

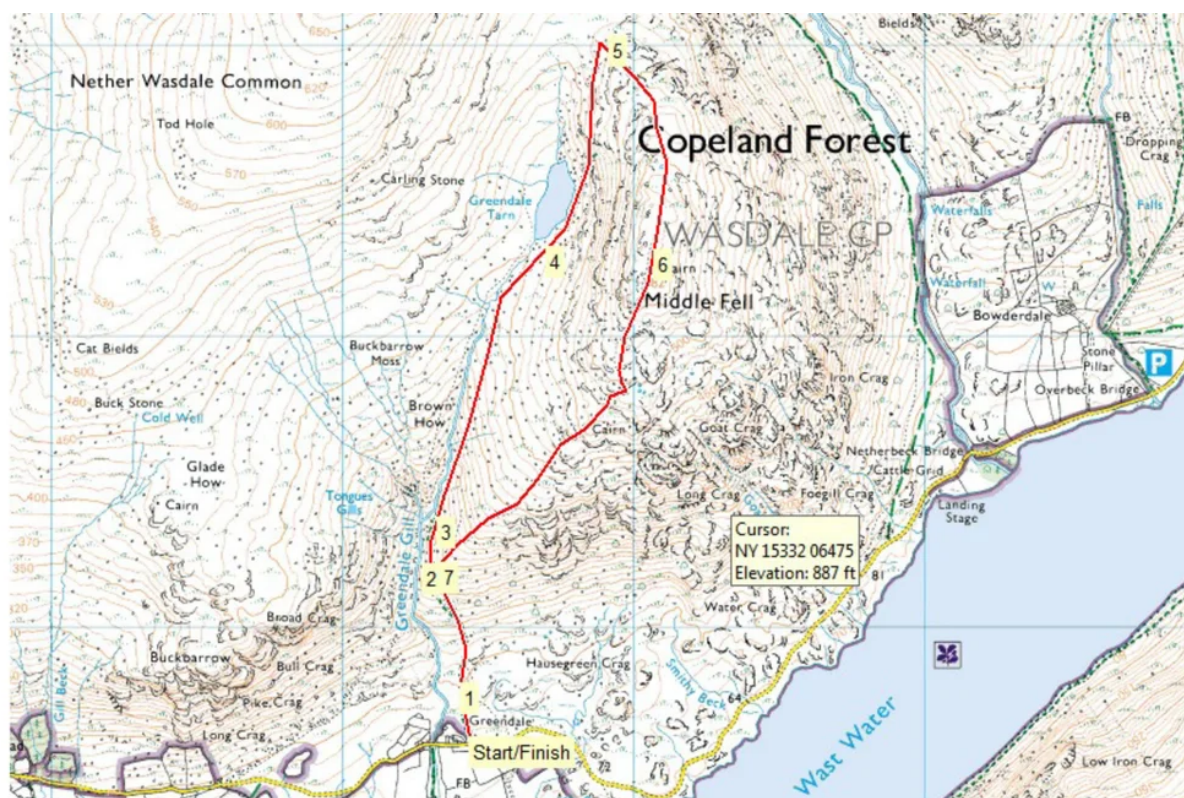
## LAKE DISTRICT

# Greendale and Middle Fell walk

Not far from the busy slopes of Scafell Pike, discover the quieter side of the Western Fells on this circular walk above Wastwater. There's a hidden mountain tarn, superb views over the Wasdale Screes and, if visibility is good, you may see the Isle of Man rising up like Avalon out of the Irish Sea.

## ! Fell walking

Conditions can change quickly in the mountains. Please wear suitable footwear for the conditions, pack waterproofs and warm layers, and carry a map and compass.



## Information

Address: Greendale, Cumbria. Nearest postcode: CA20 1EU.

OS map: Explorer OL06

Activity: Walking

Moderate: Moderately rough paths with some steep ascent and descent. For further details, please see Terrain section.

Dog friendly: Please keep your dog under close control at all times, and on a lead when livestock are in the area.

Full trail: Miles: 3.5 (km: 5.6)

Access: Challenging

Duration: 3 hours

## Terrain

The walk rises up to 1,870ft (570m) in height over moderately rough paths, with some steep ascents and descents in places. Good walking boots and waterproofs are advisable.

## Total steps: 7

Start point: Greendale, grid ref: NY144056

1. Starting from the parking on the grassy roadside at Greendale Cottages, follow the path north, uphill and through the bracken. After a third of a mile you will reach the grassy viewing area. Continue walking north up the path.
2. There is a path junction at grid ref. NY143061, about 700yd (650m) from the start. Follow the left-hand terraced path, keeping the gill and its pools immediately to your left. Walk for a further half a mile (0.8km).
3. Where two streams meet at grid ref. NY143064, keep ascending on the path on the right-hand side of the gill, past the rock pools. The path continues gently upwards (crossing some wet ground) for just over half a mile (0.9km), until you arrive at Greendale Tarn.
4. Follow the narrow path along the east side (right-hand side) of Greendale Tarn, heading north for half a mile (0.8km) until you reach the path among the rocky outcrops at the head of Greendale Valley, at grid ref. NY149079.
5. From here follow the grassy path uphill south-east for 350yds (321m) and then south for half a mile (0.8km), until you reach the summit of Middle Fell.
6. The path descends gently south-southwest for 530yd (480m), then descends more steeply, zig-zagging through the small outcrops of rock for half a mile (0.8km). You will arrive at the path junction from Step 2 at grid ref. NY143061.
7. Descend south, back to the start of the walk for around 700yd (650m).

