



# 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](http://ordnancesurvey.co.uk/shop)



**1 Start**  
From Backside 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.

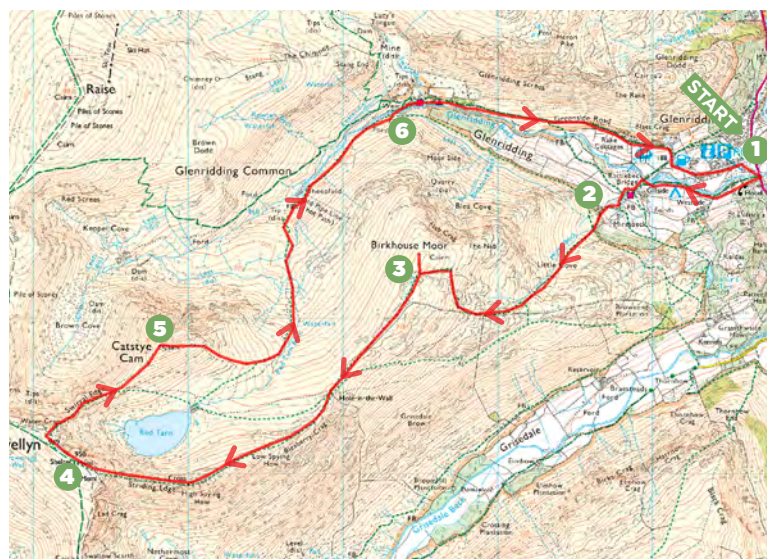
**5 4½ miles/7.4km**  
Leave the summit via the east ridge which turns south-east as it descends on an eroded path to meet the one descending alongside Red Tarn Beck. Follow this down to Glenridding Beck where it continues on the beck's south side.

**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**

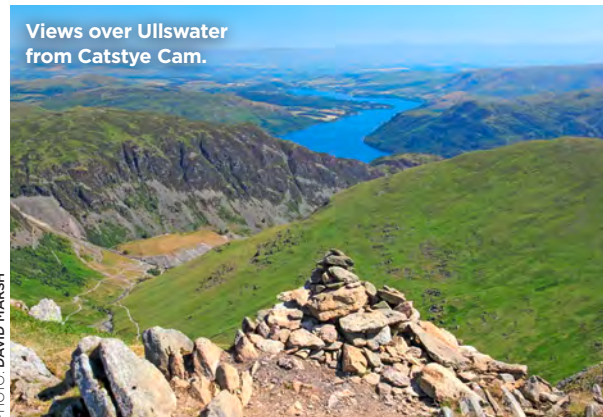


Descending Swirral Edge.

PHOTO: DAVID MARSH



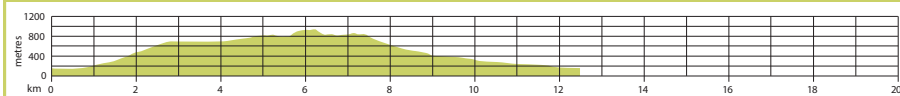
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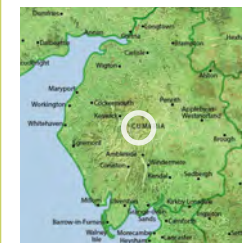
Views over Ullswater from Catstye Cam.

PHOTO: DAVID MARSH

## GRADIENT PROFILE



## PLAN YOUR WALK



### ROUTE

**Start/parking** Backside 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](http://www.fellbitescafe.co.uk))  
**Public toilets** Backside 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](http://lfto.com/cwroutes)

IN ASSOCIATION WITH



DATE WALKED  
□ □ □ □ □ □ □ □ □ □

TIME TAKEN  
□ □ □ □ □ □ □ □ □ □

YOUR RATING  
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