



YHA Helvellyn

Glenridding and Grisedale

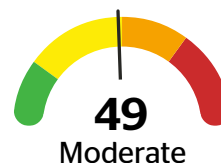
Scan or click to view this route
on the OS Maps App – also
a route profile and GPX

Low mountain valley walk

Distance: 8.6 miles (13.9km) **Ascent:** 543m (1,781ft) **Time:** Allow 4h 30m to 7h

Map: OS Explorer 1:25k (OL05) English Lakes – North-eastern area

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



A low level walk taking in the beautiful valleys of Glenridding and Grisedale. From the hostel turn left, head up the road and take the path marked Helvellyn / Red Tarn. Cross the bridge over the beck and turn left down Glenridding. Where wall remnants block the path veer left to the lower path. Go through a wooden farm gate, down the track and take the path to the right over a footbridge. At the seat near Lanty's Tarn veer right and follow diversions around into Grisedale. Take the level lower path past a sheepfold to the path junction under Ruthwaite Lodge. Turn left and follow the path down to the bridge over Grisedale Beck. Follow the path down Grisedale, continue along a paved section through two gates, turning left immediately after the second. Follow the path up and by Lanty's Tarn and take the steep path to left of the seat. At Glenridding Beck turn upstream through the campsite. Follow the track uphill and branch right at the sign for Greenside Road back to hostel.

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.

Hazards

Watch out for cars on Greenside Road.

Accessibility

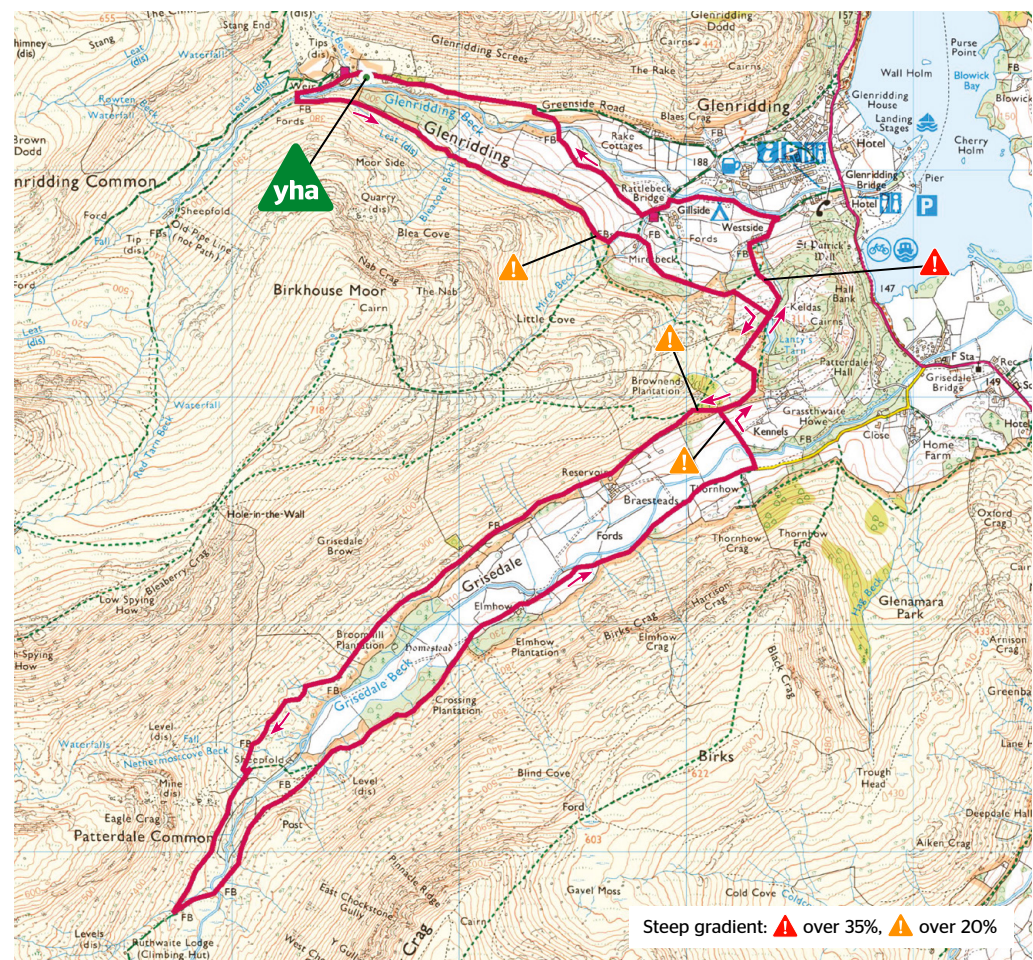
No stiles on route. There are gates and paths less than one metre wide. Some areas of extremely rough path with large boulders.

Points of interest

Good views down Glenridding to Ullswater and up Grisedale to Helvellyn. Severe damage caused by a storm in November 2021 at Lanty's Tarn.

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. Campsite toilets are for campers only.





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/emercyncsms).
- 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.