

# 204 YHA Keswick Latrigg



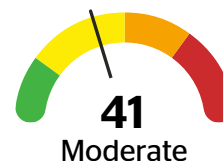
Scan to view this route  
on the OS Maps app

## Hilltop walk

**Distance:** 6 miles (9.6 km) **Ascent:** 363m **Time:** Allow 3h 15m to 5h

**Map:** OS Explorer 1:25k (OL04) English Lakes – North-western area

**Start/Finish:** OS Locate NY 267 235 **What3Words** ///thankful.square.blogging



A walk to a single hilltop with stunning views of Keswick, Derwent Water and the Lake District beyond. From the hostel cross the river using the road bridge and turn left into Fitz Parks. Head through the park to emerge on the town's outskirts. Turn right onto Brundholme Road and left onto Sponygreen Lane. From there a well made path ascends Latrigg, first through woodland, then on a more exposed stretch with switch-backs and water eroded gulleys in places. Follow the grass track coming off Latrigg to the East, then farm track, then metalled road. The route turns into the mature deciduous Brundholme Wood with great views onto the river gorge. Turn left towards the river and re-enter Keswick on the old railway line and popular cycle path. Cross the road bridge to return to the hostel.

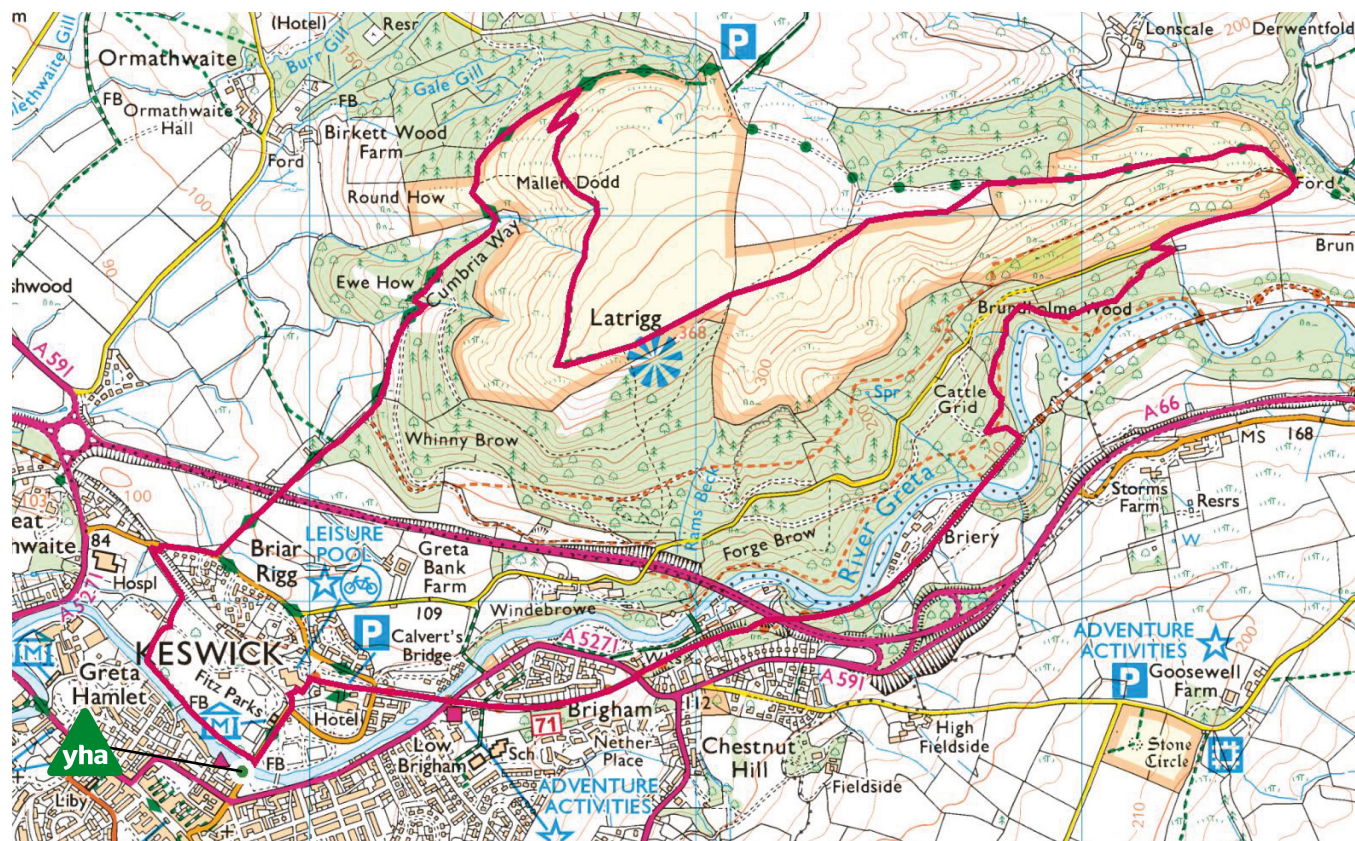
## Hazards

Caution required on the road sections. Watch out for cyclists on the old railway.

## Accessibility

There are no stiles on the route. There are gates and paths less than one metre wide and steps in and out of Fitz Parks. Good track to the top of Latrigg. The route is mostly tarmac, smooth or crushed stone, but with small sections of beaten earth, rough grass or stones up to 4 cm in diameter. Some rain made gulleys on the ascent. There is a bench close to the top of Latrigg.

This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for a map or the OS Maps app to navigate your walk safely.



## Points of interest

Sweeping views from Latrigg and mature natural woodland in Brundholme Wood.

## Facilities

No facilities on the route. Food, drink and toilets available at the YHA and in Keswick.



Thank you for choosing to walk from our hostel.  
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

### Before you go:

- Check the weather forecast ([metoffice.gov.uk](http://metoffice.gov.uk)).
- Check the tide times for coastal routes ([tidetimes.org.uk](http://tidetimes.org.uk)).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate or What Three Words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) ([relayuk.bt.com/emergencysms](http://relayuk.bt.com/emergencysms)).
- Tell someone where you are going and the latest time you expect to return. Give them your phone number and details of your group. (Remember to tell them when you have returned).
- Ensure your entire group have the fitness and skills to complete the route.

For more information please go to [www.yha.org.uk/walks](http://www.yha.org.uk/walks)

Share your walks at [#yhawalks](https://twitter.com/yhawalks)



Scan to shop for OS maps online  
[osmaps.com/yha](http://osmaps.com/yha)

## What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.
- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

## Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

## You might also want to take

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

## In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or What3Words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.