

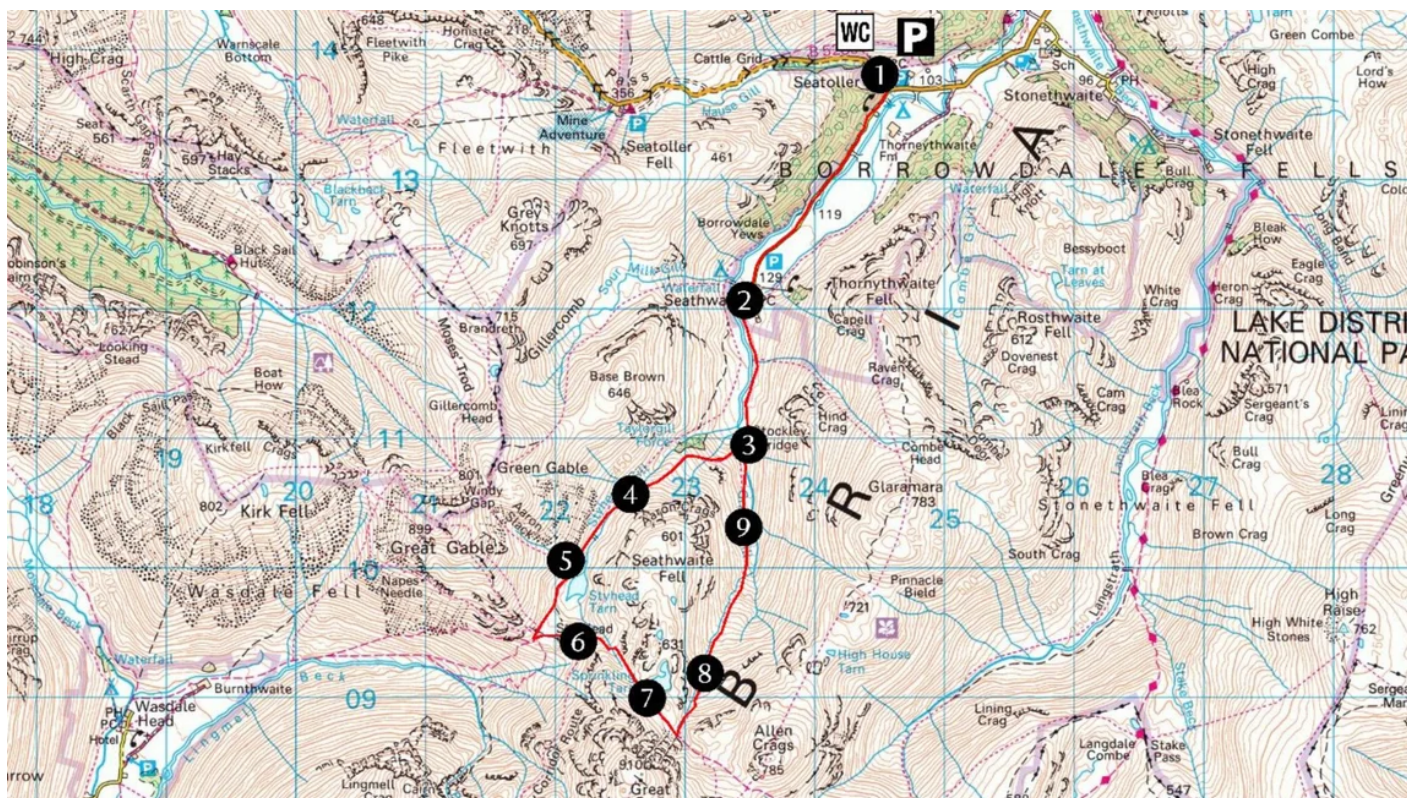
LAKE DISTRICT

Seatoller, Styhead Tarn and Grains Gill walk

This invigorating circular walk takes you into the heart of the Lakeland fells beyond Borrowdale. Follow an ancient packhorse route, as mountain views of Great End and Great Gable rise above you. Relax by Sprinkling Tarn before returning next to the Grains Gill stream.

! Preparing for your walk

Conditions in the fells can change quickly. Check the weather forecast before you go, pack food, water, plenty of warm layers and waterproofs, and wear sturdy footwear.



Information

Address: Seatoller National Trust car park, Borrowdale, Cumbria, CA12 5XN

OS map: Landranger 90 / Explorer OL4

Activity: Walking

Challenging: Can be strenuous in all weathers. Rugged paths and rock steps. For further details, please see Terrain section.

Dog friendly: Please keep dogs on a lead around livestock and when walking through the farm.

Full trail: Miles: 7 (km: 11.2)

Access: Challenging

Duration: 4 hours 30 mins

Terrain

Can be fairly strenuous in all weathers. Sections of this route have recently been levelled with stone and include a few steep rock steps. Good boots and waterproofs needed.

Total steps: 9

Start point: Seatoller National Trust car park, grid ref: NY245137

1. Turn left out of the Seatoller car park and walk about 100yd (91m) along the road. Turn right onto the Seathwaite road and walk 1.2 miles (2km) to Seathwaite Farm.
2. Cross Seathwaite farmyard, going through a series of gates. Walk along a streamside gravel track over a small footbridge.
3. On reaching Stockley Bridge, continue straight ahead and begin climbing up Styhead Pass on cobbled and stone-pitched paths.
4. Follow this route, which after a short distance becomes a narrow gravel track on more level but still uneven ground. The footbridge over Styhead Gill appears in front of you.
5. Cross the bridge then bear left, ascending gently towards Styhead Tarn. Great Gable rises up to your right.
6. Just above Styhead Tarn you will see a Mountain Rescue stretcher box. From here walk left across stepping stones and onto another stone-pitched path, with some sections of gravel and bedrock. Follow this to Sprinkling Tarn, a pleasant spot to rest and have a bite to eat.
7. Leave Sprinkling Tarn and follow the same path as it skirts around the bottom of Great End until meeting Ruddy Gill, a fairly steep stream.
8. At Ruddy Gill, turn left and cross the stream. Continue straight ahead and you will soon get back onto the path on Grains Gill again. On a clear day there are great views of Borrowdale and Derwent Water from here.

9. Follow this path downhill, crossing a footbridge on the way. Eventually you'll reach a drystone wall. Go through a gate in the wall and look out for Stockley Bridge ahead. Return to it and then head back to your start point, following the same route from the start of your walk.

End point: Seatoller National Trust car park, grid ref: NY245137
