



FURTHER. FASTER.



THE MONTANE LAKELAND 100 & 50 ULTRA TOUR OF THE LAKE DISTRICT

THE 2022 ROUTE FOLDIE

THE OFFICIAL MAP USED IS HARVEY 1:40:000

KEY: R = right L = left N = north S = south W = west E = east CP = checkpoint FB = footbridge SP = signpost

Lakeland 100 CPs 1 to 15

Lakeland 50 CPs 9 to 15

EMERGENCY CONTACT NUMBER FOR THE DURATION OF THE EVENT:

1. Coniston to Seathwaite

LAKELAND 100 STARTS

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 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 track 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. 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. 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 Brackenclough 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. 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 Turn 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 (formerly Fish Inn) 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)

5. Buttermere to Braithwaite

Distance between checkpoints: 10.5km (6.5miles)
Ascent: 573m (1880ft) Descent: 613m (2011ft)

- 1 Leave CP and turn R past front of Bridge Hotel. Over roadbridge and immediately R through metal gate marked Ghyll Wood. Follow path by fence with beck on R, up thru woods. Keep to top path to steps and gate. Thru gate and turn R.
- 2 Follow path by walls and fences (NE) for 880m. Take L fork (N) at pile of stones on narrow path up thru bracken opposite gully of Swinside Gill (just after end of last fence and opposite sheepfold on far side of gill).
- 3 Contour round Whiteless Breast to path end. Cross beck, steep uphill, continue contour to path end. Cross Third Gill, short up and continue contour (NE) to Addecombe Beck. Cross beck and on to scree path. Across badly eroded section and continue for 300m to small cairn on L by sheep scoop.
- 4 Fork L (NNE) on narrow path up steep scree slope. Steep climb diagonally up thru heather for 685m to Sail Pass.
- 5 Straight over Sail Pass (N). Follow main descending path dropping steeply under Scar Crags, past stone shelter. Follow clear rocky path past stone ruin on R.
- 6 At fork by cairn on L keep R (NE) to stay on main rocky path. After 250m at small cairn at next fork, leave main path when it descends to valley and take L path (NE) up thru heather, passing indistinct sheepfold on L. Continue up for 550m to col at Barrow Door.
- 7 Veer L and over Barrow Door (N) on good descending path. Continue down with Barrow Gill on R, then down over grassy flank. Head NNE for R edge of small wood. Forward on to stone track to head of tarmac road. Thru gate and down road past houses on L.
- 8 Down to take track on R (just after wooden seat on L, just before road turns sharp L). Follow track downhill, turning L down to roadbridge in centre of Braithwaite.
- 9 Continue straight on over bridge (SP Lorton) and on to turn R at junction by Royal Oak. Here, cross road (CARE) and turn L at next junction (SP A66 Cockermouth). Continue for 60m to CHECKPOINT 5 in St Herbert's Church Hall. (GR 232237)

Distance covered so far: L100, 52.5km (32.8 miles)

6. Braithwaite to Blencathra Centre

Distance between checkpoints: 13.7km (8.5miles)
Ascent: 478m (1568ft) Descent: 305m (1001ft)

- 1 From CP turn L and L again (SP Keswick A66). Continue for 350m, crossing road (CARE) to take cyclepath on RHS of A66 for 2km. (TAKE CARE crossing sideroad to Portinscale). Continue on cyclepath. Cross over B5289 (bus shelter opposite) (CARE)
- 2 Continue alongside A66 on grass verge for 380m (BUSY ROAD - CARE), going over River Derwent. Where verge narrows keep to field side of metal crash barrier.
- 3 Just before barrier ends, turn R (E) onto FP (SP Keswick) on old railway track. Continue for 850m, straight on thru churchyard and over wooden bridge to road. Turn R on road and straight on past Pheasant Inn. Cross road (CARE). Take Brundholme Road on L (SP Railway Station). Follow road uphill for 350m.
- 4 Turn L (NE) up Spooney Green Lane (SP Skiddaw). Cross bridge over A66. Thru gate, continue up for 1.8km on Cumbria Way. Thru Lattrigg Woods. Avoid all R turns, over beck, thru gate to reach fenced Gale Ghyll Woods (new plantation). Keep fence on L, continue up to car park.
- 5 Thru gate and turn R to top of car park. Over stile and turn L to follow path by wall/fence. Thru 2 gates.
- 6 After 2nd gate take R fork on path down (N) for 400m to R bend over Whit Beck. Continue up and round for 3.2km, thru gate/stile, over rocky section. DO NOT TAKE PATH CUT ON R but continue on main track, over wooden bridge and on 75m to stone ruin on L. VIRTUAL CHECKPOINT ON SE CORNER OF STONE RUIN (GR 292279)
- 7 Soon after, turn sharp R downhill on path by wall. Thru gate, over 2 wooden bridges to join main track (S). Follow good track crossing stone bridge over Roughten Gill.
- 8 Keep on main upper track for 2.2km to turn R thru gate just before cattle grid. Turn R at Car Park into CHECKPOINT 6 at the Blencathra Centre (Herdwick Room). (GR 302256)

Distance covered so far: L100, 66.2km (41.3 miles)

7. Blencathra Centre to Dockray

Distance between checkpoints: 12.3km (7.7miles)
Ascent: 417m (1368ft) Descent: 252m (827ft)

- 1 From CP turn R. Straight on to narrow footpath (W), following signs for Keswick/Derwentfolds. Thru 2 gates (SE), small wood, gate and stile to tarmac road. Turn R for 150m downhill to white house (Derwentfolds).
- 2 Turn L thru gate before house (SP Brundholme) and down good track. Cross river on wooden bridge and up L on path to tarmac road. Turn L (SP Threlkeld). Continue down passing white house on R.
- 3 At bottom of hill turn R thru 2 gates and L on old railway track and over metal bridge. Continue on tarmac track, over 2 bridges and thru tunnel and bridge. Continue for 800m and just before arched railway bridge fork up R.
- 4 Take fenced path and under A66 flyover to road. Turn L for 140m on road (CARE). Thru gate on R to take path down back onto railway track. After 450m, thru gates and straight across road (CARE). Up narrow wooded path to regain railway track.
- 5 Turn L, follow concrete path by high wire fence. Continue on railway track for 750m. After long buildings on R and just before overhead bridge, bear L thru gate to tarmac road.
- 6 Turn R, across bridge and up 450m to house at Newsham. Thru gate on R opposite house. Follow boggy track uphill for about 300m. When level with corner of wood continue uphill (S) for 240m to cross beck and thru gate in fence.
- 7 Turn immediate L. Follow narrow indistinct path for 600m uphill (SSE). Follow fence line and keep to R of gully to meet good track at Clough Fold.
- 8 Turn L on track (Old Coach Road) and follow for 6km. After 5.2km path fords Groove Beck near woods - take narrow FB on L near fence. Continue to small car park for CHECKPOINT 7, the marquee in the car park. (GR 380219)

Distance covered so far: L100, 78.5km (49.0 miles)

8. Dockray to Dalemain

Distance between checkpoints: 16.3km (10.1miles)
Ascent: 370m (1214ft) Descent: 638m (2093ft)

- Straight over at crossroads, follow road for 1.6km into Dockray. Straight across main road, to take FP to R of white house (SP Aira Force).Past farm buildings on R.
- Continue on path thru fields and 3 gates onto open fell. Straight on SSE (avoid L permissive path to Gowbarrow Fell). Thru woods with Aira Beck on R.
- Where path forks, stay L on higher ground (Ullswater Way). Immediately thru gate. After 200m at grassy crossroads AVOID L (uphill) and R turns. Go straight on (S) thru double gate and woods for 200m.
- Bear L thru gate onto open fell (Ullswater Way). Keep L and contour round. Take L (NE) fork steep uphill. Continue to contour around Gowbarrow taking L forks.
- At building ruin, bear R (NNE), through wall gate, over FB and thru gate into Swinburn’s Park. Thru woods and felled sections for 1.4km then with fence on R to wall corner. Continue with wall on R and thru gate to go down on track thru gorse for 1km to reach road.
- Straight across road (**CARE**), thru gate in wall (SP Bennethead via fields). Straight on (E) over FB in field and thru gate to R of barn. Over fields going slight L (NE) and thru gate. Follow ditch on L and thru single gate. At 3rd field bear R (NE) diagonally across field on new L100 footpath then slight uphill to wooden gate/stone steps in top corner. Thru gate and continue uphill bearing R round mound/trees to gate in wall/fence into next field. Uphill to gate and road.
- Turn right, follow road (**CARE**) thru Bennethead, (SP Pooley Bridge). Keep Bennethead Farm on L and after 100m take L uphill fork (SP Dacre) and past Wreay Farm. Follow road for 2km from Bennethead to T junction (**CARE**).
- Turn R (SP Dacre) and continue on road for 1.7km crossing bridge over Dacre Beck. On to T junction. Turn L, (SP Penruddock), towards Dacre village.
- After 75m turn R thru metal gate and over cattle grid onto public FP round Dacre Castle. Path forks L, through gates and cattle grids for 2km to Dalemain House. Keep L at courtyard and thru stone arch to **CHECKPOINT 8, the marquee on field by main entrance track.** *(GR 478269)*

Distance covered so far: L100, 94.8km (59.1 miles)	

12. Kentmere to Ambleside

Distance between checkpoints: 11.8km (7.3miles)
Ascent: 491m (1611ft) Descent: 602m (1975ft)

- 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.
- 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).
- 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.
- Cross road (**CARE**) turn R and take wooden footbridge over Trout Beck. Turn L and follow minor road uphill through Troutbeck.
- 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**).
- 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.
- 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.
- 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 The Ambleside Inn. Down past bike shop (Gyllside Cycles). At junction, cross road (**CARE**) at pedestrian crossing.
- Take Vicarage Road (the LH fork with cul de sac sign). GO PAST Church gate and up stone steps on L just before park entrance to enter **CHECKPOINT 12 at Ambleside Parish Centre.** *(GR 373043)*

Distance covered so far: L100, 143.7km (89.4 miles)	
L50, 55.2km (34.4miles)	

9. Dalemain to Howtown

Distance between checkpoints: 11.5km (7.1miles).
Ascent: 294m (965ft) Descent: 285m (935ft)

The Lakeland 50 starts with a 6.3km (4.1mile) loop around the Dalemain Estate

- Turn R in front of House for 200m to footbridge over Dacre Beck. Continue straight ahead over field and thru gate/stile for 550m up to corner of woods. Continue on path thru fields past wood on R for another 700m veering L (SSW) along wire fence (follow FP marker) and thru 2gates/stiles. At field end go straight on to wooden stile. Thru field for 70m and over stone stile to road.
- Turn L on A592, cross road (**CARE – BUSY ROAD**) and take FP 200m on R (SP Pooley Bridge). Follow path over FBs and stile, past lake on L and thru gate on R, down to river. Continue on path by river thru gates and wood for 1km to main road into Pooley Bridge (**CARE**)
- Turn L over road bridge and 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).
- Straight on up tarmac road, past Roehed Farm on L and thru gate onto clear track uphill on open fell (SP Helton).
- Continue for 960m (**avoid all other tracks**) until **cairn** on R at clear path X roads. Turn R (SSW) on good stony track for 520m to cross Elder Beck.
- 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.
- 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.
- Thru gate at white(ish) house (Mellguards). Continue down tarmac drive, over stream and bear R downhill at road fork.
- Bear R between white house and garage. Over stream and bridge to **CHECKPOINT 9 at Howtown Bobbin Mill.** *(GR 443196)*

Distance covered so far: L100, 106.3km (66.2 miles)	
L50, 17.8km (11.2 miles) including the Dalemain Loop	

13. Ambleside to Chapel Stile

Distance between checkpoints: 9.0km (5.6miles)
Ascent: 234m (768ft) Descent: 213m (699ft)

- Leave CP, turn L and onto path thru Rothay Park.
- At far side of park, cross river over arched stone bridge and turn R on tarmac road (**CARE**). Over cattle grid and, after 50m, turn L (WSW) over cattle grid and up track (bridleway).
- Continue on path up past houses (**QUIET PLEASE**). Keep on main track thru 3 gates onto open fell.
- After 260m cross stepping stones and take L fork (SW). Continue down to follow wall on L and thru 2 gates to junction with house on R (Tarn Foot Lodge). Straight on for 150m and veer L to road. Turn R on road and after 50m turn L at T junction (SP Neaum Crag) Follow road down to main road junction at Skelwith Bridge Hotel. Cross B5343 (**CARE**) to stay on R hand verge of A593 towards Coniston (SSW).
- Entrance to Skelwith Bridge Hotel. After 100m turn R at entrance to Chesters by the River Cafe. Follow FP (SP Elterwater) past cottages on R. Thru buildings to follow good path over (Cumbria Way). Continue by river thru woods and fields for 2.3km to NT Car Park, Elterwater.
- Turn L over road bridge and immediately right (**CARE**) to take quarry road uphill ver for about 400m.
- Take footpath on R (footpath sign) opposite cave entrance and follow path,
- ing R to cross river over footbridge. Turn L to go past Wainwright’s Inn. After 70m take public footpath on L (SP Baysbrown Camp Site), just after pub car park. Straight on footpath thru houses (**QUIET PLEASE**) and down walled path, thru
- . Continue on track to bear L over stone bridge. (**CARE Cattlegrids**) Turn R, stay on good track for 700m, passing campsite and keeping Great Langdale Beck on R to **CHECKPOINT 13 (Marquee in field on R).** *(GR 313057)*

Distance covered so far: L100, 152.7km (95.0 miles)	
L50, 64.2km (40.0miles)	

10. Howtown to Mardale Head

Distance between checkpoints: 15.2km (9.4miles)
Ascent: 765m (2510ft) Descent: 672m (2205ft)

- Retrace steps L over stone bridge, 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.
- 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.
- 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.
- 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).
- 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**).
- Descend to dip with quarry spoil on L. Continue winding descent for 250m.
- Leave main track by rocky outcrop and **cairn** on R 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**)
- 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 Whelther (L50/100 BRIDGE), Randle and Riggindale Beck on bridges.
- 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 **CHECKPOINT 10, marquee in car park at Mardale Head.** *(GR469107)*

Distance covered so far: L100, 121.5km (75.6 miles)	
L50, 33.0km (20.6miles)	

14. Chapel Stile to Tilberthwaite

Distance between checkpoints: 10.6km (6.5miles)
Ascent: 387m (1270ft) Descent: 323m (1060ft)

- Continue on track and bear L to Oak Howe Farm (**QUIET PLEASE**). Turn R on public footpath after main barn (SP New Dungeon Gill). Continue on clear track for 1.2km to gate in wall then 240m down to Side Pike Farm (**QUIET PLEASE**). **DO NOT CROSS** footbridge to farm.
- Continue straight on (SSW) on faint track with main beck on R, uphill over FB and stile and SW thru fields, over another wall stile, 430m from farm.
- Continue SW 450m to woods bearing L uphill to top fence corner of woods. Continue with fence on R, thru gate and by fence to wall. Turn L steeply uphill for 400m to gate on R at summit of Side Pike Pass.
- Thru kissing gate, keep cattle grid on L, straight across road (**CARE**) and after 30m thru gate on L (SP Wrynose Pass). Take good path downhill passing Blea Tarn on L. Continue on path thru gate to follow outflow beck.
- Over fellside to wall on L and follow to wall corner and large rock outcrop where path curves to R. Continue SSW on track thru bracken.
- After 85m (**at small cairn**) keep to higher path to R thru bracken (SSW) to avoid very boggy ground of Bleamoss. *Stay high* and contour round on path for 300m. Continue on indistinct track (SW) staying high to follow bracken line for 160m to road/wall/gate. **VIRTUAL CHECKPOINT ON WOODEN GATE 20m E FROM WALL CORNER (GR 292032)**
- Turn L down road (**CARE**) to cattlegrid to take sharp R bend past Fell Foot Farm (**QUIET PLEASE**). 50m after sharp L bend in road, cross beck by stone bridge on R (SP Tilberthwaite). Follow track past white NT cottage.
- Continue uphill for 600m, avoiding first sharp right footpath and take next clear R fork uphill (SP Tilberthwaite), to pass above small wood. Continue for 1.6km on good track to High Tilberthwaite Farm.
- Go thru 2 gates passing farmhouse on R (**QUIET PLEASE**) to tarmac road. Continue for 550m to Tilberthwaite car park to **CHECKPOINT 14, the marquee on the car park.** *(GR 306010)*

Distance covered so far: L100, 163.3km (101.5miles)	
L50, 74.8km (46.5miles)	

11. Mardale Head to Kentmere

Distance between checkpoints: 10.4km (6.5miles)
Ascent: 511m (1677ft) Descent: 589m (1932ft)

- Retrace the track thru gate. Take L fork (SP Gatescarth Pass) and uphill with forest on L. Continue up on clear, rocky track for 1.9km, with forest and Gatescarth Beck on L. Thru gate and up to Gatescarth Pass.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Turn L to T junction, then R up past front of church to **CHECKPOINT 11 at Kentmere Institute.** *(GR456041)*

Distance covered so far: L100, 131.9km (82.1 miles)	
L50, 43.4km (27.1miles)	

15. Tilberthwaite to Coniston

Distance between checkpoints: 5.7km (3.5miles)
Ascent: 283m (928ft) Descent: 385m (1263ft)

- From CP take steep steps up on R from car park. Continue on steep path past slate quarries on L and on with deep ravine on R.
- At triple fork, 300m from CP, take middle track uphill (SSW). **DO NOT** enter quarry on LH track, **DO NOT** take lower path down to Crook Beck. Continue up for 200m (**CARE - STEEP UNFENCED QUARRY SIDE TO L OF TRACK**) to cross small waterfall/stream bed.
- Continue 500m, up rocky section, onto open fell, past cairn on R, contouring around hillside to small **cairn** on L and path fork. **DO NOT TAKE** R fork after trees down to Crook Beck.
- Continue straight on (SSW) keeping beck on R soon to veer up (SSE) away from beck. After 150m pass rocky outcrop on L. Continue straight on for 500m on sometimes indistinct path (SSE then SSW) to stream.
- Straight across stream above small gully/waterfall with single tree onto faint path (SSW). **DO NOT** take path uphill on LH bank of stream. Continue straight on for 900m on track then better defined path with valley of Crook Beck again on R. Past small tarn on R to summit.
- Over summit and continue steeply down L (SSE) on rough path to reach main track 100m L of slate cottages. Turn L down track and follow downhill, joining main track with Levers Water Beck on R.
- Past Miner’s Bridge (**DO NOT CROSS**) for 1.5km onto tarmac road to T junction.
- Turn R at Black Bull Inn, cross road to take FP over river bridge, past BP station on L. Take next L and after 150m finish at **John Ruskin School.** *(GR 303974)*

Distance covered so far: L100, 169.0km (105.0 miles)	
L50, 80.5km (50.0miles)	