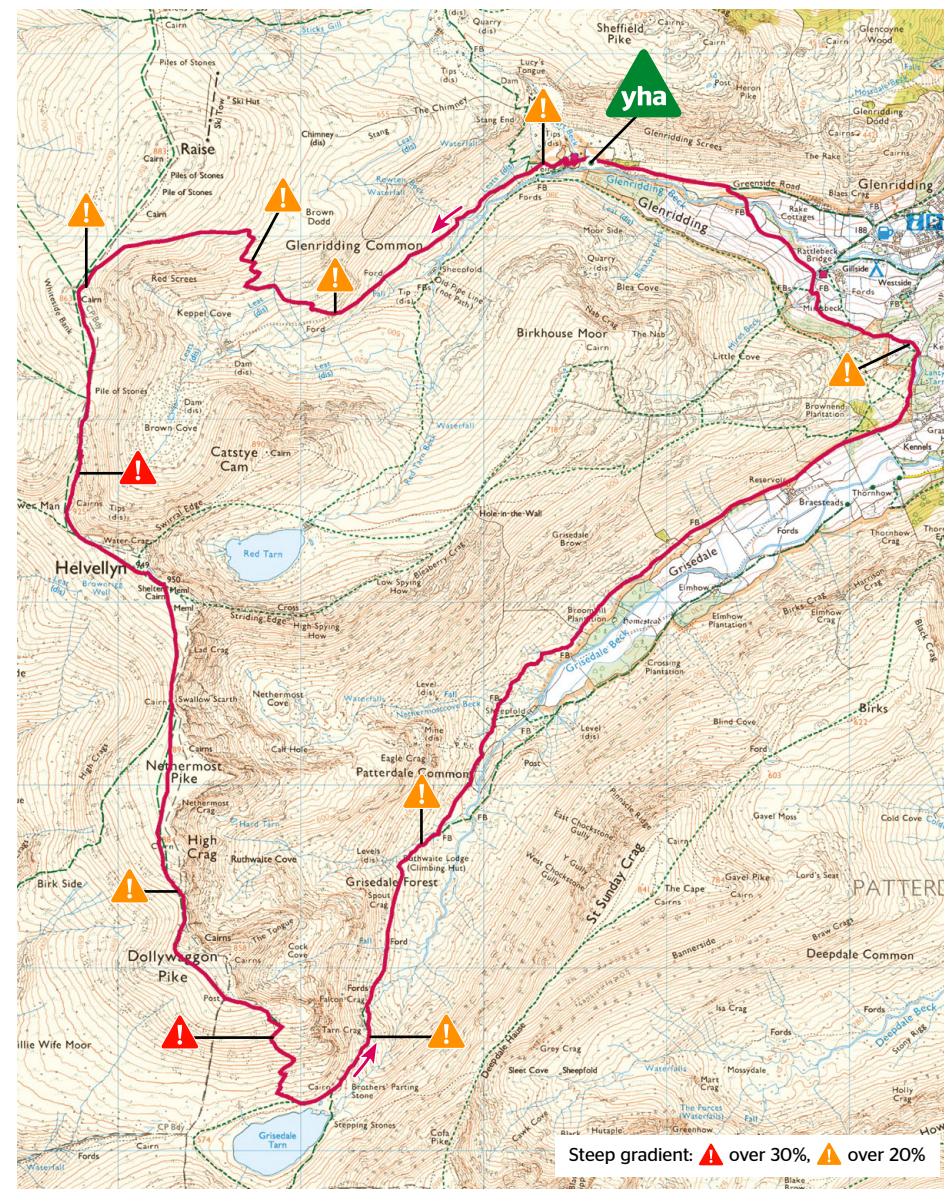
No stiles on route. There are gates and paths less than one metre wide. Some areas of extremely rough path with large boulders.

Points of interest

Fantastic views of Lakeland fells throughout the route. Catstye Cam from Kepple Cove, great views of Swirrel Edge and Striding Edge. Several good views of Grisedale Tarn with Seat Sandal behind.

Facilities

No facilities on the route. Food, drink and toilets available at the YHA. Pubs, food, drink and toilets available a short detour from the route in Glenridding village.



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.

© Crown copyright and database rights 2020 Ordnance Survey 100049945. For full terms and conditions please visit www.ordnancesurvey.co.uk. Route: YHA Helvellyn, Andy Ward & Simon Lightowler



Thank you for choosing to walk from our hostel.
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

Before you go:

- Check the local weather forecast (mwis.org.uk).
- Check the tide times for coastal routes (tidetimes.org.uk).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) (relayuk.bt.com/emergencysms).
- Plan your walk by completing the YHA route notification card it helps Emergency Services if you get into difficulties or fail to return from your walk when anticipated (yha.org.uk/route-card).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit adventuresmart.uk

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

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



Scan or click to shop
for OS maps online
osmaps.com/yha

Share your walks



What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

You might also want to take

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or what3words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.