

WALKS FROM WWW.MIKES-WALKS.CO.UK --- Grizedale 8

This walk, 'Grizedale 8', is a combination of two circular walks of N and N miles, based on the Forestry Commission Visitor Centre in Grizedale. Putting the two walks together gives a figure of eight walk of a reasonable distance, with the opportunity of a brew at half time !

	Grid Ref	Direction	Dist	
1	335 944			In front of the visitor centre is a large childrens play area, with a wall on the southern side. Go through the gate in the wall, and west down the lane, over the bridge and past the cottage and farm. As soon as you reach the forest, take the track to the right, waymarked (colour), which takes you up through the trees past () and a sequinned church ().
2	330 942			After a short climb, you reach a well made forestry road and head right for a few hundred yards until a smaller track forks off to the left. Follow this track, uphill at first, into a deforested area. The path later drops gently, then rises to meet another forestry road at a T-junction
3	326 952			Take the road to the left (SSW). The deforested area is on your left, the forest is on your right. The observant among you may notice 2 small carved posts, like 3ft totem poles, on the forest edge. These indicate sculptures hidden deeper in the forest (That we couldn't find !)
4	325 945			Where the road has a 90' left hand bend, take the footpath that goes straight on. This takes us on to the only vaguely 'rugged' path, up to the summit of Carron Crag at 314 metres, from where you can see east to Coniston, north and west to Helvellyn and High Street, or south over Morecambe Bay. Dropping down from the crag, one quickly comes across another sculpture, which provides a useful photo-opportunity. Follow the track downhill.. At the point it joins a bigger track we want to go left, but before you do, glance left to see 'the old forester' – one of the more famous pieces of art
5	327 937			Keep an eye out for the waymarks coloured (), and take the path downhill to the left. This eventually brings us back to the first forestry road – go right, then left downhill and we are back at the sequinned church, so it is a simple matter to return to the visitor centre for a brew !
6				Thus refreshed, go out of the front of the visitor centre, right down the road to the other car park, and left into and through the car park (keeping the car park to your right) Remember we are now following the () waymarks – not that you are going to miss the dozens of sculptures on the first part of the walk – you might even get a tune out of some of them.
7				Follow the path over the bridge and then uphill. Few sculptures here so keep an eye open for the waymarks
8	343 949			Where we join another forestry road coming in from the left, a little yellow marker indicates the presence of another sculpture a few hundred yards into the forest. We carry on to the right along the road, up to the silver fox, and follow the road as it circles round the top of the hill. When coming back south on the other side of the hill, keep an eye open for the sculpture 'ferns', some way off the track to the right. – not only does it look like ferns, on a foggy day you could be forgiven for thinking it was a dinosaur
9				Back on the road, shortly after () (is it art ? is it a white fence ? – looks like a white fence to me !) a waymark on the left indicates the path that takes you off on a very short detour to Grizedale Tarn. Leave the tarn by

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				the other path, and where you meet the road again, cross straight over it and begin the descent back down the valley
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RESOURCES

Car Parking	There are three car parks around the forest visitor centre, but they can get very busy
Toilets	In the visitor centre
Refreshments	The visitor centre has a café offering snacks, drinks and Lake District Ice Cream
Map required	Explorer Outdoor Leisure 7 –English Lakes S.E. sheet –or the Forestry Commission leaflet from the Visitor Centre
Warnings	NONE (other than beware of bicycles !)
Points of Interest	The Grizedale forest is home to the Forest Sculpture park. Before setting off, pick up a forestry commission leaflet from the Information Centre/Gift shop
Website	Grizedale Forest
Feedback	If you download the route, walk the walk, or have any other issues, please email feedback@mikes-walks.co.uk