

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 eroded main descending path with [CARE](#) dropping steeply under Scar Crags. Follow clear rocky path past stone ruin on R.
- 6 Continue down on main rocky path. After 450m at [pile of stones](#) fork L (NE) leaving main path when it descends to valley. Go 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 outside school**

CHECKPOINT 5 in July is in St Herbert's Church Hall.

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 onto old railway track. L 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 fenceline 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. **In July, CHECKPOINT 7, will be a marquee in the car park. (GR 380219)**

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 Brunndholme 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 Latrigg 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 Immediately after 2nd gate, take R fork and path down (N) for 400m. At R bend cross Whit Beck. Continue up and round for 3.2km, thru gate, 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 Immediately after, turn sharp R downhill to 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. **CHECKPOINT 6 in July is at the Blencathra Centre (Herdwick Room). (GR 302256)**

Dockray to Dalemain

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

- 1 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.
- POINTS 2 to 5 THAT FOLLOW ARE A DIVERSION FOR THIS RECCE CAUSED BY THE CLOSURE OF PATHS SOUTH OF GOWBARROW.**
- 2 Continue on path (SP Gowbarrow via Airy Crag), thru 2 gates and just after 2nd gate/bridge (NT Gowbarrow Park) take sharp L uphill (SP Ulcatrow) and thru gate.
 - 3 At wall corner continue on lower track between rocky outcrops to follow wall on L, thru 2 gates to minor tarmac road.
 - 4 Turn R, past Undercragg and continue on road for 1.1 miles to T Junction. Turn R and continue for 1 mile. Go straight on at next T junction (SP Patterdale/Ulswater)
 - 5 Downhill for short distance to gate in wall on L
 - 6 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.
 - 7 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](#)).
 - 8 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.
 - 9 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, In July this will be a marquee on field by main entrance track. (GR 478269)**