

045

YHA Helvellyn

Glenridding, Helvellyn and Grisedale



Scan to view
this route on
the OS Maps app

Mountain walk

Distance: 11 miles (17.7 km) **Ascent:** 1060m

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 Keppel Cove and then over Whiteside and Lower Man to Helvellyn. To reach Nethermost Pike and Dollywaggon Pike you must deviate from the main path at Swallow Scarth to arrive at the top of the zigzag descent to Grisedale Tarn. Follow the obvious path down Grisedale and cross Grisedale Beck by the footbridge below Rusthwaite Lodge. When the path reaches a paved road follow it through two gates then turn left by the seat. Follow the path diversion signs round 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

Zigzag down to Grisedale Tarn can be awkward and may be slippery in wet conditions.

Accessibility

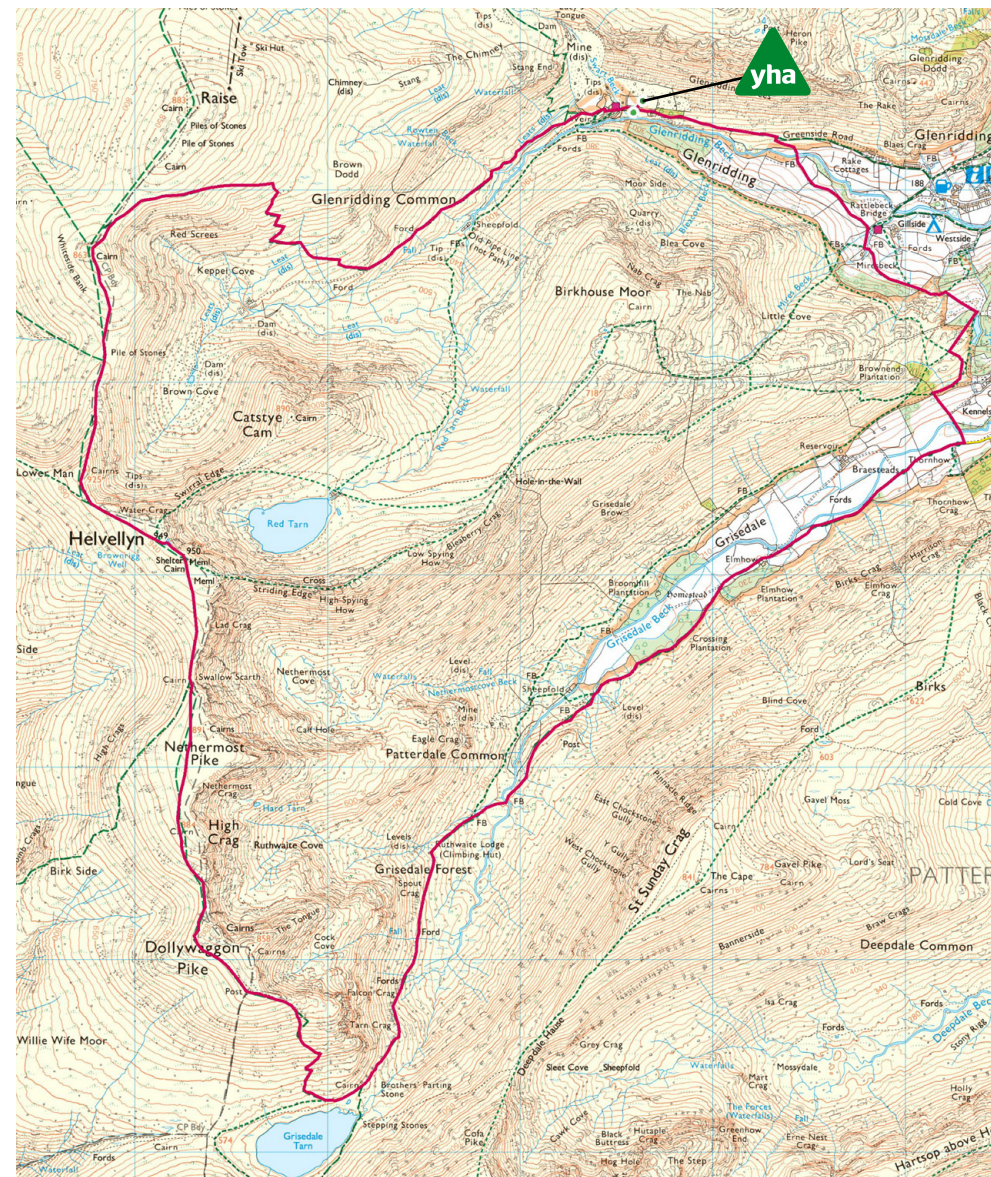
No stiles on route. There are gates and paths less than one metre wide. Some areas of extremely rough path with large boulders.

Points of interest

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



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 a map or the OS Maps app to navigate your walk safely.



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 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 or What Three Words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) (relayuk.bt.com/emergencysms).
- Tell someone where you are going and the latest time you expect to return. Give them your phone number and details of your group. (Remember to tell them when you have returned).
- Ensure your entire group have the fitness and skills to complete the route.

For more information please go to www.yha.org.uk/walks

Share your walks at [#yhawalks](https://twitter.com/yhawalks)

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



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

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.