



27 CUMBRIA HELVELLYN (VIA STRIDING EDGE)

▶ Distance: 8 miles/13km ▶ Time: 6-8 hours ▶ Grade: Challenging



EDGE OF HEAVEN



CHOSEN BY...
DAVID MARSH

For those who like adventure, there's only one way to climb Helvellyn and that's from Glenridding using Striding and Swirral Edges to form a horseshoe. This isn't for the faint-hearted, and scrambling

experience comes in handy. The views are exceptional and the full panorama at times is simply mind blowing. An early start is recommended otherwise you may discover exactly how popular it is. But this is a walk that will stay in the memory for anyone that rises to its challenge.

Red Tarn and Helvellyn
from Catstye Cam.



PHOTO: DAVID MARSH



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► OS Explorer map OL5 ► Buy maps at: ordnancesurvey.co.uk/shop



1 Start
From Beckside Car Park, use the main road to cross over Glenridding Beck then turn R and follow the road along the beck's south side. Continue on the footpath beside the beck past the campsite. Turn L when the road is met and take the track R as it ends.

2 1 mile/1.5km
Once through the intake wall's gate, turn L over the footbridge and, after fording Mires Beck, continue uphill on the pitched path. This reaches a wall, initially followed, before diverting north on a clear path to near the summit of Birkhouse

Moor, which is a few metres detour to the R.

3 2 miles/3.2km
The path then returns to the wall and ascends to Hole-in-the-wall. Ignore the path heading R to Red Tarn and instead climb onto the ridge at Low Spying How and the start of Striding Edge. Negotiate the ridge via its crest or the bypass path, which begins on the Red Tarn side but crosses before The Chimney. Finally, scramble steeply up to Helvellyn's summit plateau, keeping R as the path divides. From there it's only a few metres to the summit shelter.

DON'T MISS...

 **The nearby Aira Force; a beautiful 21-metre waterfall in a picturesque, wooded gorge.**

4 4 miles/6.3km
From the shelter, walk north-west, passing the trig point. The start of Swirral Edge is marked by a cairn. Scramble steeply down the ridge. As it flattens out, ignore the path heading down to Red Tarn but instead continue ahead to the summit of Catstye Cam.

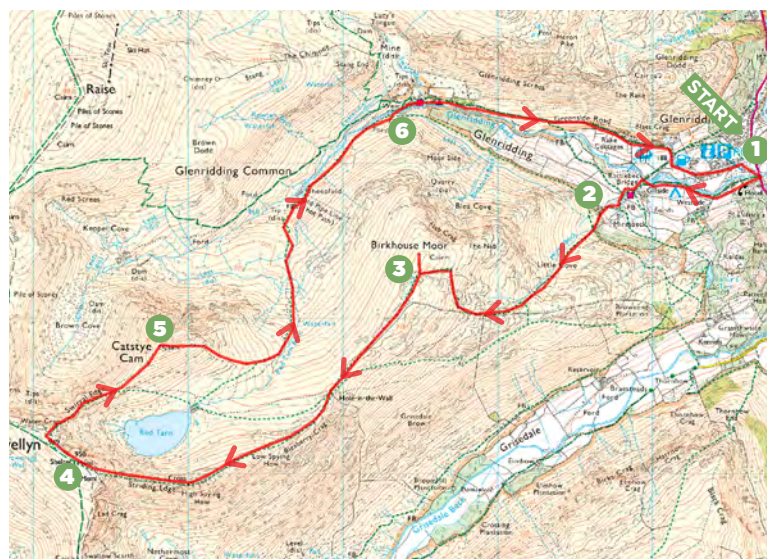
5 4½ miles/7.4km
Leave the summit via the east ridge which turns south-east as it descends on an eroded path to meet the one descending alongside Red Tarn Beck. Follow this down to Glenridding Beck where it continues on the beck's south side.

6 6¼ miles/10.1km
Coming alongside the spoils from the old Greenside mine, cross the beck and descend past the youth hostel, back to Glenridding along the Greenside Road. **CW**



Descending Swirral Edge.

PHOTO: DAVID MARSH



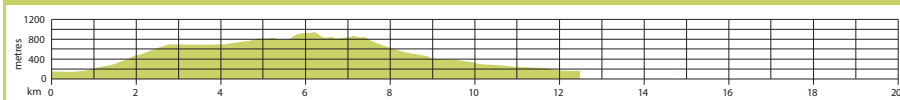
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Views over Ullswater from Catstye Cam.

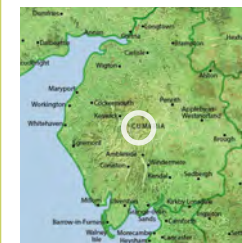


PHOTO: DAVID MARSH

GRADIENT PROFILE



PLAN YOUR WALK



ROUTE

Start/parking Beckside Car Park, Glenridding, grid ref NY386170

Is it for me? Many good, engineered paths but the Edges are steep, exposed, rocky and, in some places, loose and require some scrambling ability
Stiles None

PLANNING

Nearest town Penrith (13 miles)
Refreshments Fellbites Café (Tel: 01768 482781; www.fellbitescafe.co.uk)
Public toilets Beckside Car Park, Glenridding
Public transport Bus 508 (Penrith to Patterdale)
Maps OS Explorer OL5; OS Landranger 90; Harvey Superwalker Lake District East

VIEW THE WALK ON OS MAPS ONLINE:
lfto.com/cwroutes

IN ASSOCIATION WITH



DATE WALKED
□ □ □ □ □ □ □ □ □ □

TIME TAKEN
□ □ □ □ □ □ □ □ □ □

YOUR RATING
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