

# Glenridding Common

## JOHN MUIR TRUST

### Exploring Glenridding Common

Glenridding Common lies near the southern end of Ullswater in the Lake District. Routes up Helvellyn via Swirral Edge and Striding Edge start at the nearby village of Glenridding.

The main routes to Helvellyn summit from Glenridding and Ullswater run along Swirral Edge to the north of Red Tarn and the more challenging Striding Edge to the south. A circular route ascending along Striding Edge and descending via Swirral Edge is popular among experienced hill walkers. To avoid the steep 'edges' a route to the summit can be taken via Greenside Mine and Whiteside.

From Thirlmere in the west, there are shorter, steeper routes to the summit, which offer a magnificent view across Glenridding Common, with its plunging cliff-line and steep arêtes that connect a chain of lesser peaks and glacial tarns nestled beneath imposing crags.

The map on this leaflet is for illustrative purposes only and is not intended for navigation.

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