

9. Pooley Bridge to Howtown

Distance between checkpoints: 8.1km (5miles).

Ascent: 234m (761ft) Descent: 204m (669ft)

In July L50 runners will have already completed 6.2 miles and L100 runners will have done 68.3 miles

- 1 Follow road L through village. Fork R after St Paul's Church (SP Howtown). Uphill on tarmac road and straight over at crossroads (SP Hill Croft Campsite).
- 2 Straight on up tarmac road, past Roehead Farm on L and thru gate onto clear track uphill on open fell (SP Helton).
- 3 Continue for 960m (avoid all other tracks) until cairn on R at clear path X roads. Turn R (SSW) on good stoney track for 520m to cross Elder Beck.
- 4 Continue SW for 320m to large cairn where path forks. Take R fork (W) heading for woods (NOT uphill L). Straight on to cross Aik Beck. Follow bridleway along wall (SP Howtown) above Barton Park until wall turns sharp R. Leave wall and continue forward on track heading down past water catchment plant.
- 5 Continue down to meet wall on R and over Swarthbeck Gill. Follow wall on R for 1.65km (S) passing buildings on R to track end.
- 6 Thru gate at white(ish) house (Mellguards). Continue down tarmac drive, over stream and bear L uphill at road fork.

In July you would turn R here to the CP at the Bobbin Mill at Howtown but as it isn't manned today save yourself the journey unless you are desperate to see it!

11. Mardale Head to Kentmere

Distance between checkpoints: 10.4km (6.5miles)

Ascent: 511m (1677ft) Descent: 589m (1932ft)

- 1 Retrace the track thru gate. Take L fork (SP Gatscarth Pass) and uphill with forest on L. Continue up on clear, rocky track for 1.9km, with forest and Gatscarth Beck on L. Thru gate and up to Gatscarth Pass.
- 2 At saddle, straight on thru metal gate in fence (SSE) and follow good track down for 1km to next gate. Continue to cross stone bridge, thru gate to walled lane. Continue down for another 2.5km to tarmac roadhead at Sadgill.
- 3 Turn R on stone bridge over River Sprint then immediate L then R up signposted track (SP Stile End then Kentmere). Past farm buildings on L, thru gate and up under Sadgill Wood. Thru 2 gates and continue SW for 530m on track uphill to col.
- 4 At col, thru double gate (not kissing gate on L). Straight on to follow good track thru gate and past farm buildings on R, thru another gate and down to road.
- 5 Turn L on road. After 320m thru metal gate in road. Continue for 95m then over signposted stile in wall on R. Drop down thru bracken (W) on grassy path to go over wall step stile.
- 6 Straight across track and over step stile in wall opposite. Down path to cross river on wooden FB. Straight across field to gap stile in wall.
- 7 Turn L and follow walled path thru 2 gates passing farmhouse on R. (QUIET PLEASE) Take L fork down tarmac track, past Rawe Cottage on L to tarmac road.
- 8 Turn L to T junction, then R up past front of church to **Kentmere Institute which is CHECKPOINT 11.** (GR456041)

10. Howtown to Mardale Head

Distance between checkpoints: 15.2km (9.4miles)

Ascent: 765m (2510ft) Descent: 672m (2205ft)

- 1 L up tarmac road for 150m. Take R fork and onto concrete path (SP Fusedale). Continue 520m crossing plank bridge. Just before cattle grid take FP on R, crossing beck on stone bridge. Continue L on grassy track and recross beck on bridge after farm.
- 2 After 50m turn R (S) on faint path. Keep Fusedale Beck on R, cross small stream over plank bridge and S up Fusedale. Past ruin/bench on L and up to cross Groove Gill. Path veers L (SE) uphill for 100m with Groove Gill on L. Just before rocky knoll take R fork (S) away from Gill, dropping slightly on boggy ground to ruined buildings.
- 3 Turn L (ESE) uphill at first ruin, to clear path, veering R (SSW) and crossing stream. Continue until path nears wall and turns steeply L (SE) uphill, angling R up/across slope. Cross beck gully and up 90m by wall.
- 4 Before wall corner take obvious track L (NNE) for 70m. Take R fork turning E then ESE for 650m on less obvious grassy track over peat hags round High Kop (highest point of route 670m).
- 5 At wooden post on L, start descent ENE then E, following wide grassy track on broad ridge. Continue straight on at small cairn on main track (E) for 1.7km up and over Low Kop (AVOID ALL PATH FORKS TO L and R).
- 6 Descend to dip with quarry spoil on L. Continue winding descent for 250m.
- 7 Leave main track by rocky outcrop and at cairn to take faint path down on R (ESE) then E to cross small gully. Path becomes clearer turning SSE down towards Haweswater then S to cross Measand Beck on gated wooden FB at Fordingdale Bottom. (CLOSE GATE)
- 8 Turn L and thru deer gate, taking path with beck on L. By waterfall/gorse fork R down thru new tree plantation. Turn R (SW) at main path contouring Haweswater for 4.5km crossing Whelter (L50/100 BRIDGE), Randale and Riggindale Beck on bridges.
- 9 Follow path round Haweswater for further 1.5km up and over The Rigg, along edge of lake, to cross FB over Small Water Beck at head of Haweswater. Follow path uphill by wall. Turn L at wall corner to **car park at Mardale Head, CHECKPOINT 10.** (GR469107)

12. Kentmere to Ambleside

Distance between checkpoints: 11.8km (7.3miles)

Ascent: 491m (1611ft) Descent: 602m (1975ft)

- 1 Continue L on road uphill for 400m and keep L on track at metal gate (Hartrigg). After 125m, passing Green Head House, turn R up rocky track (SP Troutbeck). Follow track up for 1.9km thru 2 gates to next gate at top of Garburn Pass.
 - 2 Thru gate and straight on following track round to L by fence after it turns downhill. Thru 3 gates on good track (SW) (Garburn Road).
 - 3 After gates take R fork down towards Troutbeck. (Avoid cutback R thru gate into Limefitt Park). R and down at next fork. Continue as track turns sharp R and down to A592, 3.7km from top of Garburn Pass.
 - 4 Cross road (CARE) turn R and take wooden footbridge over Trout Beck. Turn L and follow minor road uphill through Troutbeck.
 - 5 Turn L at junction and turn immediately R after Post Office onto uphill bridleway (Robin Lane). After 1.2km go thru gate on L (SP Ambleside) and take track downhill, thru another gate and over 2 stream fords in track. Continue down thru 2 gates, crossing river and over cattle grid/kissing gate and up thru High Skelghyll Farm (QUIET PLEASE).
 - 6 Pass in front of farmhouse and take R bridleway at far corner, thru 2 gates and carry on (W) into Skelghyll Woods, 180m after farm. Continue down on main track thru woods.
 - 7 After Jenkin's Crag either path at fork leads to stone bridge over beck. Continue down. Keep on path by wire fence and wall onto tarmac lane. Follow lane down turning R at junction onto Old Lakes Road into Ambleside.
 - 8 Turn R at T junction with main road (A591) Continue straight on at White Lion Hotel. Cross main road (GREAT CARE) and go thru archway into alleyway to L of Queen's Hotel.
- Down past bike shop (Gyllside Cycles). At junction, cross road (CARE) at pedestrian crossing.
- 9 Take Vicarage Road (the LH fork with cul de sac sign). GO PAST Church gate to **Ambleside Parish Centre which is CHECKPOINT 12.** (GR 373043)

YOU MUST SIGN IN ON YOUR ARRIVAL AT AMBLESIDE