



Scrambles Weekend Details

Lake District Scrambles – Helvellyn via Striding Edge

General Outline

The weekend is a mountain weekend - and incorporates grade 1 scrambling. For some of you this may take you out of your comfort zone, but for most it should just be a rewarding and exciting way to get to the top of a mountain and it should not be a reason to put you off. No technical climbing skills as such are required, and nor is any climbing equipment. For safety reasons, in the event of adverse weather conditions it may be necessary to cancel the scrambling plan and do solely hill-walking instead.

Plan

Saturday: Striding Edge is a classic scrambling route on Helvellyn, linking the summit ridge of Birkhouse Moor to Helvellyn's summit by what becomes a sharp arête. From Helvellyn we'll head north and maybe bag a few Wainwrights – Lower Man, White Side, Raise and Stybarrow Dodd before heading off back to the pub! This day is not too much of an expedition so you don't even have to be a fitness nutcase to enjoy it.

On **Sunday** we'll be driving north to Blencathra where the infamous **Sharp Edge** awaits. The book describes this one as "Lakeland's sharpest ridge and justly popular" – a great route to take us to the top of Blencathra! This is indeed another Lake District classic and one not to miss if you're new to this game of scrambling. And more than that – this way we can also descend down another great route – **Halls Fell Ridge** - making this a super day out!

Meeting time and place

Meet up outside the [Traveller's Rest \(Greenside Rd, Glenridding, CA11 0QQ\)](#) on Saturday morning at **9.30am** ready to go.

Accommodation

Listed below are a couple of options located conveniently close to the pub which will help ensure a happy night Saturday night. Or you could try [Airbnb](#). Whatever you choose - I would book your chosen bed asap.

Camping and Caravan

Gillside Farm
Glenridding
CA11 0QQ

Tel: 01768 482346

<http://www.gillsidecaravanandcampingsite.co.uk/>

Note – this campsite has static caravans for hire also

Glenridding YHA

Greenside
Glenridding
CA11 0QR

Tel: 0870 770 5862

helvellyn@yha.org.uk

Note – the YHA has an 11pm curfew

Tourist information: 01768482414 (Fri, Sat & Sun only) or 01768772645

Equipment

Main rules of thumb

- Expect rain
- Expect hot sun
- Expect midges if you're camping
- Steer clear of all things cotton (no jeans on the hill!)
- Whatever you use, make sure it's comfortable.

You will need:

- Day-sack (lined with a plastic bag)
- 2 x 1 litre water bottles
- Lunch and snacks
- Waterproof jacket & trousers
- Warm mid layer
- Hat & gloves
- Comfortable walking boots
- Head torch and spare batteries
- Whistle
- Camera
- Personal [1st Aid kit](#) including blister kit (eg Compeed)

Optional items if you have them:

- OS Map sheets 1:50,000 No.90 and 1:25,000 OL5
- Walking poles

Food

As you please – but you will need to bring good food for Saturday and Sunday – make sure you pack sandwiches and snacks such as dried fruit and nuts ([better than chocolate](#)).

Payment of balance

The cost of this course is £125. If you have yet to pay, here are the details:

- By cheque posted to Will4Adventure Ltd, 13 Spring Hill, Sheffield, S10 1ET
- By BACS to: Will4Adventure Ltd
Sort code: 05-08-18
Account number: 33259456
- By texting us on 07791860163 using the app Pingit

Please pay at least one month before the course/event and let us know when you do so. Many thanks!

Consent form

Before you can join us on this course [we need you to complete this consent form](#). If you haven't done this yet, please do so now. Unless you have completed this consent form we are not insured and so won't be able to allow you to join us.

Questions

Ok, that's it I think – please fire away if you have any questions.