

1. Coniston to Seathwaite

Distance between checkpoints: 11.3km (7miles)
Ascent: 659m (2162ft) Descent: 606m (1988ft)

- 1 Turn left out of gates of John Ruskin School. After 160m turn R at road junction. Past BP station on R and over bridge turning L to Black Bull Inn. Take road on L up side of Inn and follow road and track for 1km over cattle grid and up to Miner's Bridge on L.
- 2 Cross bridge and take path on R (W) uphill by river. Thru gate, gap in wall and another gate. Continue on main track (WNW) to top of rise (1.1km from Miner's Bridge).
- 3 At path junction turn sharp L (ESE) and follow round and down for 1.1km to car park at roadhead.
- 4 Turn R (SP Walna Scar/Seathwaite) and keep R on track between 2 wooden posts (Walna Scar Road). Continue on clear stony track, avoiding any turning to L or R. Cross beck over stone bridge and continue on track to summit of Walna Scar Pass (2.8km from roadhead car park).
- 5 Straight on downhill (WNW then SW). Continue down thru gate following Long House Gill and thru gap in wall until track becomes tarmac road. Continue down, thru gate and past white house (Beck House), and High Hollin House on L and continue downhill to road junction (CARE).
- 6 Turn L at road junction (SP Broughton) and follow for 760m, past entrance to Turner Hall Farm Campsite and church on L to **CHECKPOINT 1 Seathwaite Village Hall (Parish Room)**. (GR 229961)

Distance covered so far: L100, 11.3km (7.0 miles)

2. Seathwaite to Boot

Distance between checkpoints: 11.1km (7miles)
Ascent: 385m (1263ft) Descent: 419m (1375ft)

- 1 Turn L out of CP. Follow road (CARE) for 350m passing Newfield Inn on L. Thru wooden gate on R opposite School House (SP High Wallobarrow). Take FB over stream. Continue for 400m on signposted Permitted Path thru woods to gate in wall.
- 2 Go L and over River Duddon by stone bridge. Take middle path (SW) to L of Wallowbarrow NT sign. Thru gate, keep high by wall on R. Thru 2 gates to High Wallowbarrow Farm. **CLOSE ALL GATES**
- 3 In farmyard take FP on R (NNW) thru gate and up path with gates. Continue up thru woods. Path skirts round Crag. At gap in wall, turn R (E) on track uphill.
- 4 Follow good undulating track thru 2 sets of deer gates to Grassguards Farm. Before gate to farmyard turn L thru metal gate and take permissive path round farm. Thru gate, turn L (W) with Grassguards Gill on R to next gate. Straight across forest track (W) on SP Bridleway to cross stream over L100 WOODEN FOOTBRIDGE.
- 5 Go L (W) on path between 2 streams and then gill on R for 900m to cross small stream with SP Eskdale just beyond. Cross gill and follow bridleway (NNW) thru plantation.
- 6 Continue following bridleway signs to gate at plantation end. Straight on for 950m with fence on L. Avoid midway stile by rocky outcrop. Cross over next fence stile where path veers R from fence. Follow wall down 60m, go L thru gap in wall, cross stream and up to go L over next fence stile.
- 7 Follow path with fence on R to rocky outcrop and steep descent. Down until path veers L (WSW) keeping small wooden FP post on R. Cross stream valley by trees. Short climb up R. Follow path by wall, then down thru 3 gates (CLOSE) to Penny Hill Farm.
- 8 **DO NOT ENTER FARMYARD** but take permissive path and gate on L, 25m before main farm gate. (QUIET PLEASE). Follow wall on R. Turn R thru small gate and on to regain main track. Turn L down track and on to cross Doctor Bridge.
- 9 Immediate L, thru gate with river on L. Thru next gate and after 175m take lower path fork by wall. Keep on walled path and on to join main path by river. At gates, keep to riverside path and turn R past Church. Follow lane into Boot. **CP HERE TODAY**. Straight across main road (CARE) and up road opposite. **CHECKPOINT 2 is the Corn Mill** just over stone bridge. (GR 176011)

Distance covered so far: L100, 22.4km (14.0 miles)

3. Boot to Wasdale Head

Distance between checkpoints: 8.6km (5.4miles)
Ascent: 297m (974ft) Descent: 287m (942ft)

- 1 From CP follow path uphill. Thru gate and take R fork (SP Wasdale). Continue up path for 100m and thru gate on R (bridleway marker on gate). Follow path over Eskdale Moor for 3.1km, with Whillan Beck on R, to fork in path.
- 2 Take R fork down (N) for 800m to R side of Burnmoor Tarn. Follow path round with tarn on L to cross tarn outflow.
- 3 Continue past tarn head, on boggy path with occasional cairns (NW) for 620m, to ruined wall on L.
- 4 After cairn in path centre and Just before short uphill, take R track and follow round to well cairned path (N) down to wall and wood on L.
- 5 Follow rocky path with wood on L, over stone bridge and continue down thru gate. Keep to path down by wall and thru gate on R. Continue with wall on L and thru gate to pass Brackenclouse Climbing Hut on R.
- 6 Continue down track to cross river on wooden bridge. Path veers L thru gate/cattlegrid. Follow path for 300m with campsite car park on R. Over metal bridge to road (CARE).
- 7 Turn R, follow tarmac road for 700m. Leave road at bend just before stone bridge. Go L thru kissing gate (SP Wasdale Head). Continue for 650m on grassy track, thru gate in wall, to stone bridge on R. **CP HERE TODAY**. Cross bridge and **CHECKPOINT 3 is a barn** directly ahead. (GR187088)

Distance covered so far: L100, 31.0km (19.4 miles)

4. Wasdale Head to Buttermere

Distance between checkpoints: 11.0km (6.9miles)
Ascent: 712m (2336ft) Descent: 667m (2188ft)

- 1 Turn R out of CP (do not cross bridge) to take path with beck on L for 240m, then take main L fork uphill. Thru double gate and follow track thru next gate keeping wall on L. Thru gate/stile near wall end.
- 2 Continue on track (N) on open fell for 700m to large cairn on L. 20m on, continue on main path up R (avoid L path to valley bottom).
- 3 Thru gate/stile in wall and continue up on clear path for 320m to cross Gatherstone Beck at boulders. (If water levels are high, follow stream bed up (NE) until safe to cross and regain main track). Continue on main path (NE) for 1km with beck on R and up steep stepped path to cairn and remains of metal gate at Black Sail Pass.
- 4 Straight across (NE) and take stony path down for 700m (rough and rocky in parts) with Sail Beck on R to footbridge across River Liza and track beyond. Turn L on track past Black Sail YHA (QUIET PLEASE).
- 5 300m past YHA and just before gate, turn R uphill (NNW) for 230m on path with fence on L. At fence end, straight on (N) to cross beck. Continue N on indistinct but cairned path for 220m to large cairn at summit of Scarth Gap, just after remains of metal gate.
- 6 Take path to L of summit cairn and begin descent (N) on very rough, rocky, cairned path. Continue down, thru gap as wall crosses path. Steep down and thru gate/stile. Continue down by wall and fence. Over slate FB with trees on R.
- 7 At end of wood, straight on taking middle path (N) down to lakeside.
- 8 urn L (NW) on lakeside path. Follow main path for 2km with lake on R and thru woods to end of lake. Turn R, thru gate and over 2 bridges.
- 9 At wall, turn L, thru gates and R past Buttermere Court **CP HERE TODAY** and Bridge Hotel to T junction. **CHECKPOINT 4 at Buttermere Village Hall** is directly opposite. (GR 175170)

Distance covered so far: L100, 42.0km (26.3 miles)