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YHA Hawkshead

Grizedale Forest & Carron Crag



Woodland walk

Distance: 12.8 miles (20.6km) **Ascent:** 624m (2,047ft)

Time: Allow 6h 15m to 10h

Map: OS Explorer 1:25k (OL07) English Lakes – South-eastern area

Start/Finish: OS Locate SD 354 966 **what3words** ///frantic.handrail.indulgent

A walk through the stunning Grizedale Forest with fantastic viewpoints. There are many tracks and paths through the forest, so careful navigation is necessary to stay on the route. From the hostel head through the small wooden gate in the far corner of the bottom car park near the camping field. Cross over a stone bridge and walk along the path between the beck and the old garden wall. At the end of this path join the public footpath and head uphill. After High Barn turn left towards Furness Fells and follow the track past Tarn Intake and alongside Low Scar Wood. Bear right to pass Breasty Haw to Satterthwaite. Turn left onto the road and head through the village. Cross the stream at Satterthwaite Bridge and shortly after turn right onto a track at a fingerpost. Continue through the forest to Low Parkamoor, turn right to pass Park Crag and Heald Brow Pasture. Turn right to pass Mustard Hill, then turn left to Carron Crag. Head north from the trig point and bear right to pass Jack Gap Plantation to Moor Top car park. Turn right onto the road then left at the fingerpost to High Barn and retrace the route back to the hostel.

Hazards

Caution required on the road sections without pavements. Boardwalks after High barn may be slippery after rain. Moorland after Low Parkamoor may be flooded after periods of heavy rain. Grizedale Forest is a working forest, look out for warning signs – sections of this route may occasionally be closed and require you to navigate your own diversion.

Accessibility

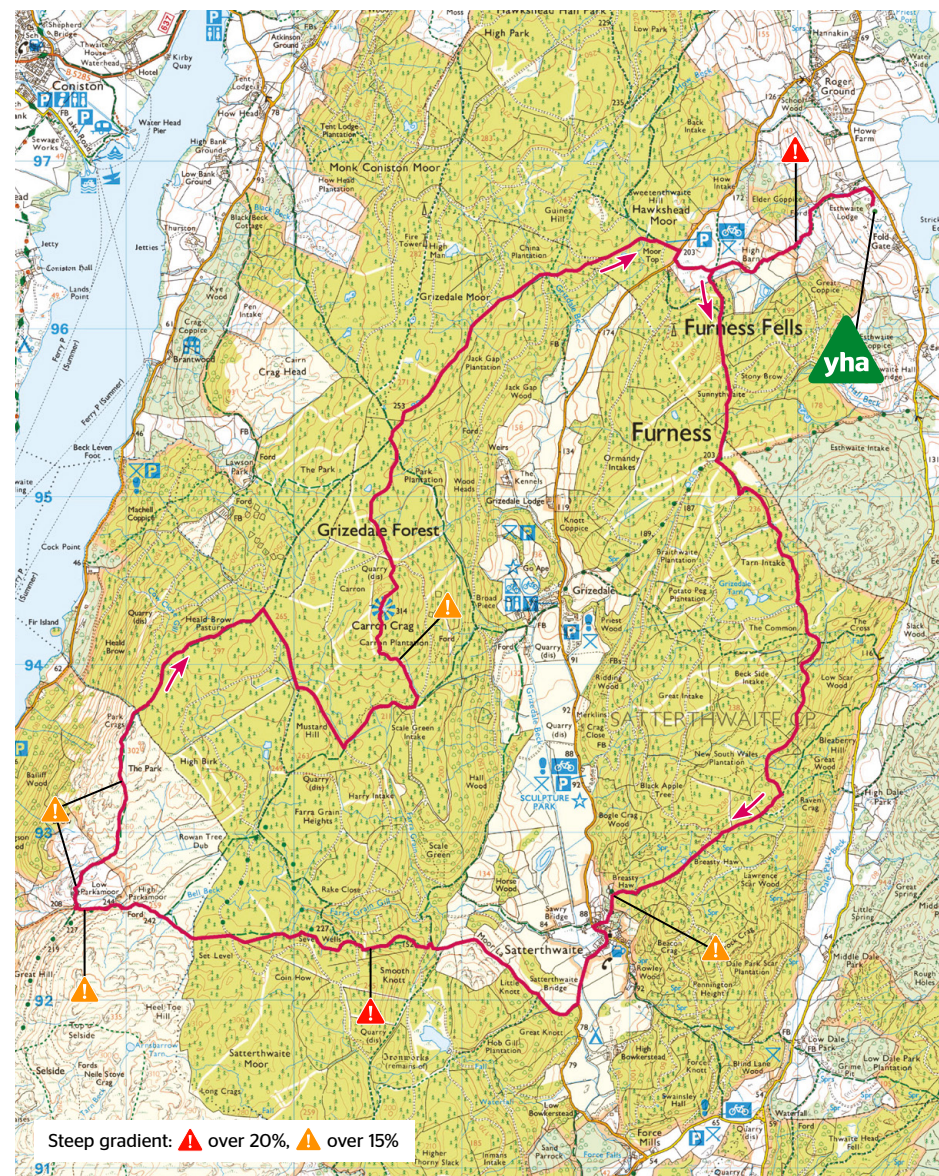
There are stiles and steps on the route and gates and paths less than one metre wide. There are longer stretches of rough ground with large stones and ruts.

Points of interest

Good views of Coniston Water and Coniston village from Park Crag, Carron Crag provides breath-taking views of the surrounding area. Sculptures throughout Grizedale Forest.

Facilities

Tea room, toilet in the church and pub (with limited opening hours) available in Satterthwaite. Toilets and visitor centre off route in the Grizedale Beck Valley.



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.



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 (metoffice.gov.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.