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| **[Route Card](http://www.mountainsafety.co.uk/Route-Route-Cards.aspx)** | **Three Peaks Trial Great Challenge Helvellyn****NOTE: Prior to doing the walk, the boxes highlighted yellow must be completed and a copy emailed to threepeakstrial@gmail.com.** | **Date of walk** | **Three Peaks Trial:****The Great Challenge****Helvellyn** |
| **Outline of Route – Helvellyn and the Griesdale Circuit includes the summits of Summits: Helvellyn; Nethermost Pike; Dollywaggon Pike; St Sunday Crag.** |
| **Group members & Emergency Contact**(show leader or main organiser on first line – continue on reverse) | **Group member name** | **Own** [**mobile**](http://www.mountainsafety.co.uk/EP-Mobile-Phone-Voice.aspx) | **Type ‘Yes’ to confirm “*I have read and understood the Risk Assessment*”** | **Type ‘Yes’ to confirm you will carry the ‘Personal Equipment’ listed below.** | **Emergency contact name & number** |
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| **Personal equipment:** rucksack, waterproofs,mobile phone, hat & gloves, food & water, [head-torch](http://www.mountainsafety.co.uk/Kit-Head-Torch.aspx) & spare batteries, [whistle](http://www.mountainsafety.co.uk/Kit-Whistle.aspx), , [first aid kit](http://www.mountainsafety.co.uk/Kit-First-Aid-Kit.aspx) [watch](http://www.mountainsafety.co.uk/Kit-Watch.aspx) |
| **Group equipment:** [maps](http://www.mountainsafety.co.uk/Kit-Map.aspx) & [cases](http://www.mountainsafety.co.uk/Kit-Map-Case.aspx), [compasses](http://www.mountainsafety.co.uk/Kit-Compass.aspx), (& optionally [survival bag](http://www.mountainsafety.co.uk/Kit-Survival-Bag.aspx), [storm shelter](http://www.mountainsafety.co.uk/Kit-Storm-Shelters.aspx), [flask](http://www.mountainsafety.co.uk/Kit-Flask.aspx), [flare](http://www.mountainsafety.co.uk/EP-Distress-Flares.aspx), [satellite messenger](http://www.mountainsafety.co.uk/EP-Satellite-Messengers.aspx) or [PLB](http://www.mountainsafety.co.uk/EP-PLB.aspx)) |
| **Vehicles used** (colour, make/model & reg): |
| **Emergency Point of Contact (**[**EPOC**](http://www.mountainsafety.co.uk/EP-Emergency-Point-of-Contact.aspx)**):** *name & contact number* **Cardiff Outdoor Group: 07377409817 or 07429966593** | [**Alert Police time**](http://www.mountainsafety.co.uk/EP-Emergency-Procedures.aspx)**:** |

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| [**Weather forecast**](http://www.mountainsafety.co.uk/Links-Weather.aspx/)& source (e.g. MetCheck) | Sunrise: | Sunset: |
| **Starting location** for walk (if parking, list possible parking places) | **Planned start time:** |
| **Maps carried**, *e.g. 1:25,000 NE Lakes* | [National Grid Prefix](http://www.mountainsafety.co.uk/Nav-British-National-Grid.aspx)(s): **SH** | [Magnetic variation](http://www.mountainsafety.co.uk/Nav-Magnetic-Variation-Declination.aspx) for map: |

**The Route** (check whether any [access restrictions](http://www.mountainsafety.co.uk/Route-Understanding-Access.aspx/) in force)

|  |  | [Grid reference](http://www.mountainsafety.co.uk/Nav-Co-ordinates.aspx/) & height relate to ‘this’ location. Bearing, distance & height gain relate to ‘next’ location |
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| Leg | Location name/description  | Grid Ref | Height | [Bearing](http://www.mountainsafety.co.uk/Nav-Map-to-Land-Bearing.aspx) | Distance | Height gain | Time est. | Notes (e.g. stops, [escape/alternative routes](http://www.mountainsafety.co.uk/Route-Escape-Routes.aspx)) |
| The route is mapped out at <https://osmaps.ordnancesurvey.co.uk/route/7235622/Grisedale-circuit-Lake-District-Trail-magazine-March-2021>. Also see attached route plan from Trail (March 2021 edition).Time for walk is approximately 6.5 hours (19.4km). |
| 1 | Start: From Patterdale Youth Hostel, walk back towards Patterdale and then turn left onto the minor road into Grisedale. Follow the lane for half a mile to a gate marking the beginning of a private road. Leave the lane here, turning right along another lane and crossing the river before climbing uphill to open access land.  | **NY399156** | 155m | Latitude: 54° 31' 58" NLongitude: 2° 55' 51" W | 0km | 0m |  | GPX Ref: WP0001 (Start) |
| 2 | Take the well-defined track leading uphill to the west, crossing two fence lines before reaching the drystone wall with a ladder stile at Hole in the Wall. Continue uphill to the south-west above the steep ground of Bleaberry Crag, eventually gaining the narrowing ridge of Striding Edge. Take care in crossing, as the steep drops either side make this extremely serious terrain. At the end of the ridge, follow the more worn route up the nose of the cliffs, scrambling to easier ground at the summit of Helvellyn. | **NY382159 &****381159** | 193m | Latitude: 54° 32' 0" NLongitude: 2° 57' 19" W | 2.05km | +38m |  | GPX Ref: WP0020 & 2 (WP0021) |
| 3 | From Helvellyn, head south, staying reasonably close to the eastern cliff edge of the range. Stick to the highest ground, undulating over Nethermost Pike, High Crag and Dollywaggon Pike. From Dollywaggon, a well-defined track zigzags down towards Grisedale Tarn. | **NY341151** | 945m | Latitude: 54° 31' 38" NLongitude: 3° 1' 7" W | 6.63km |  |  | GPX Ref: 3 (WP0050) |
| 4 | Follow the track around the rim of the tarn and skirting the edge of Seat Sandal and then climb steeply up the spur towards the summit of Fairfield, following the line of a worn down drystone wall. The rough track here can be loose and steep in places, so careful footwork may be required. Towards the top, the climb becomes less steep, leading to a series of false summits before the true top of the mountain is reached. The route onwards from Fairfield isn’t obvious, so careful navigation is needed to find the descent via Cofa Pike to the north-west. From here, the route into Deepdale Hause and on to St. Sunday Crag becomes clearer. Bear to the north-west from here, heading towards the minor top of Birks. | **NY349122** | 589m | Latitude: 54° 29' 46" NLongitude: 3° 0' 23" W | 11.32km |  |  | GPX Ref: WP0087 (Grid ref. NY349 116) |
| 5 | At the eastern end of Birks, the track begins to become more obvious again and descends through a gate to a steep zigzag track back towards the road. Don’t cross the wall on the edge of the farmland. Instead, turn right and continue to follow the track to the east, eventually dropping back down to the main road close to the start point. | **NY382145** | 622m | Latitude: 54° 31' 18" NLongitude: 2° 57' 24" W | 16.50km |  |  | GPX Ref: 5 (WP0120) |
| 6 | Finish: Patterdale Youth Hostel | **NY399156** | 155m | Latitude: 54° 31' 58" NLongitude: 2° 55' 51" W | 19.38km |  |  |  |
| 7 | PLEASE NOTE: We have taken all reasonable steps to ensure these walks are safe and correctly described. However things do change and all outdoor activities involve a degree of risk. The publishers accept no responsibility for any errors or omissions or for any injuries or accidents that occur whilst following this walk. |  |  |  |  |  |  |  |
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| *Keep distance of leg in line with navigational points of reference* | **Totals** |  |  |  | **Estimated end time** |

*On safe return, contact your EPOC to confirm safety. EPOC to contact Police if no safe confirmation at final alert police time*

[*In emergency, dial 999/112 & ask for Police*](http://www.mountainsafety.co.uk/EP-How-to-Call-for-Help.aspx)*. Have location, nature of emergency, weather conditions & mobile numbers to hand when calling.*

**Extended Route Legs** *(as required)*

**The Route** (check whether any access restrictions in force, especially stalking season in Scotland, 1 July to 20 October)

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|  |  | Grid reference & height relate to ‘this’ location. Bearing, distance & height gain relate to ‘next’ location |
| Leg | Location name/description  | Grid Ref | Height | Bearing | Distance | Height gain | Time est. | Notes (e.g. stops, escape/alternative routes) |
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| *Keep distance of leg in line with navigational points of reference* | **Totals** |  |  |  | **Estimated end time** |