



WATERSIDE HOUSE
CAMPSITE

Helvellyn

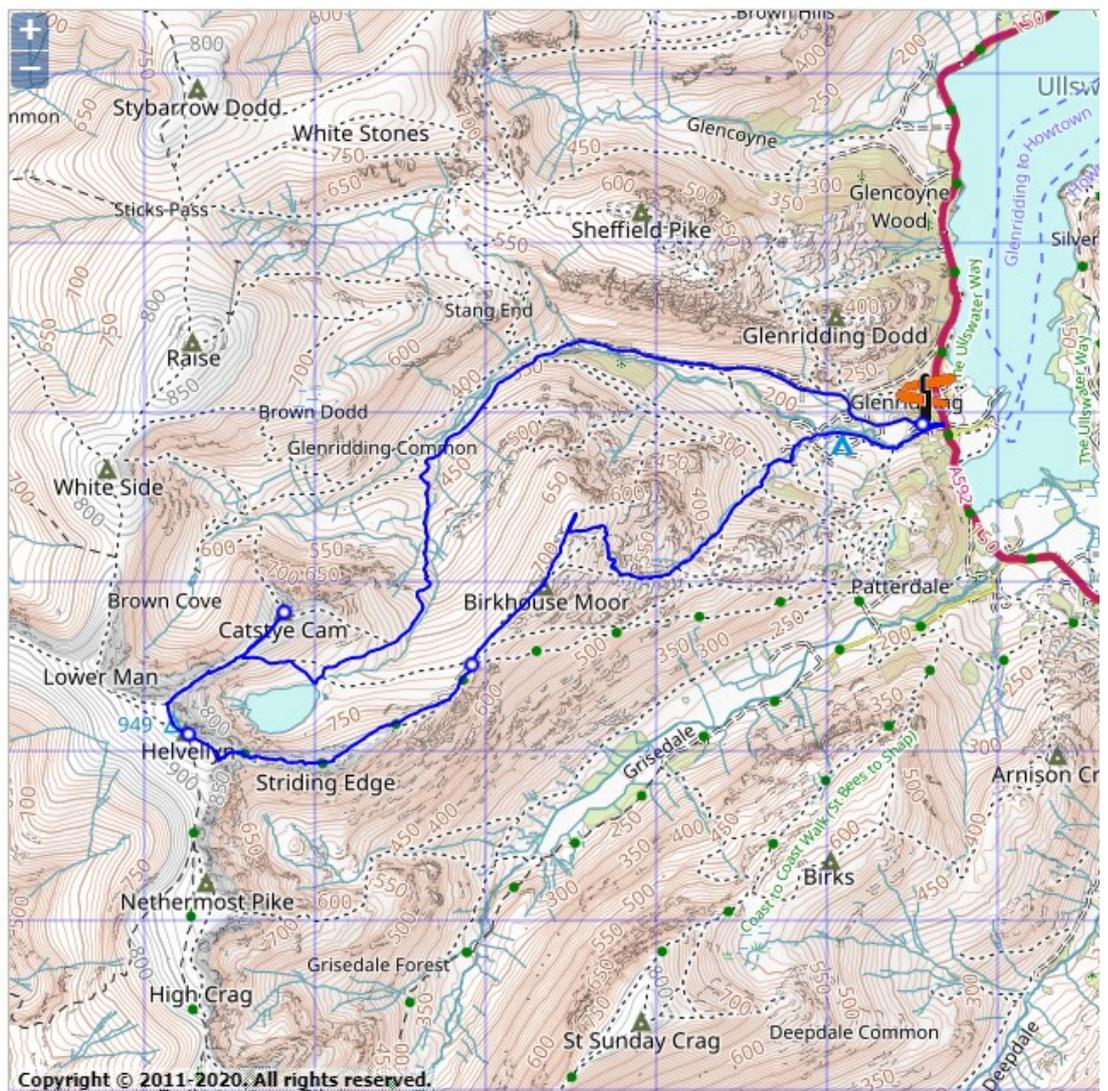
Safety notice:

The walk suggested here takes you along Striding Edge which is a precarious scramble at high altitude. Please do not attempt if you do not cope well with heights, nor if you are inexperienced or unprepared.

This walk should only be attempted if the forecast is good (low wind, no rain) for the full duration of the walk (up to 6 hours). If the ground is wet, we advise giving this hike a miss, as it can be very dangerous if wet underfoot.

If you still want to ascend Helvellyn but want to mitigate some of the risk, we advise you to look at alternative routes (such as the one from Thirlmere).

Page 1 - Map of the route





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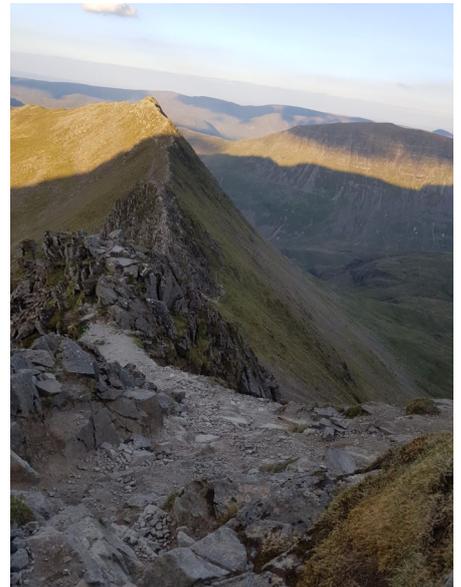
DIFFICULTY: ADVANCED – NOT
ONE FOR THE INEXPERIENCED
OR UNPREPARED.

DURATION: 3 - 6 HOURS

Guide to Helvellyn - Page 2

Summary: Helvellyn is difficult and draining hike. It is the third highest point in England and should be treated with respect. You will need to be prepared to scramble and be **wearing appropriate clothing and footwear**. We also recommend **bringing a map and/or GPS** to help guide you along the way as this walk leaves some areas to your discretion (you must decide the route).

Starting point: The Lake district national authority car park (pay and display) in Glenridding.



Striding Edge, you will be scrambling across this

Leave the car park the same way you came in, and go right, crossing over the Beck. Turn immediately right and follow this road until it becomes a rough track. There will be a signpost indicating the bridleway to the right which you should follow. You will pass below a small hilly campsite called Gillside Campsite. Continue along the road towards the farm but before reaching the farm turn right up a rough track. You will be following the stream (Mires Beck) until you reach a fell gate. You will then go left over a foot-bridge, still following Mires Beck. During this intense climb, do a 180 degree turn and take in the scenery whilst you catch your breath! You should be rising above Ullswater now and be starting to get a taste of some of the views on offer.

The next point you are working towards is “the hole in the wall” which can be found by heading right when you reach a wall, you will zigzag slightly up the hill now. At the top of the zigzags you want to go left, at this point you should see the hole in the wall, which is a stile you should go over.

This next section is where your map/GPS will come in handy. You will follow the path which leads to Bleaberry Crag. You will be weaving through boulders and heading to the crest of the ridge. You want to follow this as best as you can, however you will need to come off it at points always return to this crest though.



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Striding Edge: Towards the end of the ridge, the crest will end. You are looking for a chimney to the left, this is your way down. There is scrambling involved here so this is the point to start taking your time to ensure you remain safe. You need to continue heading across Striding Edge towards the peak, picking whichever route you think is most manageable. Eventually you will reach a steep section with a gravel track up. You can now rest assured that you are almost at the peak!

Note: The above route may be unsuitable for children or dogs. If you want to take an easier route but still following Striding Edge, keep an eye out for a gully/path that is much more level to the right of the scramble, you can instead follow this (though there is still some climbing involved - it is much more forgiving though) until you reach a steep gravel track.

Catch your breath and look at what you've just climbed across, it looks much more difficult and scarier than it actually was! Take a few pics to show your friends back home your adventure, below you is Red Tarn.

The peak: Continue up the steep, gravelly path until you reach the 'Cross Shelter'. This is an area where you can sit down, have something to eat and drink to regain your energy for the descent. Look out for the Cairn (pile of stones) as this indicates your way down.

The Descent: You will be descending via Swirral Edge. At the Cairn you should turn right and drop down onto Swirral edge. There is a tough scramble as you first descend onto the ridge, we advise sticking to the left as it is an easier route. From here you want to head down, following the path back towards Red Tarn, sticking to the right when the path forks (Note: If you opt to go left here, you can visit Catstycam, which is another peak with a small cairn on it). The remaining route down now is simple, just continue following the path downwards, you will cross a stream on a wooden bridge along the path and the valley with the stream in will be on your left hand side.

Finally, you will weave around the edge of the hill, and the track will become wider, continue following this and you will eventually see the Youth Hostel Helvellyn on your left. This signals the end is in sight. Follow this road all the way down and eventually you will come back down to Glenridding. You've just hiked Helvellyn, what an achievement!

Well done!