



**YHA Wasdale Hall** [Book your stay now](#)

# Middle Fell, Seatallan and Buckbarrow

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

## Mountain walk

**Distance:** 8.3 miles (13.4km) **Ascent:** 833m (2,733ft)

**Time:** Allow 5h to 7h 45m

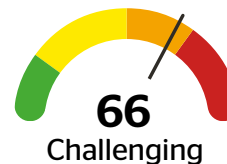
**Map:** OS Explorer 1:25k (OL6) English Lakes – South-western area

**Start/Finish:** OS Locate NY 144 044 **what3words** ///rails.assorted.scatters

A stunning route to lesser visited parts of the Lake District. From the hostel turn left and take the path at the end of the car park. Follow through the trees to the road, turn left and take the track at the fingerpost on the right. Emerge from the trees and bear right across a rough field to join the path through Roan Wood. At the road turn right, cross the bridge, pass the residents car park and take the footpath on the left behind the wall. Follow the obvious grassy path uphill, then bear right onto the smaller path which heads uphill and away from the Gill. Continue to the cairn on the summit of Middle Fell. Leave the summit along the broad ridge, bear left to the saddle above Greendale Tarn and head up to the trig point on Seatallan. Leave the summit in a south westerly direction across Nether Wasdale Common to Cat Bields. Bear left to pass a cairn on Glade How and turn left at Buckbarrow to pass above the crags to the path alongside Greendale Gill. Head downstream and bear right around stone wall enclosures to the road. Turn right, take the track on the left and pass a few buildings. Turn left to Scale, left to Scale Bridge and left again to Ashness How. At the path junction bear right to pass High Birkhow and retrace the route to the hostel.

## 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 winter conditions the route will become slippery and dangerous, especially when covered in snow and ice – mountaineering skills and equipment may be required. Traverse of Seatallan ridge exposed to weather. Take care on the road sections, without pavements.

## Accessibility

This is a physical mountain route with stiles and narrow, steep and rocky paths – hands may be required in places. Good navigation skills required, especially around Seatallan and Buckbarrow as paths are indistinct in places. Steep grassy descent from Buckbarrow down to Greendale Gill. Some farm tracks may be muddy. May be livestock on route.

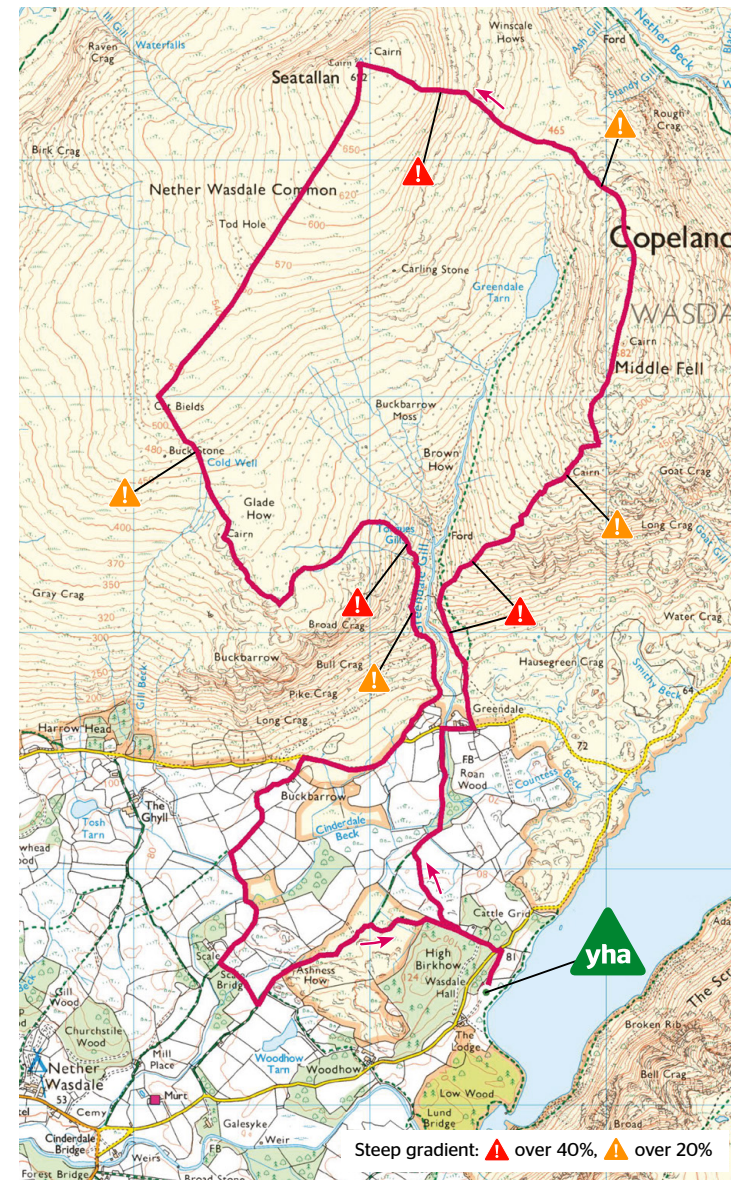
## Points of interest

Stunning views throughout the route, especially from the Seatallan ridge.

## Facilities

There are no facilities on the route. Pubs in Nether Wasdale and café near Cinderdale Bridge a short detour from the return path.

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.



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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](http://mwis.org.uk)).
- Check the tide times for coastal routes ([tidetimes.org.uk](http://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](http://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](http://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](http://adventuresmart.uk)

For more walks or information on route grading and timings go to [yha.org.uk/walks](http://yha.org.uk/walks)

If you encounter problems with this route contact [walking@yha.org.uk](mailto:walking@yha.org.uk)



Scan or click to shop  
for OS maps online  
[osmaps.com/yha](http://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.