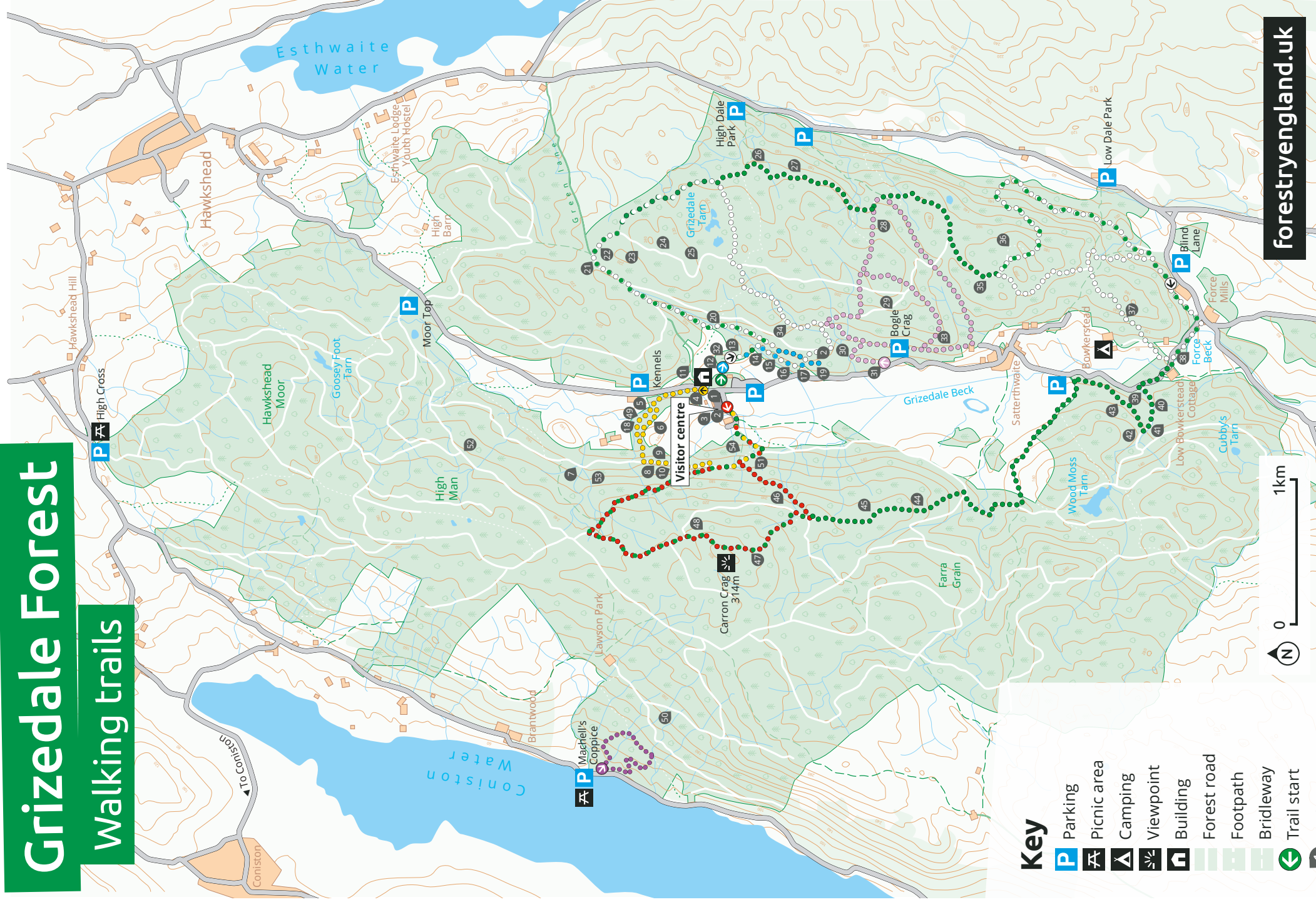


# Grizedale Forest

## Walking trails





Forestry England



# Walking trails at Grizedale Forest

Grizedale forest in the heart of the Lake District World Heritage Site, offers an unrivalled day out for everyone.

From the visitor centre

## Millwood Trail ●●●

Short trail: 1km (0.6 miles)  
Long trail: 2.5km (1.5 miles)

A short introduction to the forest alongside some of the oldest trees at Grizedale (many over 100 years old).

## Carron Crag Trail ●●●

5km (3 miles)

This strenuous walk takes you to the highest point in Grizedale (314m). Enjoy a well-earned picnic at the top whilst taking in panoramic views of Conistoun Old Man and the Central Lakeland fells.

From The Yan

## Ridding Wood Trail ●●●

1.5 km (1 mile)

The shortest and easiest trail at Grizedale through some unusual and ornate trees as well as beautiful oak woodland.

## Grizedale Tarn Trail ○○○

6.5 km (4 miles)

A newly opened section of this trail will help you explore a different area of the forest and passes over the Centenary Bridge, built by our volunteers to commemorate the Forestry Commission Centenary in 2019.

## Silurian Way ●●●

16km (10 miles)

The ultimate Grizedale walk! A grand tour of the forest with many different artworks and views along the way.

# Join today

As a member you'll be supporting Grizedale Forest and get free onsite parking, forest updates and discounts.

[forestryengland.uk/membership](https://forestryengland.uk/membership)

From Bogle Crag car park

## Bogle Crag Trail ○○○

Short trail: 4km (2.5 miles)  
Long trail: 5km (3 miles)

Explore the woodland around Bogle Crag and enjoy fantastic views towards the beautiful Rusland Valley and beyond towards Morecambe Bay. Watch out though...Bogle means ghost!

From Blind Lane car park

## High Bowkerstead Trail ○○○

Short trail: 4km (2.5 miles)  
Long trail: 6.5km (4 miles)

Tackle the steep climbs and you'll see the Last Rays of an English Rose sculpture by Keir Smith and the Stone Forest sculpture by Kimio Tsuchiya along the way.

From Machell's Coppice car park

## Machell's Coppice Trail ●●●

2.5km (1.5 miles)

A short walk with views over Conistoun Water, famous for the Bluebird water speed record.

## Emergency info

**Name & grid ref for key locations:**

**Grizedale Centre:** SD 336 944

**Moor Top Car Park:** SD 3w43 965

**Nearest access road:** Grizedale is signed from the minor road just past Hawkshead Primary School between Hawkshead (B5285) and Newby Bridge (A590)

**Nearest A&E hospital facilities:**

Barrow in Furness:

Furness General

T: 01229 870870

**Nearest minor injury unit:**

Kendal: Westmorland General

T: 01539 732288

**In case of an emergency call 999**

**Inform Forestry England:**

0300 067 4495 / 0300 067 4270

**Defibrillators available at the visitor centre and in Satterthwaite village.**

## The forest code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Keep dogs under control.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.
- The forest is for everyone. Please be aware of other visitors.

Walking



Cycling



## Finding your way

Follow the coloured trail markers on timber posts and look out for any warning markers.