

Lakeland Way				
Day 1 – Tuesday (book 4/the southern fells) – Quite a day				
Name	Feet	Dist.	As/des	Comment
Rossett Pike	2106	3.8	1830/204	Use the zig zags hard stony paths
Great End	2984	1.8	1160/260	
<i>Ill grag</i>	3068			
<i>Broad Crag</i>	3054			1 in a thousand visit this
Scafell Pike	3210	1.33	600	3 depressions very rough and trying
Symonds Knott	NC			
Sca Fell	3162	1.25	700	Medals have been won for less
Wasedale head	260	3.75	-/2900	
<b>Totals 12m, 4189ft up, 4298ft down, 6hrs</b>				
Day 2 – Wednesday (book 7) – so tough (Kirk fell Added at late notice)				
Kirk fell	2630	1.25	2330	direct and straight up a crawl only 3 flat bits, no hazards
Great Gable	2949	1.33	990/700	Rough going but worth the effort
Green gable	2603	0.5	150/350	Windy gap, rough and stony all the way
Brandreth	2344	1	200	
Grey Knotts	2287	0.5	50	
Rosthwaite	280	3.6	-/2000	Via Honister
<b>Totals 7.7m, 3860ft up, 3823ft down,</b>				
Day 3 – Thursday (book 3) – another big day				
High Raise	2500	4.75	2200	Most central fell in the lakes
<i>Codale Head</i>	2401			
Sergeant Man	2414	1	120	
Thunacarr Knott	2351	1	170	
Pavey Arc	2288	0.4	40/125	
Harrison Stickle	2415	0.5	160/75	An interesting path
Pike of Stickle	2323	0.5	250/200	An easy walk ending in a scramble
Loft Crag	2270	0.3	90/140	Care is needed coming off loft crag
ODG	335	1.25	100/2000	
<b>Totals 9.5m, 3125ft up, 3048 ft down, 4hrs 20mins</b>				
<b>28miles and 11500 feet of ascent – 20 peaks over 2000ft</b>				
Day 4 – Friday (book 4) – optional last day				
Bow Fell	2959	3	2700	The band is the preferred route, well worn walkers highway
Esk Fell	2904	1	340/290	Straight forward rather rough walk
home	50	4.5	-/2800	
<b>Totals 8.7m, 3250ft up, 5hrs</b>				

## Day 1 – Langdale to Wasdale

From the ODG go back up Mickledon. This provides an easy level warm up before the delights of Rosset Gill! See Pike O Stickle high on the right and Bowfell Crags to the left at the head of the valley. Before the Mickledon sheepfold see the glacial moraines on the left.

Beyond the sheepfold see the right turn up towards Stake Pass and Borrowdale. Do not take this path but carry on heading towards Rosset Gill – this is where the exercise starts! The path climbs gradually at first becoming steep and very stony especially through the steep chasm of Rosset Pass. See Rosset Pike to the right.

When through the pass, and perhaps a well earned rest, walk over a grassy shelf and then with some surprise and concern start to lose altitude by descending down towards Angle Tarn. Approximately half a mile beyond the tarn see the turn right leading down to Langstrath and Borrowdale. To you left, see Esk Pike, with Great End ahead and Allen Crags to the right.

Continue to wind your way up to Esk Hause. This is a notorious crossing point where people often get lost in bad weather. Here the paths of Eskdale, Borrowdale, and Langdale meet and especially with poor visibility a map and compass are essential.

The walk to the summit of Scafell consists of easy gradients but becoming rough in places. From Esk Hause take the path to the left with Great End visible to the right. Subject to time and energy levels, it is well worth a brief detour up to Great End to take in the views down to the Borrowdale Valley and Sprinkling Tarn. From here, retrace your steps down to the main path and carry on passing Broad Crag, right and Ill Crag, left. From Ill Crag, the summit now comes into view.

Here the feeling of accomplishment builds with a further half mile only to the summit. This is premature with two considerable descents (Ill Crag Col and Broad Crag Col). A huge boulder field is crossed before the final steep climb to the summit of England's highest mountain is reached. From here there are superb views of the peaks and valleys all round with the Isle of Man and the Scottish Hills visible on a clear day.

From Scafell Pike, drop down to Lingmell Col before following the line of cairns coming down to Hollow Stones - an amphitheatre littered by boulders. Here the surrounding crags are impressive with Scafell Pike towering sensationally overhead, (this walk missed out Sca fell, that's why I suggest alternative descent) before coming down into Brown Tongue. This is a fine grassy descent with lovely views down into Wasdale Head, and back upwards towards Scafell Pike. The path fords Lingmell Gill and then across the Lingmell Fellside down to a footbridge crossing Lingmell Beck. Carry on to a well deserved rest at the Wasdale Head Inn.

## Day 2 - Wasdale to Borrowdale

From the Wasdale Head Inn, (unless we do Kirk Fell. I think we are!!) take the 'Moses Trod' Path back towards Sty Head but after approximately one mile a path turns left heading towards Gavel Neese and between the famous White and Great Napes pinnacles. The path then ascends up to Great Gable. From the summit, there are superb views over towards Ennerdale, the Scafell range and to Borrowdale. From the summit descend into Windy Gap - a bolder strewn area before making the ascent to Green Gable.

From Green Gable, follow the path to Brandreth and from here continuing onto Grey Knotts before dropping down to Honister Hause. From here make the descent down into Borrowdale by using the old Honister Pass road valley which runs parallel to the main Honister Pass road before arriving at Seatoller. Here, we recommend taking a pleasant walk through Johnny Wood before arriving at Rosthwaite.

### Day 3 - Borrowdale to Langdale

Leave the Scafell Hotel entrance and turn right back through Rosthwaite village. Take a right turn and go over Rosthwaite bridge. Turn right again and follow the path walking next to Stonethwaite Beck on the right. After approximately one third of a mile, join the Cumbria Way path. Ahead, you will see the start of the Langstrath valley and to the left, the towering cliffs of Eagle Crag. At that point see the beautiful clear waters of the Beck and the water falls at Galleny Force where swimming is possible in the summer we are told! Keep to the left and then start the long climb up to Greenup Edge with the path following alongside Greenup Gill. See the water falls to the right and underneath Eagle Crag.

The path presses on steadily gaining height. The objective is to reach the really prominent towering peak of Lining Crag standing aloft from the track. There is a hard hike to the top of the crag but well worth it for the views when you turn back and look down towards Borrowdale.

After a well earned rest, follow the boggy path until you reach the outcrop of rocks over Greenup Edge. From here look eastwards and see the Helvelyn range and south east down towards Grasmere. Looking south you will now see Lake Windermere. From here climb up towards Low White Stones to your right. From here, turn back and get a wonderful panoramic view of the Borrowdale Valley before pressing on to arrive at High Raise (762 metres) and the Cairn which many call the hub of the Lake District with a virtual 360° stunning panorama. In particular, look northwards to the North Lakes peaks and see Borrowdale, Skiddaw and even the Solway Firth (on a clear day).

From here walk across fairly level terrain towards the Langdale Pikes and heading firstly to **(we are doing Codale head and Sergeant man before this)** Thunacar Knott before coming onto **(we are doing Pavey arc here)** Harrison Stickle. Here there are many fine views down Dungeon Ghyll and the Langdale valley. To the south see Blea Tarn, to the south west Crinkle Crag and to the west, the Bowfell range. Harrison Stickle is an excellent base to undertake further exploration of the Langdale Pikes such as walking over to Pike of Stickle to the west.

There are several descent routes such as walking down to Stickle Tarn and seeing the impressive Pavey Ark to the left. We recommend walking on down following Stickle Ghyll. From Harrison Stickle, take the popular and impressive Dungeon Ghyll route. Continue the steep descent between Thorn Crag and Loft Crag heading towards the New Dungeon Ghyll Hotel. Before reaching the Hotel watch out for the track heading right which is part of the Cumbria Way Trail. This follows a fairly level route. From the right turn and less than a mile away, you will reach the comfort of the ODG and well earned refreshment in the Walkers Bar!