



# 17 CUMBRIA GRIZEDALE FOREST

▶ Distance: 8 miles/12.7km ▶ Time: 4 hours ▶ Grade: Moderate



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FEATURE  
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'Sheltered Seat' by Jim Partridge and Liz Walmsley.

PHOTO: TOM BAILEY



## CHOSEN BY... MATTHEW PIKE

A fabulous and often surreal walk through a valley of sculptures. It incorporates several of the official trails around Grizedale Forest, and includes the famous Taking the Wall for a Walk by Andy Goldsworthy, where a drystone wall starts to twist and turn through the forest. Other highlights include an eight-foot high stile, musical trees and an archway with woodland creatures carved into it. The forest frequently changes mood, the sleepy village of Satterthwaite is delightful, and the climb to the top of Carron Crag offers a great view to many of the Lakeland fells.

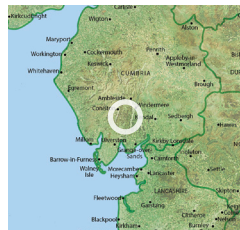
## 1 Start

From car park walk parallel to road on your L, then cross road into courtyard. Turn R past visitor centre to another courtyard, turn L before cafe, down steps, R across wooden bridge and R again, aiming for sculpture of giant man leaning on an axe.

## 2 ¼ mile/300m

Follow the well-surfaced path to the R of the sculpture next to the stream, then keep L at bridge, following yellow markers on sharp L turn uphill. Take first path R following Millwood Trail sign. At next junction continue straight, following Millwood Trail Long Route uphill, then turn L at wide forest track.

## PLAN YOUR WALK



## ROUTE

### Start/parking

Main Car Park, Grizedale Forest, LA22 0QJ, grid ref SD336942

**Is it for me?** Forest tracks/paths. Moderate ascents

**Stiles** None (apart from the giant exhibit!)

## PLANNING

**Nearest town** Conistone

**Refreshments** Grizedale Cafe (01229 860036);

The Eagle's Head, Satterthwaite

(Tel: 01229 860237)

**Public toilets** Car park and visitor centre courtyard

**Public transport** None

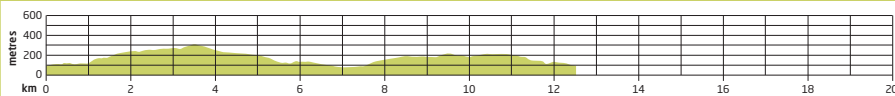
**Maps** OS Explorer OL7; Landranger 96; Grizedale walking trail maps available at visitor centre

## 3 ¾ mile/1.1km

After passing several sculptures follow green and red marker poles on first significant path R, leading uphill. Once on undulating



## GRADIENT PROFILE



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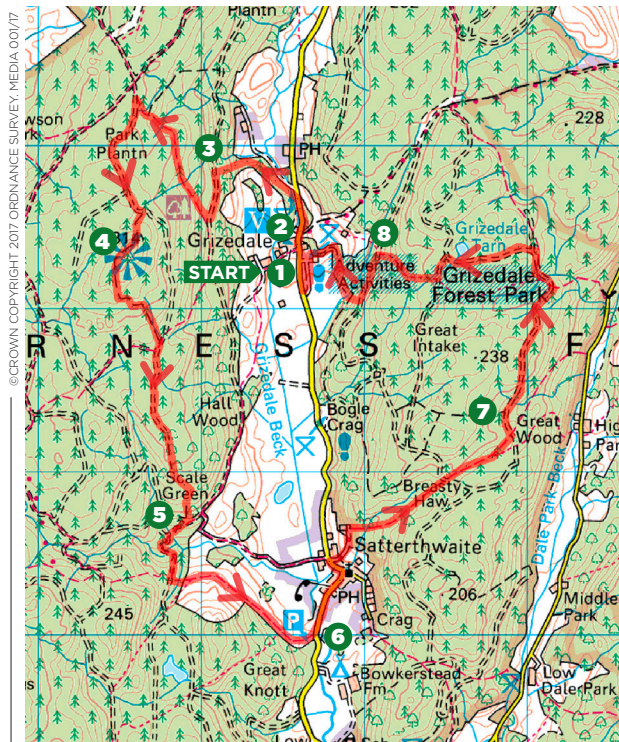
► OS Explorer map OL7 ► Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)

tops ignore L turns until the one with red and green markers, which leads to wide forest track. Turn L and eventually, on L bend, follow markers R up small rocky path to summit.

**4 2¼ miles/3.5km**  
 Take path down from craggy summit into dark wood. At main track turn R, at crossroads follow green marker straight on. Continue ahead at turning circle along small path downhill through gnarly trees and through The Living Wood archway sculpture. Cross cycle track then turn R at wide track, immediately forking L, then turning L just before bridge.

**5 3½ miles/5.5km**  
 Turn L at track, passing picnic bench, then quickly R following green marker uphill. Cross main track and continue down smaller path which joins track leading out of forest to road.

**6 4½ miles/7km**  
 Turn L into Satterthwaite, then take the third lane R up winding lane to Old Breasty Haw cottage, then R up bridleway following lilac markers. Path crosses one track; at a second turn L following green and lilac markers for short way. When paths split, turn L following lilac marker to sculpture marker, where a path leads to Taking the Wall for a Walk.



**7 5½ miles/9.3km**  
 Retrace steps back to main track, turn L and follow track (and green markers) for ¾ mile. When it joins another track, turn L following white marker then, on first L bend, branch R along smaller rocky track. Follow white markers as track meanders down to wide track.

**8 7¼ miles/11.5km**  
 Turn R here, then immediately L down footpath. The giant stile is down to R, but turn L along path closest

to stream following green and white markers. Turn R down steep track following red and white markers, turn R at bottom, cross bridge L and follow paved path ahead back to car park. **CW**

**VIEW THE WALK ON OS MAPS ONLINE:**

[lfto.com/cwroutes](http://lfto.com/cwroutes)

IN ASSOCIATION WITH



OS MAPS



Ordnance Survey

DATE WALKED

□ □ □ □ □ □ □ □ □ □

TIME TAKEN

□ □ □ □ □ □ □ □ □ □

YOUR RATING

○ ○ ○ ○ ○ ○ ○ ○ ○ ○