
WALKING THE LAKE DISTRICT FELS

PATTERDALE

HELVELLYN, FAIRFIELD AND THE EAST

MARK RICHARDS

CICERONE

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Updates to this Guide

While every effort is made by our authors to ensure the accuracy of guidebooks as they go to print, changes can occur during the lifetime of an edition. Any updates that we know of for this guide will be on the Cicerone website (www.cicerone.co.uk/1034/updates), so please check before planning your trip. We also advise that you check information about such things as transport, accommodation and shops locally. Even rights of way can be altered over time. We are always grateful for information about any discrepancies between a guidebook and the facts on the ground, sent by email to updates@cicerone.co.uk or by post to Cicerone, Juniper House, Murley Moss, Oxenholme Road, Kendal, LA9 7RL.

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Front cover: *St Sunday Crag looming over Grisedale*








Title page: *Looking up Grisedale to Dollywaggon Pike*

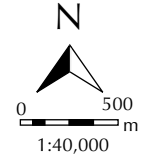
CONTENTS

Map keys	5
Volumes in the series	6
Author preface	9
Starting points	10
INTRODUCTION	13
Valley bases	13
Fix the Fells	15
Using this guide	15
Safety and access	18
Additional online resources	18
FELLS	19
1 Arnison Crag	19
2 Birkhouse Moor	24
3 Birks	32
4 Catstycam	37
5 Clough Head	42
6 Dollywaggon Pike	48
7 Dove Crag	54
8 Fairfield	62
9 Glenridding Dodd	72
10 Gowbarrow Fell	77
11 Great Dodd	86
12 Great Mell Fell	94
13 Great Rigg	98
14 Hart Crag	103
15 Hart Side	109
16 Hartsop above How	115
17 Helvellyn	121
18 Heron Pike	138
19 High Hartsop Dodd	145
20 High Pike	149
21 Little Hart Crag	153



























22 Little Mell Fell	159
23 Low Pike	163
24 Middle Dodd	168
25 Nab Scar	172
26 Nethermost Pike	176
27 Raise	182
28 Red Screes	190
29 Seat Sandal	200
30 Sheffield Pike	208
31 St Sunday Crag	216
32 Stone Arthur	224
33 Stybarrow Dodd	229
34 Watson's Dodd	238
35 White Side	243
RIDGE ROUTES	249
1 Fairfield Horseshoe	249
2 Helvellyn Skyline	253
3 Great Dodd Ridgeway	258
4 Deepdale and Dovedale Round	263
Useful contacts	267
A fellranger's glossary	268
The Lake District fells	272

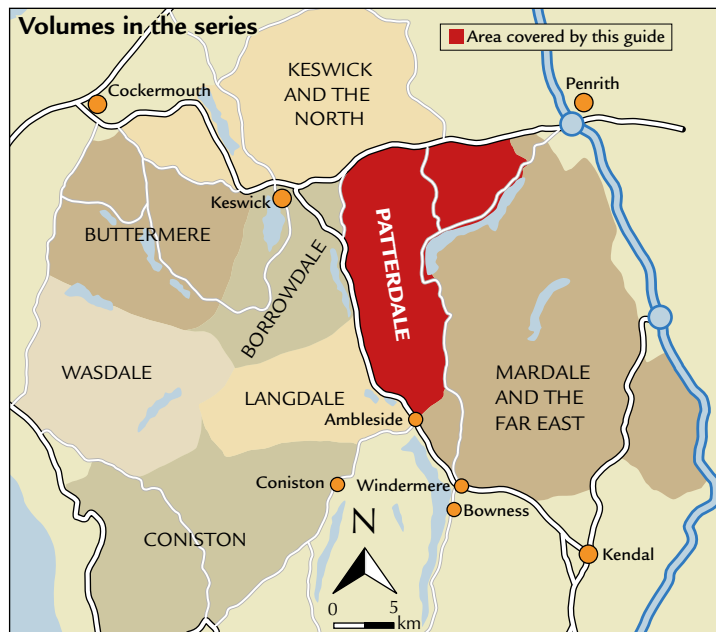
Key to route maps and topos

-  **Route on a defined path**
-  **Route on an intermittent or undefined path**
-  **Fell summit featured in this guide (on maps)**
-  **Fell summit featured in this guide (on maps)**
-  **Route number (on maps)**
-  **Starting point**
-  **Route number (on topos)**



Harvey map legend

	Lake, small tarn, pond		Contour (15m interval)
	River, footbridge		Index contour (75m interval)
	Wide stream		Auxiliary contour
	Narrow stream		Scree, spoil heap
	Peat hags		Boulder field
	Marshy ground		Scattered rock and boulders
Contours change from brown to grey where the ground is predominantly rocky outcrops, small crags and other bare rock.			Predominantly rocky ground
	Improved pasture		Major crag, large boulder
	Rough pasture		O.S. trig pillar, large cairn
	Fell or moorland		Spot height (from air survey)
	Open forest or woodland		Dual carriageway
	Dense forest or woodland		Main road (fenced)
	Felled or new plantation		Minor road (unfenced)
	Forest ride or firebreak		Track or forest road
	Settlement		Footpath or old track
	Boundary, maintained		Intermittent path
	Boundary, remains		Long distance path
On moorland, walls, ruined walls and fences are shown. For farmland, only the outer boundary wall or fence is shown.			Powerline, pipeline
			Building, ruin or sheepfold, shaft
		The representation of a road, track or footpath is no evidence of the existence of a right of way.	



Helvellyn seen from Hard Edge on Nethermost Pike





AUTHOR PREFACE

This land of living dreams we call the Lake District is a cherished blessing to know, love and share. As we go about our daily routines, we may take a fleeting moment to reflect that someone, somewhere, will be tramping up a lonely gill or along an airy ridge, peering from a lofty summit or gazing across a wind-blown tarn and taking lingering solace from its timeless beauty. The trappings of modern life thrust carpet and concrete under our feet, and it is always wonderful to walk the region's sheep trods and rough trails, and to imprint our soles upon the fells. This series sets out to give you the impetus and inspiration to make space in your schedule to explore them time and again, in myriad different ways.

However, the regular paths of long tradition deserve our care. Progressively many of the main paths are being re-set with cobbles and pitching by organisations such as Fix the Fells, to whose work you have contributed by buying this guide. But in many instances, the best consideration we can give these pathways is rest. The modern fellwanderer should show a new 'green' awareness by choosing to tread lightly on the land and to find new ways around the hills. One of the underlying impulses of this guide is to protect these beloved fells by presenting a diversity of route options for each and every fell – and also, in this new edition, recommending 'fell-friendly' routes to each summit which are less susceptible to erosion.

Another feature of this latest incarnation of Fellranger, apart from the smaller size to slip in your pocket or pack, is the addition of a selection of inspiring ridge routes at the end of each volume for those of you who like to spend a little longer with your head and feet in the heavenly realms, relishing the summit views and the connections between the felltops, as well as some accompanying online resources for readers with a digital bent.

Mark Richards

STARTING POINTS

Location			GR NY...	Access	Ascents described from here
1	Threlkeld	on-road parking in the village and free car park (with donation box) at 318 256	325 254	FP, B	Clough Head
2	Wanthwaite	small number of kerbside spaces	316 233	FP	Clough Head
3	Legburthwaite	small pay-and-display UU car park	318 195	PP	Great Dodd, Watson's Dodd
4	Stanah	a few spaces beside village phone box and 20 at the Thirlmere Recreation Room	318 189	FP	Raise, Stybarrow Dodd, Watson's Dodd
5	Thirlspot	King's Head car park – first buy a £5 permit from them, fully redeemable in the pub for food/beer.	317 178	PP, B	Helvellyn, Raise, White Side
6	Swirls	small, free (but busy) UU car park	316 169	FP, B	Helvellyn, White Side
7	Wythburn Church	small, free UU car park	324 136	FP, B	Helvellyn, Nethermost Pike
8	Dunmail Raise	large layby near summit	329 111	FP	Dollywaggon Pike, Fairfield, Seat Sandal
9	Winterseeds	bus stop on A591, 1.5km N of Grasmere	337 088	B	Fairfield, Seat Sandal, Stone Arthur
10	A591 layby	large layby, 1km north of Grasmere	337 086	FP	Great Rigg, Heron Pike, Stone Arthur
11	Broadgate Meadow	NP car park, Grasmere	338 078	PP, B	Great Rigg, Heron Pike, Stone Arthur
12	Red Bank Road	council car park, Grasmere	335 073	PP, B	Heron Pike
13	Stock Lane	NP car park, Grasmere	339 073	PP, B	Heron Pike
14	White Moss	car park by Rydal Water	350 065	PP	Heron Pike, Nab Scar
15	Rydal Mount	a few spaces beside broad lane up to Rydal Mount	365 063	FP, B	Fairfield, Hart Crag, Heron Pike, Low Pike, Nab Scar

Location			GR NY...	Access	Ascents described from here
16	Pelter Bridge	NP car park, Rydal	365 059	PP, B	Fairfield, Hart Crag, Heron Pike, Low Pike, Nab Scar
17	Rydal Road	council car park, Ambleside	374 047	PP, B	Dove Crag, High Pike, Low Pike, Red Screes
18	The Struggle	parking for a handful of cars just north of the hairpin on the right	398 077	FP	Red Screes
19	Kirkstone Pass	large but popular car park	401 081	FP, B	Red Screes
20	Red Pit	small car park west of the pass, under Red Screes	403 089	FP, B	Middle Dodd, Red Screes
21	Caudale Bridge	layby for several cars W of road a few hundred metres S of the bridge and E of road just before the bridge (403 115)	402 112	FP, B	Dove Crag, High Hartsop Dodd, Little Hart Crag, Middle Dodd, Red Screes
22	Cowbridge	small, free car park in the bend of the A592	402 134	FP, B	Dove Crag, Hart Crag, Hartsop above How, High Hartsop Dodd, Little Hart Crag, Middle Dodd
23	Deepdale Bridge	small layby by old phone box	399 144	FP, B	Arnison Crag, Birks, Fairfield, Hart Crag, Hartsop above How, St Sunday Crag
24	Patterdale	car park to E of road across from the Patterdale Hotel	396 159	PP, B	Arnison Crag, Birkhouse Moor, Birks, Dollywaggon Pike, Helvellyn, Nethermost Pike, St Sunday Crag
25	Glenridding	large pay-and-display NP car park	385 169	PP, B	Birkhouse Moor, Catstycam, Glenridding Dodd, Helvellyn, Raise, Sheffield Pike, Stybarrow Dodd, White Side

Location			GR NY...	Access	Ascents described from here
26	Stybarrow Crag	layby on W side of road	387 179	FP, B	Glenridding Dodd, Sheffield Pike
27	Seldom Seen	lane-end bus stop	387 185	B	Glenridding Dodd, Sheffield Pike
28	Glencoyne Bridge	large pay-and-display NT car park	386 189	PP	Sheffield Pike
29	Aira Force	small pay-and-display NT car park	400 200	PP, B	Gowbarrow Fell
30	Park Brow	small pay-and-display NT car park	397 204	PP	Gowbarrow Fell, Hart Side
31	High Force	small NT car park	396 211	FP	Gowbarrow Fell, Hart Side
32	Dockray	small layby to E beside bridge S of village	392 215	FP, B	Gowbarrow Fell, Hart Side
33	High Row	small off-road parking area to W of crossroads	380 219	FP	Great Dodd, Stybarrow Dodd
34	The Hause	small layby to S of road	424 236	FP	Gowbarrow Fell, Little Mell Fell
35	Cove	a few tight spaces on the verge, opposite the start of the path	432 233	FP	Gowbarrow Fell, Little Mell Fell
36	Matterdale End	2 or 3 roadside spaces on the crossroads	395 235	FP, B	Great Mell Fell
37	Brownrigg	a few roadside spaces at the lane end	407 247	FP	Great Mell Fell
38	Troutbeck	a few roadside spaces at the lane end	390 266	FP, B	Great Mell Fell

FP – free parking

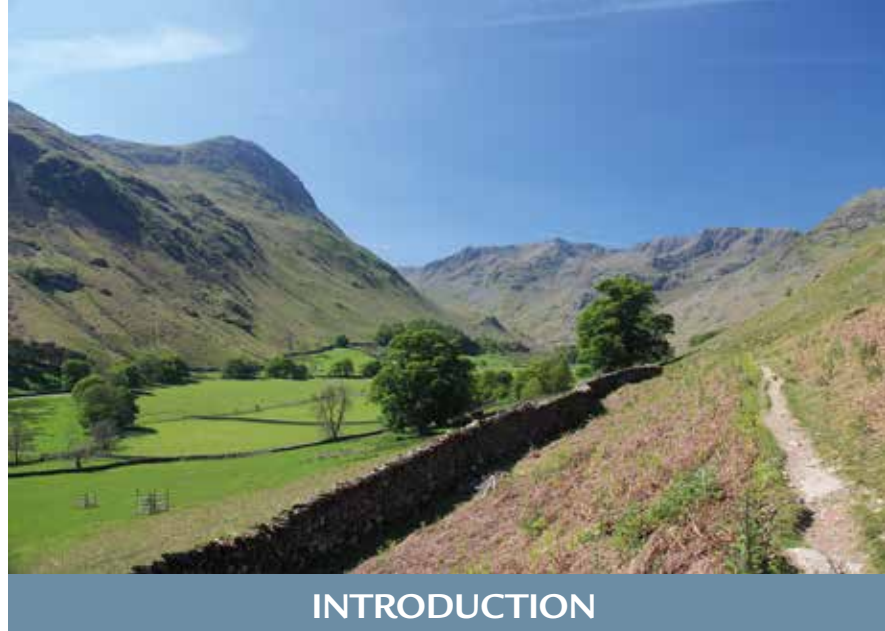
PP – pay parking

NT – National Trust (free to members)

UU – United Utilities

B – on a bus route (in season)

F – on foot only



INTRODUCTION

Valley bases

The area covered by this guide lies between the primary valley roads that strike through the heart of the Lake District linking Windermere, Keswick and Penrith – core corridors of travel, popular from the birth of tourism. Walks springboard from Rydal, Grasmere and, over Dunmail Raise, from Thirlmere and Threlkeld, at the far side of St John's in the Vale. To the east, just below the A66, the area also takes in gentler fell country from Pooley Bridge to the foot of Ullswater and along its gracious shores by Glenridding and Patterdale, then over the wild passage of Kirkstone Pass and down by Stock Ghyll to Ambleside.

The fells are held in tight rein between Ullswater and Thirlmere with deep sylvan valley approaches leading to impressive hanging valleys (coves) and soaring peaks (pikes). This extended family of fells running north by Fairfield and Helvellyn to Clough Head and sustaining the highest continuous ground in the National Park is the great focus of this guide. For the most scenic introduction to the massif, arrive from the northeast, along the shore of unparalleled Ullswater, taking time to stop, stare and anticipate some truly great fell days.



Rydal Head from Heron Pike

Facilities

Being right in the thick of the accessible scenic action has its upsides. No surprise that there is an abundance of luxury hotels, cosy B&Bs and self-catering cottages, as well as hostels and camp sites, all in close proximity to these fells. Your search engine will home in swiftly on the choice, as a first port of call the Visit Cumbria website www.visitcumbria.com (click Accommodation) is a reliable database.

Getting around

Year-round bus services ply the main roads giving added flexibility for route planning. Only the Kirkstone Rambler service from Bowness to Patterdale is necessarily seasonal – the narrow-walled road over the Kirkstone Pass is tough driving even for cars in summer, let alone buses. The 555 service runs at an almost-urban frequency on the southern and western side of the range, between Ambleside and Keswick, the Patterdale Rambler 108 service from Penrith travels by Ullswater to Glenridding, turning tail at the head of the lake in Patterdale, and the X4/5 service between Keswick and Penrith calls in at Threlkeld.

Parking is not to be taken for granted anywhere in the Lake District. Always allow time to find an alternative parking place or be prepared to

switch to a different plan for the day. Alternatively just set out directly from your door – perfectly possible if you choose to stay in one of the nearby valleys. Always take care to park safely and only in laybys and car parks and avoid the side of the narrow country roads. Depending on where you are basing yourself, consider joining the National Trust (www.nationaltrust.org.uk) in order to use their several car parks for free. Consult the Starting Points table to locate suitable car parking areas and designated car parks.

Fix the Fells

The Fellranger series has always highlighted the hugely important work of the Fix the Fells project in repairing the most seriously damaged fell paths. The mighty challenge has been a great learning curve and the more recent work, including complex guttering, is quite superb. It ensures a flat footfall where possible, easy to use in ascent and descent, and excess water escapes efficiently minimising future damage.



The original National Trust and National Park Authority partnership came into being in 2001 and expanded with the arrival of Natural England, with additional financial support from the Friends of the Lake District and now the Lake District Foundation (www.lakedistrictfoundation.org). But, and it's a big but, the whole endeavour needs to raise £500,000 a year to function. This enormous figure is needed to keep pace with the challenges caused by the joint tyranny of boots and brutal weather. The dedicated and highly skilled team, including volunteers, deserve our sincerest gratitude for making our hill paths secure and sympathetic to their setting. It is a task without end, including pre-emptive repair to stop paths from washing out in the first place.

Mindful that a metre of path costs upwards of £200 there is every good reason to cultivate the involvement of fellwalkers in a cause that must be dear to our hearts... indeed our soles! Please make a beeline for www.fixthefells.co.uk to make a donation, however modest. Your commitment will, to quote John Muir, 'make the mountains glad'.

Using this guide

Unlike other guidebooks which show a single or limited number of routes up the Lakeland fells, the purpose of the Fellranger series has always been to offer the independent fellwalker the full range of approaches and paths



Helvellyn massif from Deepdale Hause

available and invite them to combine them to create their own unique experiences. A valuable by-product of this approach has been to spread the effects of walkers' footfall more widely over the path network.

This guide is divided into two parts: 'Fells' describes ascents up each of the 35 fells covered by this volume, arranged in alphabetical order. 'Ridge routes' describes a small selection of popular routes linking these summits.

Fells

In the first part, each fell chapter begins with an information panel outlining the character of the fell and potential starting points (numbered in blue on the guide overview map and the accompanying 1:40,000 HARVEY fell map, and listed – with grid refs – in Starting points in the introduction). The panel also suggests neighbouring fells to tackle at the same time, including any classic ridge routes. The 'fell-friendly route' – one which has been reinforced by the national park or is less vulnerable to erosion – is also identified for those particularly keen to minimise their environmental impact.

After a fuller introduction to the fell, summarising the main approaches and expanding on its unique character and features, come the route descriptions. Paths on the fell are divided into numbered sections. Ascent routes are grouped according to starting point and described as combinations of (the

red-numbered) path sections. The opportunities for exploration are endless. For each ascent route, the ascent and distance involved are given, along with a walking time that should be achievable in most conditions by a reasonably fit group of walkers keen to soak up the views rather than just tick off the summit. (Over time, you will be able to gauge your own likely timings against these figures.)

In many instances a topo diagram is provided, alongside the main fell map, to help with visualisation and route planning. When features shown on the maps or diagrams appear in the route descriptions for the first time (or the most significant time for navigational purposes), they are highlighted in **bold**, to help you trace the routes as easily as possible.

As a good guide should also be a revelation, panoramas are provided for a small number of key summits and panoramas for every fell in this guide can be downloaded free from www.cicerone.co.uk/fellranger (see 'Additional online resources' below). These name the principal fells and key features in the direction of view.

Advice is also given at the end of each fell chapter on routes to neighbouring fells and safe lines of descent should the weather close in. In fell-walking, as in any mountain activity, retreat is often the greater part of valour.

Ridge routes

The second part of this guide describes some classic ridge routes in the Patterdale area. Beginning with an information panel giving the start and finish points, the summits included and a very brief overview, each ridge route is described step by step, from start to finish, with the summits highlighted in bold in the text to help you orientate yourself with the HARVEY route map provided. Some final suggestions are included for expeditions which you can piece together yourself from the comprehensive route descriptions in 'Fells'.

Appendices

For more information about facilities and services in the Lake District, some useful phone numbers and websites are listed in a 'Useful contacts' appendix. 'A fellranger's glossary' offers a glossary to help newcomers decode the language of the fells as well as some explanations of some of the most intriguing place names that you might come across in this area. 'The Lake District fells' is a comprehensive list of all the fells included in this 8-volume series to help you decide which volume you need to buy next!

Safety and access

Always take a map and compass with you – make a habit of regularly looking at your map and take pride in learning how to take bearings from it. (Note, however, that the maps in this guide do not have grid lines so an accurate compass bearing cannot be made from them.) In mist this will be a time-, and potentially a life-, saver. The map can enhance your day by showing additional landscape features and setting your walk in its wider context. That said, beware of the green dashed lines on Ordnance Survey maps. They are public rights of way but no guarantee of an actual route on the ground. There are many anomalies, such as the ‘footpath’ indicated southeast off Red Screens which sweeps down impossible rock steps! Take care to study the maps and diagrams provided carefully and plan your route according to your own capabilities and the prevailing conditions.

Please do not rely solely on your mobile phone or other electronic device for navigation. Local mountain rescue teams report that this is increasingly the main factor in the incidents they attend.

The author has taken care to follow time-honoured routes, and kept within bounds of access, yet access and rights of way can change and are not guaranteed. Any updates that we know of to the routes in this guide will be made available through the Cicerone website, www.cicerone.co.uk/1034, and we are always grateful for information about discrepancies between a guidebook and the facts on the ground, sent by email to updates@cicerone.co.uk or by post to Cicerone Press, Juniper House, Murley Moss, Oxenholme Road, Kendal, Cumbria, LA9 7RL.

Additional online resources

Summit panoramas for all of the fells in this volume can be downloaded for free from the guide page on the Cicerone website (www.cicerone.co.uk/1034). You will also find a ticklist of the summits in the Walking the Lake District Fells series at www.cicerone.co.uk/fellranger, should you wish to keep a log of your ascents, along with further information about the series.



1 ARNISON CRAG 434M/1424FT

Climb it from	Patterdale 24 or Deepdale Bridge 23
Character	A worthy little climb from Patterdale, noted for its intimate dale and lake views
Fell-friendly route	4
Summit grid ref	NY 394 150
Link it with	Birks
Part of	Deepdale and Dovedale Round

Approaching the head of Ullswater the traveller cannot help but notice Arnison Crag, its rugged little ridge climbing directly from the village of Patterdale to an eye-catching rock pulpit. Tenuously connected to St Sunday Crag, it is intimately rooted in the Patterdale fraternity of fells and has two contrasting aspects: juniper-clothed crags and coarse scree fall directly eastward, while to the west lies Glemara Park, its beautiful oak wood carpeted by bracken and, in season, bluebells.

Dwarfed by surrounding heights yet possessing characteristics many a mightier fell would envy, this is a worthy, yet easily won fellwalking prize. The summit is a place to linger and consider the picturesque qualities of Patterdale, the head of Ullswater and the Hartsop vale: green valleys bound by high fells.

In most cases this ascent is but the first stage on the greater climb to **St Sunday Crag** across **Trough Head**. For all the simplicity of the ridge there are several subtle variations to the ascent, with a choice of two distinctly different circular walks. Both begin with the north ridge and provide attractive return options through **Glemara Park** (4) or lower **Deepdale** (5 or 6).

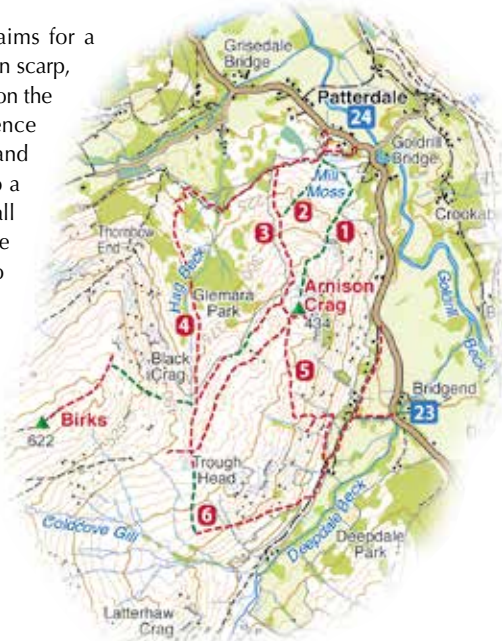
Ascent from Patterdale 24

Three routes lead up from the village – two pathless and beset by bracken in summer and one fit for all seasons.

Direct → 1.3km/¾ mile ↑290m/950ft ☉1hr

1 Either walk round to the right of the Patterdale Hotel or follow a signed footpath off the main road further south, just past the village shop, leading up a track. At a stone building this path branches left, passing the birch wood environs of **Mill Moss** to reach a kissing-gate onto the open fell where these two options converge. Three lines of ascent can be considered from here.

The least-walked way aims for a subsidiary knot on the eastern scarp, crowned with the best cairn on the fell. Bear left beside the fence skirting the marshy ground and join a sheep trod crossing to a wall. Go right and, as the wall curves left, continue up the slope trending left. Climb to the stony gully leading to a notch to find the cairn up to the left, a superb, little-visited viewpoint above the Goldrill vale. Continue ascending the steep bank to join a ridge path, itself little better than a sheep trod, and thereby progress up to the summit.



2 Alternatively start with **Route 1** and then head straight up the pathless bracken slope to crest **Oxford Crag**, turning left at the wall to join the main path. **3** The only way when the bracken is king is to follow the footpath to the deer-park wall kissing-gate. Here turn left to ascend the popular path, keeping the park wall close right. High up the wall bends as the gradient eases. Beyond this point you have a choice. Either continue to the broad ridge-top hollow, and slant left up a path to swing round onto the summit from the south. Or, alternatively, bear left onto a sheep trod then smartly right, continuing up the rocky ridge to the skyline notch between the twin summit outcrops and climbing right to the main top (not shown on map).

Via Glemara Park → 2.8km/1¾ miles ↑315m/1050ft ☉1hr 15min

The north-facing valley of **Glemara Park** offers a surreptitious approach.

4 Follow **Route 1** to the deer-park wall kissing-gate. Go through the gate, holding to the footpath which fords **Hag Beck**. After some 70 metres bear off left with a tractor track which winds up the bank. As this fades contour left to ford **Hag Beck** and accompany its east bank up to a metal ladder-stile, crossing the deer-park wall at the dale head. Turn left ascending close to the wall, and at its high point bear right onto the ridge, climbing to the summit from the broad depression in company with **Route 3**.

Ascent from Deepdale Bridge 23

Via Deepdale → 4.7km/3 miles ↑335m/1100ft ☉1hr 45min

Southern approaches may also begin from **Patterdale** if you follow the roadside footway north, branching onto the bridle-track at the cattle grid and joining these routes at **Lane Head**.

Follow the walled lane to **Lane Head**. Here go left on the gated track bound for **Wall End**, passing to the right of **Deepdale Hall Farm**.

Here either **5** follow the steep shepherds' path, best in winter when the bracken is low, heading north from the Hall, west towards the gill and then due north to the cross-paths in the depression just west of the summit, or **6** continue down the track to where the telephone wires slant across the path

WALKING THE LAKE DISTRICT FELS – PATTERNDALE

and go right, keeping beneath their line on a ramped green track. Continue to the right of the wall corner into a confined groove. As you gain height a path materialises, drifting up from the walled enclosures. This fords a gill below a confluence. Continue within the grooved path until bracken intervenes. Now bear up right (north), pathless, towards the ridge-top, gradually gaining a sheep track that passes a ruined fold to reach the **Trough Head** cross-paths. Turn northeast (half right) along the undulating ridge path.

The summit

For all the surrounding rock there are precious few loose pieces so the summit is marked by a small cairn resting on the ledge visible from the youth hostel. This is undeniably the summit, even though the undulating grassy ridge continuing to Trough Head swells over one higher, unnamed and far less distinguished, grassy knoll.

Safe descents

The fell-top is marshalled by crags, so in mist leave the summit SW to follow the path down to the broad depression. Join the path that leads N (3), accompanying the old deer-park wall down to the Patterdale footpath.

The crag from the higher ridge-top knoll to the southwest



Summit looking to Ullswater

Ridge route

Birks →2km/1¼ miles ↓80m/260ft ↑230m/750ft ☉45min

Leave the summit SW to follow the path down to the broad depression. Here turn right and soon left to follow the ridge path SSW. As it crosses the highest point, bear off right to accompany the deer-park wall down to the dale head. Do not cross the metal ladder-stile, but instead turn left beside Hag Beck (as to Trough Head) and immediately branch steeply right beside the broken wall mounting west onto the top of Birks.



2 BIRKHOUSE MOOR 718M/2356FT

Climb it from	Glenridding 25 or Patterdale 24
Character	Conclusive eastern end to the Striding Edge ridge commanding Glenridding
Fell-friendly route	3
Summit grid ref	NY 363 160
Link it with	Helvellyn

Two striking ridges run down from the summit of Helvellyn on either side of Red Tarn – to the north Swirral Edge culminates in an abrupt flourish on Catstycam while Striding Edge to the south forges east over High Spying How to connect with the stately mass of Birkhouse Moor. From its summit the ridge falls in stepped stages towards Ullswater.

The rocky knob of Keldas, the loveliest asset of Birkhouse Moor, adorned with pines and flanked with bluebells in season, forms the eastern extremity of this ridge. It offers the most exquisite view of the lake's upper reach, especially when canoes, yachts and the steamer bring colour and life to the scene.

Birkhouse Moor has inevitably become a means to an end – a staging post to greater things – and seldom an end in itself. Nevertheless, the fell has

two exclusive ascents off the main tracks to Helvellyn. Two ridges rise to the subsidiary summit, north of the ridge wall. The north ridge (6), climbing directly above the environs of Greenside Mine, is least defined while the northeast ridge (5), rising to the Nab and peering into Blea Cove, tackles an inviting succession of rocky steps and is the best approach to the fell.

Ascent from Glenridding 25

A succession of lovely paths seek out the ultimate height from Glenridding. Take the fell by the scruff of the neck, climbing one or other of the two ridges soaring out of Glenridding either side of Blea Cove (5–6), or climb by steps and stages via the low eastern end of the ridge (1–4).

Via (Keldas and) Lanty's Tarn →3.5km/2¼ miles ↑600m/1960ft ⌚2hr

The pine-dappled top of Keldas is the ideal place to get your bearings.

1 Leave the car park and turn right on the main street to cross **Glenridding Beck** and turn right again along the lane (signed to 'Gillside Farm, no vehicles'). This leads by Glenridding Public Hall through Eagle Farm. At the fork keep left with the main track to Westside Cottages. The path splits as it passes the cottages but then merges again. The well-waymarked and hand-gated path winds up, part-pitched, to a kissing-gate. Continue the zig-zagging ascent across what, in May, is a beautiful bluebell bank. On reaching a second kissing-gate, do not go through but switch left, signed 'Striding Edge, Grisedale'.

Just before a third kissing-gate, you have the option of detouring left to cross a stile on the left, beside a padlocked gate, and follow the one permitted path up to the summit of **Keldas**. Return via the same path.

Continuing on to Birkhouse Moor, another choice presents itself. One option is to go up the ridge with the plantation wall close left, passing a massive volcanic erratic, go through a small hand-gate and then a ladder-stile and ascend the ridge (pathlessly) to meet the popular Mires Beck path above the circular sheepfold and follow Route **3** to the summit.

The other is to go through the kissing-gate ahead to visit the conifer-screened reservoir of **Lanty's Tarn**. As the track breaks to open pasture on the right, you can cut back right (west) to the route up the ridge or sweep down to the enclosure corner, meeting up with Route **7** at a hand-gate.

Via Mires Beck → 3.5km/2¼ miles ↑ 600m/1960ft ☉ 1hr 45min

2 Follow Route **1** as far as the fork in the track and bear right here to stay with the beck and arrive at Rattlebeck Bridge and the **Gillside camping site**. Ascend the track from Rattlebeck Bridge, signed 'Helvellyn via Mires Beck', passing through a stile/gate up to a fork below 'Miresbeck' cottage. With Birkhouse Moor to the fore, go right on the stony path to the ladder-stile/gate in the intake wall.

Four routes embark from the far side of the stile. **3** From the ladder-stile, bend left (southwest) on the **Mires Beck** path to ford the beck and continue up on a sturdy path which follows it up on the left. From the top of the beck the path climbs, initially close to the ridge wall, drifting away right to gain the broad top of the fell and then coming close to the wall again at the ragged cairn on the true summit.



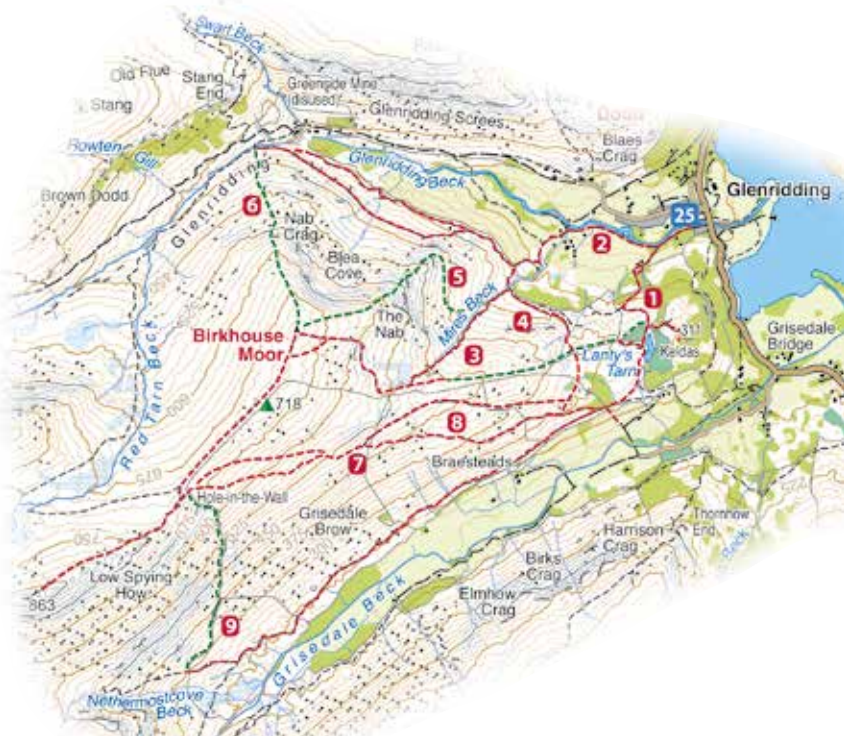
Gazing over the beautiful upper reach of Ullswater from Keldas

4 The steadiest route of all begins with the Mires Beck path (**3**) but bears left. Watch for waymarks after the ford on a path that runs above the intake wall to curve up onto the ridge at a gate/stile. From here, follow the ridge wall (the pathless option on Route **1**) to meet up with Route **3** again above the circular sheepfold. Alternatively continue on your ascent path over the ridge, through Brownend Plantation, via a kissing-gate. Here turn right to join the thron bound for the Hole-in-the-Wall on Route **8**.

Via the northeast ridge → 3.6km/2¼ miles ↑ 570m/1865ft ☉ 2hr 15min

Direct approaches to the northeast ridge are not encouraged, especially in bracken season. If you do fancy the challenge, however, rowan trees guide the way to the favoured approach.

5 The most efficient route sets off with Route **3** from the ladder-stile, breaking away right immediately before the ford. Trend up the marshy ground, keeping to the bracken fringe and seeking a sheep path that traverses to the right. The clue to its location is the solitary rowan growing from a rock – the sheep path tops the first outcropped step of the ridge. Pass a second lone



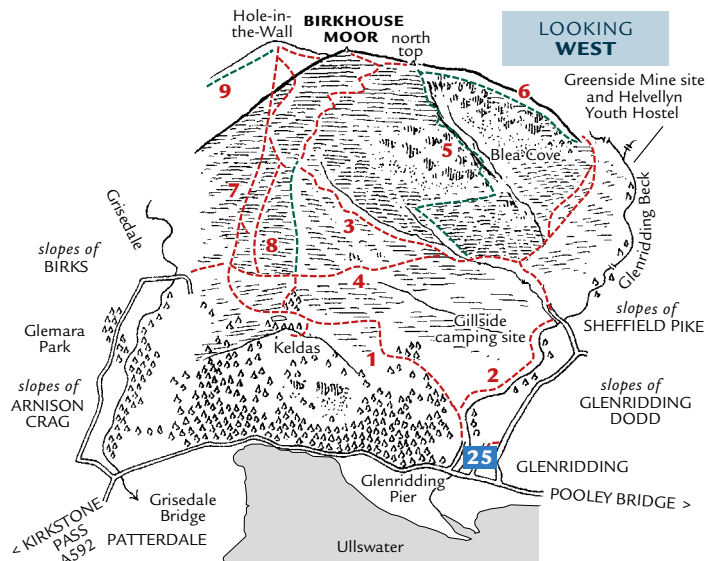
rowan and climb, via juniper shrubs, up a short scree path, then follow the natural way (with only slight evidence of a path) up the outcrop-stepped ridge of **The Nab**. On the highest shelf pass a pool commanding a lovely view over Blea Cove. Finally reach the large cairn on the north top, a fine and peaceful viewpoint to enjoy alone, before turning south-southwest with Route **3** to bag the true summit..

Via the north ridge →4km/2½ miles ↑570m/1865ft ⊕2hr 25min

The north ridge offers an airy view over the environs of Greenside Mine, from which it may be climbed directly from the footbridge.

6 A pleasant green-way leads off right from the ladder-stile across the northern flanks of Birkhouse Moor, running just above the intake wall. Part-way along, an alternative (and eventually parallel) path angles half-left up onto the adapted course of a water channel. (From the rock-cut shelf where this is joined an old quarry incline leads up into **Blea Cove**. This is not recommended as a line of ascent.) After about a kilometre, the two paths rejoin and shortly reach the footbridge across from **Greenside Mine**. Here turn left and head on intermittent tracks to the left of the crags south-southeast directly up to the north top, continuing on with Route **3** to the summit.

Waves of bluebells line the path on the descent from Lanty's Tarn



Ascent from Patterdale 24

Via the Hole-in-the-Wall →4km/2½ miles ↑580m/1900ft ⊕2hr 15min

The popular direct line to Helvellyn is another line of approach to Birkhouse Moor and there are also two much-less-travelled alternatives that set out along Grisedale.

7 About half a kilometre up the main road towards Glenridding, at **Grisedale Bridge**, take the minor road leading into Grisedale. The road bends right, crosses the valley, and as it bends back east towards the hunt kennels, go through the kissing-gate, rising up the pasture bank to a hand-gate. Take the path on the left pulling away gently from the wall. This heavily used path climbs, it seems for ever, via two intermediate hand-gates, to the **Hole-in-the-Wall** stile high above Grisedale, a stirring mountain scene. Here turn a sharp right to follow the north side of the ridge-top wall to the summit.