



Greendale, Cumbria, nearest
postcode CA20 1EU

TRAIL

Walking

GRADE

Moderate

DISTANCE

3.5 miles (5.6km)

TIME

3 hours

OS MAP

**Explorer OL6 (English
Lakes, SW area)**

Contact

01946 726064

wasdale@nationaltrust.org.uk

Facilities

**National
Trust**

nationaltrust.org.uk/walks

Greendale and Middle Fell walk

This walk helps you to discover the quieter side of the Western Fells. It has a hidden mountain tarn, superb views over the Wasdale screes and the Western Fells. If visibility is good, the Isle of Man can be seen rising up like Avalon out of the Irish Sea.



Terrain

Adequate parking at the start of the walk for 10 cars. The walk rises up to 1870ft (570m) in height over moderately rough paths, with some steep ascents and descents in places. Good walking boots and waterproofs are advisable along with a map and compass. Dogs welcome but must be kept under control.

Things to see



The perfect view

Barely ten minutes walk from the roadside, yet the reward is a complete view of the stunning Wasdale Screes and Wastwater - England's deepest lake. Perfect for a picnic or a photo.

Greendale Tarn

Greendale Tarn sits in a hollow so pronounced that it looks like the stream is flowing the wrong way. The Tarn provides a quiet spot with a mountain backdrop: perfect for cooling hot feet.

Middle Fell

The summit of Middle Fell provides the perfect alternative view of Wasdale, with its impressive screes and lake. The Scafell range can be seen to the east at the head of the valley. On warm, still days look out for the rare mountain ringlet butterfly along the hilltop.



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Start/end

Start: Greendale, grid ref:
NY144056

End: Greendale, grid ref:
NY144056

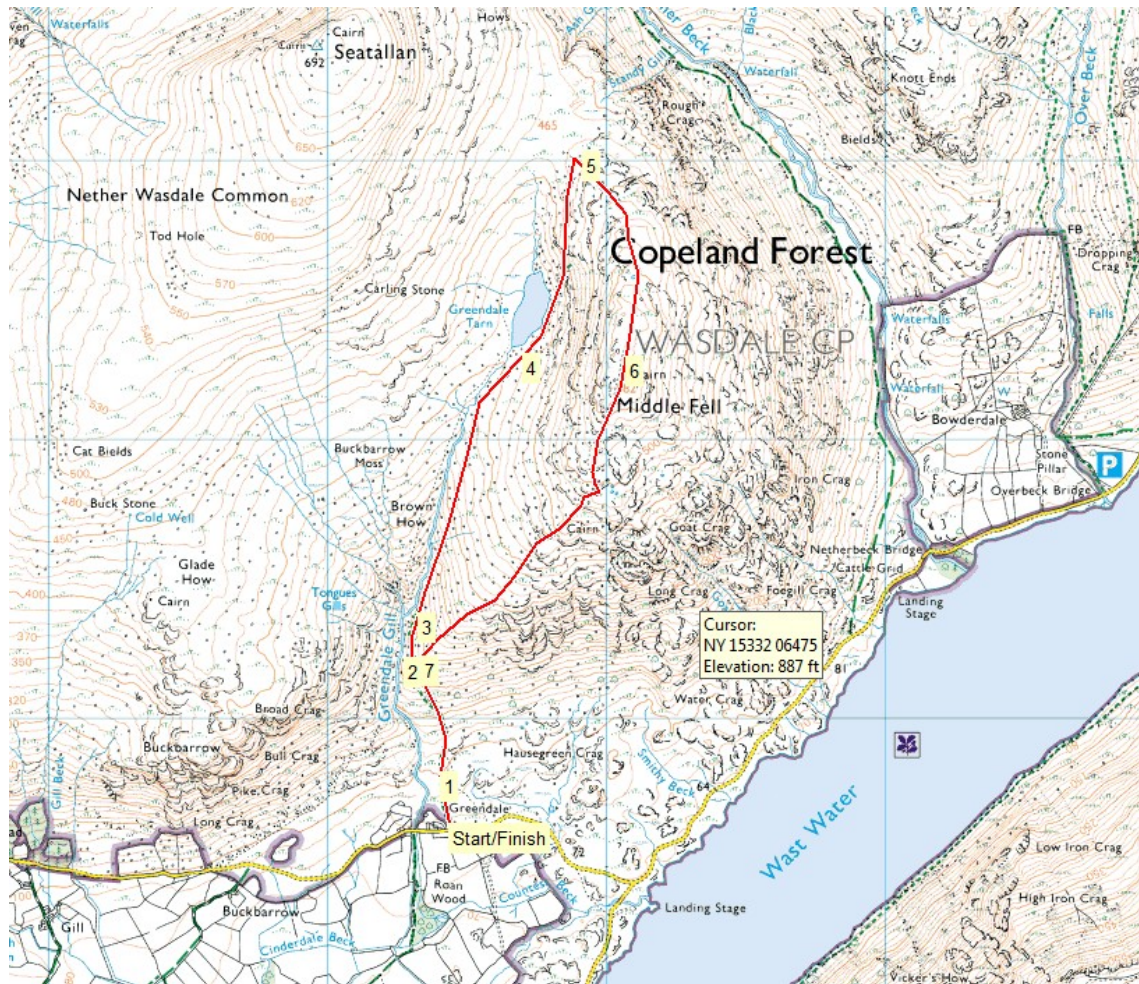
How to get there

By train: Seascale station 7
miles (11km) from Greendale.
No public transport links from
here to Wasdale but you can
arrange to take bicycles on the
train

By car: From A595, take turn
for Gosforth and follow signs for
Nether Wasdale. Go through
Nether Wasdale to Wastwater
lake shore, then take first left.
Parking is on grassy area next
to first building you arrive at
(0.4 miles /0.8km from the lake)

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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. At a path junction at NY143061 (700yds/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 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 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 530yds (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 direction point 2 at NY143 061.
7. Descend south, back to the start of the walk for around 700yds (650m).