

13. Ambleside to Chapel Stile

Distance between checkpoints: 9.0km (5.6miles)

Ascent: 234m (768ft) Descent: 213m (699ft)

- 1 Leave CP, turn L and onto path thru Rothay Park.
- 2 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).
- 3 Continue on path up past houses (**QUIET PLEASE**). Keep on main track thru 3 gates onto open fell.
- 4 After 260m cross stepping stones and take L fork (SW). Continue down by wall on L to junction with house on R (Tarn Foot Lodge). Straight on for 150m veering L to road. Turn R on road and after 50m turn L at T junction. Follow road down to main road junction at Skelwith Bridge Hotel.
- 5 Cross B5343 (**CARE**) to stay on R hand verge of A593 towards Coniston (SSW). Pass entrance to Skelwith Bridge Hotel. After 100m turn R at entrance to Chesters by the River Cafe.
- 6 Follow FP (SP Elterwater) past cottages on R. Thru buildings to follow good path by river (Cumbria Way). Continue by river thru woods and fields for 2.3km to NT Car Park, Elterwater.
- 7 Turn L over road bridge and immediately right (**CARE**) to take quarry road uphill by river for about 400m.
- 8 Take footpath on R (footpath sign) opposite cave entrance and follow path, bearing 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.
- 9 Straight on footpath thru houses (**QUIET PLEASE**) and down walled path, thru gate. 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 (In field on R)**. (GR 313057)

14. Chapel Stile to Tilberthwaite

Distance between checkpoints: 10.6km (6.5miles)

Ascent: 387m (1270ft) Descent: 323m (1060ft)

- 1 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.
- 2 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.
- 3 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.
- 4 Thru 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.
- 5 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.
- 6 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. **IN JULY THERE IS A VIRTUAL CHECKPOINT ON WOODEN GATE 20m E FROM WALL CORNER (GR 292032)**
- 7 Turn L down road (**CARE**) to cattlegrid to take sharp R bend past Fell Foot Farm (**BE QUIET PLEASE**). 50m after sharp L bend in road, cross beck by stone bridge on R (SP Tilberthwaite). Follow track past white NT cottage.
- 8 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.
- 9 Go thru 2 gates passing farmhouse on R (**BE QUIET PLEASE**) to tarmac road. Continue for 550m to Tilberthwaite car park. **The car park is CHECKPOINT 14.** (GR 306010)

15. Tilberthwaite to Coniston

Distance between checkpoints: 5.7km (3.5miles)

Ascent: 283m (928ft) Descent: 385m (1263ft)

- 1 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.
- 2 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.
- 3 Continue 500m, up rocky section, onto open fell, past large 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. **DO NOT CROSS THE BECK HERE.**
- 4 Continue straight on (SSW) keeping beck on R soon to veer up (SSE) away from beck. After 150m pass rocky outcrop on L. Continue for 500m on sometimes indistinct path (SSE then SSW) to stream.
- 5 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 for 900m on track then better defined path with valley of Crook Beck again on R. Past small tarn on R to summit.
- 6 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.
- 7 Past Miner's Bridge (**DO NOT CROSS**) for 1.5km onto tarmac road to T junction.
- 8 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)

DON'T FORGET TO SIGN IN AT THE FINISH