





THE HIGH FELS OF LAKE LAND

Mountain Walks

Pathfinder® Guides 

Challenging
walks for
adventurous
ramblers

At-a-glance

Walk	Page				
1 High Pike and Carrock Fell	7	Caldbeck Common	NY 354338	6¼ miles (10km)	1,755ft (535m)
2 Skiddaw	10	Underscar	NY 281253	10 miles (16km)	2,855ft (870m)
3 Bowscale Fell, Bannerdale Crag and Souther Fell	14	Mungrisdale	NY 364302	8 miles (12.7km)	2,335ft (710m)
4 Blencathra: Sharp Edge and Scales Fell	18	Scales	NY 343269	5¼ miles (8.5km)	2,215ft (675m)
5 Blencathra: Hall's Fell Ridge and Doddick Fell	21	Threlkeld	NY 324255	3¾ miles (6km)	2,430ft (740m)
6 Causey Pike, Crag Hill and Grisedale Pike	24	Stoneycroft	NY 233222	9¼ miles (15km)	3,935ft (1,200m)
7 Hindscarth and Robinson	28	Newlands valley (Rigg Beck)	NY 229201	7½ miles (12km)	2,720ft (830m)
8 Grasmoor	31	Rannerdale (Hause Point)	NY 163183	6¼ miles (10km)	3,135ft (955m)
9 Red Pike, High Stile and High Crag	36	Buttermere	NY 173169	7½ miles (12km)	2,920ft (890m)
10 Pillar, Red Pike and Yewbarrow	39	Wasdale (Overbeck Bridge)	NY 168068	10 miles (16km)	4,725ft (1,440m)
11 Scafell Pike	42	Seathwaite	NY 235122	8½ miles (13.5km)	3,280ft (1,000m)
12 Great Gable	45	Seathwaite	NY 235122	6¼ miles (10km)	2,525ft (770m)
13 Base Brown, Green Gable, Brandreth and Grey Knotts	49	Seatoller	NY 245138	8¾ miles (14km)	2,790ft (850m)
14 Crinkle Crag and Bow Fell	55	Langdale valley Old Dungeon Ghyll	NY 286061	9¼ miles (15km)	3,610ft (1,100m)
15 Harrison Stickle and Pike of Stickle	59	Great Langdale Old Dungeon Ghyll	NY 294064	6½ miles (10.5km)	2,640ft (805m)
16 Old Man of Coniston and Dow Crag	62	Coniston	SD 304975	8½ miles (13.5km)	3,100ft (945m)
17 Wetherlam	66	Tilberthwaite	NY 306010	5½ miles (8.75km)	2,280ft (695m)
18 Great Dodd and Clough Head	71	High Row, Matterdale	NY 380219	8 miles (13km)	1,970ft (600m)
19 Sheffield Pike	74	Glenridding	NY 386169	5 miles (8km)	1,790ft (545m)
20 Helvellyn via Striding Edge and Grisedale	77	Patterdale	NY 396159	10¾ miles (17.3km)	3,605ft (1,100m)
21 Fairfield	81	Ambleside	NY 377045	10½ miles (17km)	3,525ft (1,075m)
22 St Sunday Crag	85	Patterdale	NY 396159	8¾ miles (14km)	2,755ft (840m)
23 Yoke, Ill Bell, Froswick and Thornthwaite Crag	88	Troutbeck	NY 412027	11¼ miles (18.2km)	3,150ft (960m)
24 High Street and Harter Fell	92	Mardale Head	NY 469107	7 miles (11km)	2,675ft (815m)

Walking safety

Wear appropriate footwear such as strong walking boots. Obtain local weather

forecasts, and in the event of sudden bad weather, retreat by the safest possible route.

South and Central Lakeland

14 *Crinkle Crag and Bow Fell*



9¼ miles (15km)



3,610 feet (1,100m)

15 *Harrison Stickle and Pike of Stickle*



6½ miles (10.5km)



2,640 feet (805m)

16 *Old Man of Coniston and Dow Crag*



8½ miles (13.5km)



3,100 feet (945m)

17 *Wetherlam*



5½ miles (8.75km)





2,280 feet (695m)

Dow Crag and Buck
Pike from Torver Bridge

Great Dodd and Clough Head

There is a cleanness of line about the Dodds that ought to attract legions of fell wanderers. And yet it is that very simplicity that seems to propel walkers elsewhere in search of rugged crags, deep valleys and raging torrents. But here it is all grass, reeds and expansive, curvaceous moorland that goes by the name Matterdale Common. As with Gowbarrow Park, not so far distant and where Dorothy Wordsworth noticed the daffodils about which her brother penned his most popular poem, up here among the Dodds you really can wander lonely as a cloud.

 There is very limited parking at High Row, so you may have to add some distance to the day by starting at the car park at NY 397 211 along the A5091, and following the road to Dockray and then High Row from there.

It is at High Row that you can access the Old Coach Road that curls round the northern end of the Dodds to St John's in the Vale. Follow this ancient highway until you reach the footbridge/ford at Groove Beck . Leave the old road here to gain a path past a sheepfold and out onto the vastness of Matterdale Common. If you achieve a completely dry-shod ascent, then you have had a lucky day, but only after prolonged rain is the going arduous. Otherwise, just keep plodding



Bracken fronds in autumn

walk 18



Start

High Row



Distance

8 miles (13km)



Height gain

1,970 feet (600m)



Route terrain

Mainly rough moorland



Parking

Very limited parking at High Row



OS maps

Explorer OL5 (English Lakes – North-eastern area)

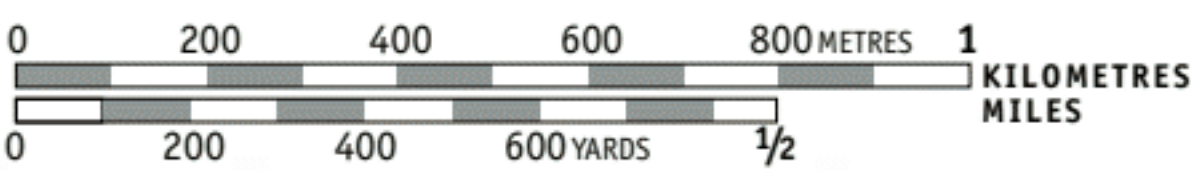


GPS waypoints

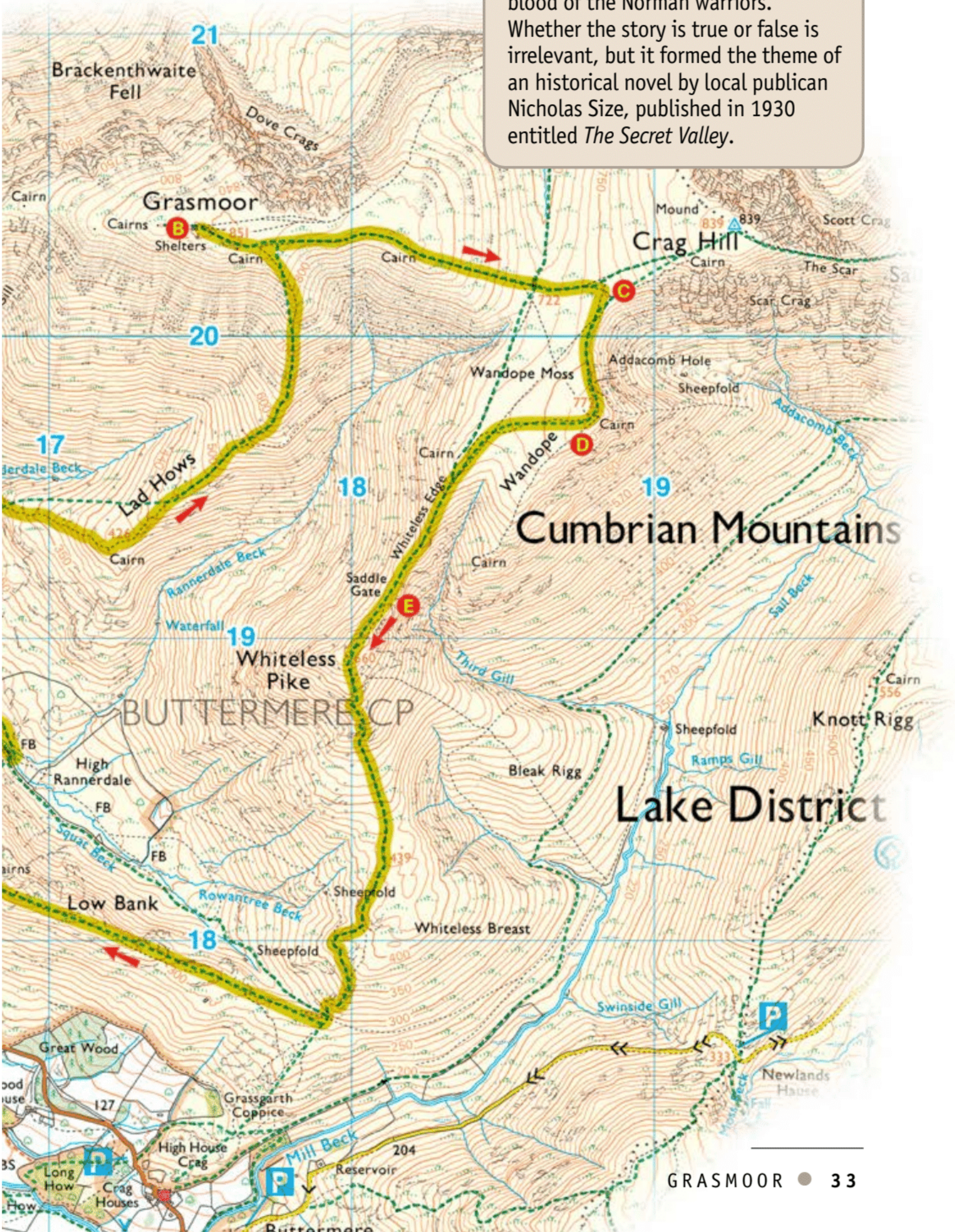
-  NY 380 219
-  NY 373 221
-  NY 348 210
-  NY 337 228
-  NY 350 227

the long and delightful Rannerdale ridge, passing first along Low Bank before reaching the highest point, Rannerdale Knotts. Go a little farther in a northward direction before being diverted left by steep crags for a final downward lunge to reach the valley road near Hause Point, from where the starting point is easily reached.

SCALE 1:25000 or 2½ INCHES to 1 MILE 4CM to 1KM



Rannerdale Beautiful as it is, especially in springtime when the valley is washed with the vibrant colour of bluebells, the dale has a darker side. Known also as the 'Secret Valley', this is the site of a battle at which native Cumbrians, led by Earl Boethar, routed an army of Norman soldiers under the command of Ranulph les Meschines, the Earl of Carlisle. The invaders were drawn into the confines of Rannerdale, where they were ambushed. The bluebells, so folklore says, sprang from the blood of the Norman warriors. Whether the story is true or false is irrelevant, but it formed the theme of an historical novel by local publican Nicholas Size, published in 1930 entitled *The Secret Valley*.





Grasmoor group from above Buttermere

Those wanting to visit Grasmoor only may simply return by the upward route. Otherwise, the continuation lies eastwards, following a line of cairns until a clear path comes into view, leading down to the col linking Grasmoor with Crag Hill. From the col, where there is usually a couple of tiny tarns, bear half right to reach the steep edge **C** overlooking Addacomb Hole. The view, below Scar Crag on Crag Hill, to Sail and onward to Causey Pike, is both sudden and exciting, a complete terrain contrast to the springy turf that led up to the edge.

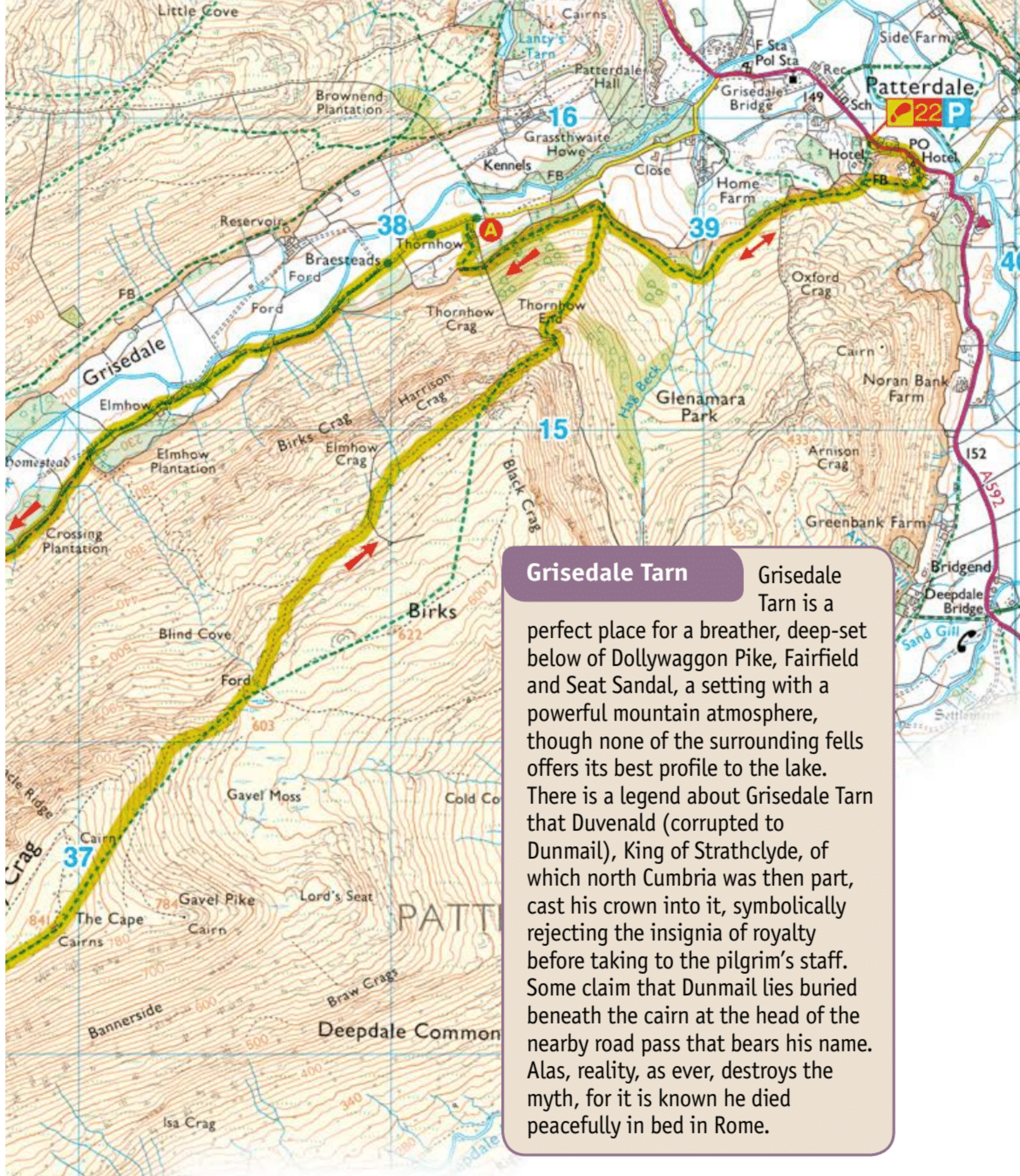
Follow the rim above Addacomb Hole to reach Wandope **D**, the summit of which is marked by a cairn. More cairns to the west and south-west mark the line of descent around the head of Third Gill. Be sure, however, to avoid the deceiving start onto Wandope's south-west ridge; go west first from the summit, until you can see the cairn at the top of Whiteless Edge.

Whiteless Edge is a narrow and exhilarating ridge with a few brief moments of exposure as it plunges down to Saddle Gate **E** before an abrupt little pull to the top of Whiteless Pike. Beyond, the path now descends

steeply to Whiteless Breast, and presses on, just as steeply, to the col linking with Rannerdale Knotts.

From the col, there is a speedy way down through the secret valley of Rannerdale. But by climbing a little instead you gain





Grisedale Tarn

Grisedale Tarn is a

perfect place for a breather, deep-set below of Dollywaggon Pike, Fairfield and Seat Sandal, a setting with a powerful mountain atmosphere, though none of the surrounding fells offers its best profile to the lake. There is a legend about Grisedale Tarn that Duvenald (corrupted to Dunmail), King of Strathclyde, of which north Cumbria was then part, cast his crown into it, symbolically rejecting the insignia of royalty before taking to the pilgrim's staff. Some claim that Dunmail lies buried beneath the cairn at the head of the nearby road pass that bears his name. Alas, reality, as ever, destroys the myth, for it is known he died peacefully in bed in Rome.



Birks and St Sunday Crag from Glenamara Park

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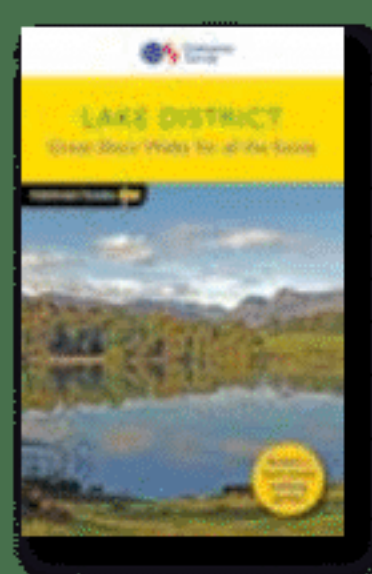
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