



# Helvellyn

**Total Distance:** Just over 8.5 miles

**Time:** Minimum of 4 hours, depending on the weather

**Description:** Britain's best loved walk, only to be attempted by experienced walkers. Dogs not advised.

## Route

1. Start at Glenridding car park – CA11 0PD
2. Leave the car park by the entrance and at the road turn right to cross Glenridding Beck bridge, then immediately right again. Following it past Gillside campsite and on to the road. Bear left up towards the farm, but just before bear right up a rough farm track.
3. Reaching the fell gate, turn left and cross the footbridge.
4. When you reach the wall, bear right and work your way up to the Hole in the Wall, which you should cross over.
5. Follow the path onto Bleaberry Crag, which leads to the formidable Striding Edge. Take care over this ridge, it is narrow and has loose stone.
6. Do not follow the ridge right to the end, somewhat back to the left is a gully that will lead you off safely and is less of a scramble.
7. Ahead there will be what looks like a rock wall, however you will be able to make your way over it with steady feet and at the top turn right and you'll come to the Gough memorial.





8. Continue on up to the cairn at the summit of Helvellyn.
9. Follow the headwall to the top of Swirral Edge and follow it round, keeping just to the left of the ridge as the top is very loose.
10. Keep high and right at the stone gully, pass through a narrow gap.
11. You can then head down to Red Tarn, or continue on to Catstycam for the views, retracing back slightly to descend to Red Tarn.
12. Bear left from the tarn, to a gravel path until you reach a footbridge. Follow the stream back to the car park.

