

WALKS FROM WWW.MIKES-WALKS.CO.UK --- Styhead & Sprinkling Tarn

Styhead and Sprinkling Tarns from Seathwaite – Borrowdale, Lake District, Cumbria

Total Distance 9.12 km **5.67 miles**

Total ascent 535m **1756 ft**

High Point 621m **2039ft**

	Grid Ref	Direction	Dist	
1	235 121	SSW		Go through the farmyard (either side of the farm), through the gate on the far side and follow the track with the gill on your right
2	234 109	W	1.3k	Cross over Grains Gill at Stockley Bridge, and go through the gate in the fence, taking the right-hand fork in the path that takes you uphill. This is quite a strenuous uphill, and when you pass the large boulder on the left of the path, you are at about 300m / 1000ft., and the path levels off in the valley between Seathwaite Fell and Green Gable, with Styhead Gill on your right
3	224 104	SW	2.5k	Cross over the gill
4	221 099	SW	3.2k	Pass by the side of Styhead Tarn
5	218 095	SW	3.6k	Straight past the Stretcher box and over into Wasdale
6	217 094	E		Take in the view into Wasdale with the Irish Sea beyond, then head back to the stretcher box and take the path of to the east (you can cut the corner) and climb the path up between Spout Head and Great Slack
7	226 090	SE	5k	Pass to the right of Sprinkling Tarn – soon after, Ruddy Gill flows down on the left of the path
8	229 087	NE	5.4k	Take the path on the left over Ruddy Gill and follow it down the valley
9	234 099	N	6.7	Cross the gill by the footbridge
10	234109	E	7.8	Back over Stockley Bridge and return to Seathwaite

RESOURCES

Car Parking	Vergeside parking is available along the lane from Seatoller to Seathwaite, but it does get crowded
Toilets	Public toilets in the farmyard at Seathwaite
Refreshments	Whatever you've got in your rucksack
Map required	Requires OS Outdoor Leisure Map 4 - Lake District North West - buy it here
Warnings	The path down the side of Ruddy Gill can be very icy in winter
Points of Interest	
Website	This webcam in Langstrath should give you an idea of the weather
Feedback	If you download the route, walk the walk, or have any other issues, please email feedback@mikes-walks.co.uk