

261

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

Miterdale, Eskdale, Illgill Head and Whin Rigg

Mountain, dale and forest walk

Distance: 12 miles (19.3km)

Ascent: 877m (2,877ft)

Time: Allow 6h 45m to 10h 30m

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

Start/Finish: OS Locate NY 144 044 [what3words](#) ///rails.assorted.scatters

A brilliant route with a high ridge, great views and beautiful dales. From the hostel cross the lawn to the lakeside and turn right. Follow the waterside path around Low Wood and turn left to cross a small bridge. Turn left, then right onto an unmade road and left onto the footpath which heads steeply uphill. As the gradient begins to ease bear left to follow the path to the cairn on Whin Rigg. Follow the broad grassy path between two small tarns and up to the summit of Illgill Head. Continue on the path downhill and, as the gradient begins to ease, bear right to pass an enclosure. Follow around the head of Burnmoor Tarn and bear right to pass Burnmoor Lodge. Pick up the path at the waterfalls and follow this to the left of the gill along good paths and bridleways until a small bridge at Low Place. Cross the bridge, turn left through the farmyard and follow the bridleway along Miterdale. At Porterthwaite take the right fork and follow blue arrows up through Miterdale Forest. Descend Irton Fell and into the wood. Continue to a corner in the wall, turn right and follow the track to Easthwaite Farm. Turn right onto the farm road,

head through the farm and take the path on the left. Bear left to back to the small bridge and retrace the route to the hostel.

Hazards

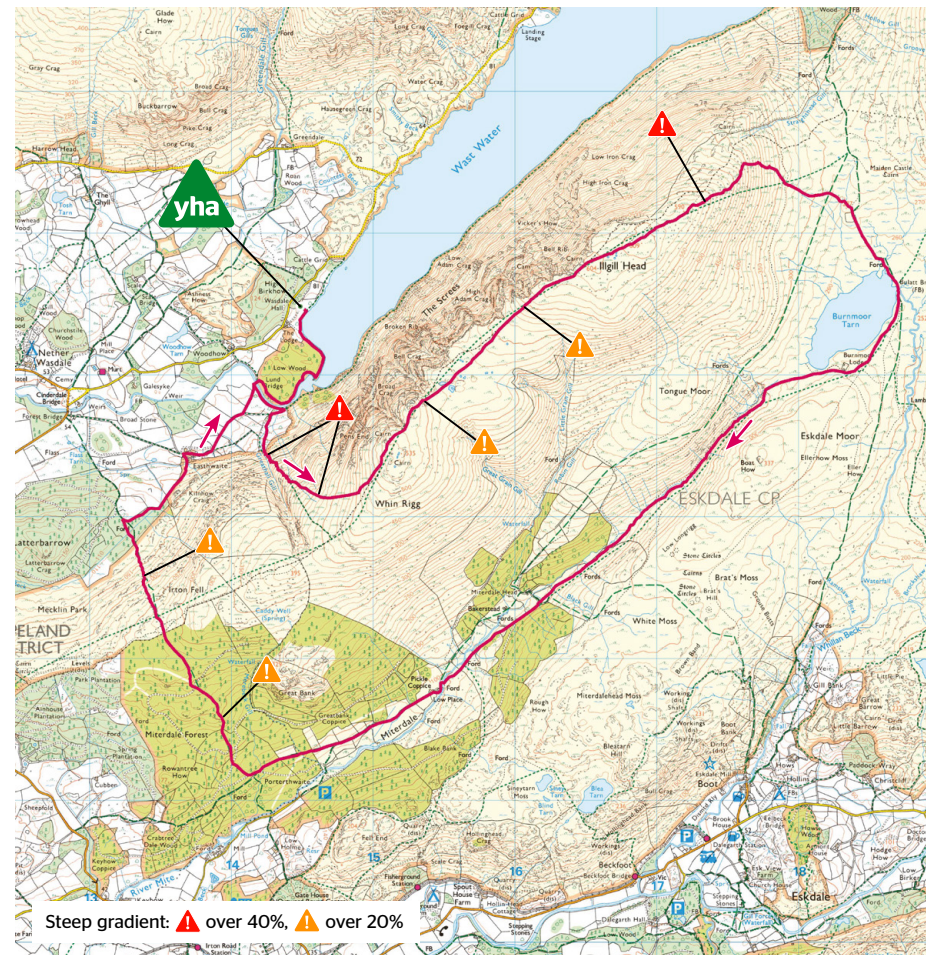
This is a high route so proper preparation and equipment is necessary. The higher parts of the route regularly have low visibility, make sure you know where you are at all times and have a map and compass for navigation. In winter conditions the route will become slippery and dangerous, especially when covered in snow and ice – mountaineering skills and equipment may be required. Traverse of Whin Rigg to Illgill Head ridge is exposed to weather. Stream crossings and paths around Burnmoor tarn could be difficult after heavy rain.

Accessibility

This is a physical hill route with stiles and narrow, steep and rocky paths. Good navigation skills required in places. Steep grassy ascent to Whin Rigg. Steep grassy descent from Miterdale Forest to Easthwaite Farm. May be fallen trees and livestock on route.



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



Points of interest

Great views of the Scafells and the head of Wasdale throughout the ridge traverse over Illgill Head. The atmospheric Burnmoor Lodge was originally a shooting lodge. Lovely walk along the River Mite.

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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Route: Steve Read, Matt Overd, Simon Ainley & 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.