
753m
95°
Dale Head
stile
Pass to left of derelict hut
Join track at gate
Flagged from here
stile
runnable grass
boggy trod
Turn right opposite tiny shop
Rosthwaite
98m
Follow fence (first left then right side)
stile
360m
15:30
Seatoller Fell
Honister House
Honister Pass
Little Gatesgarthdale
Seatoller
BORROWDALE CP
46°
Cross rough ground to other rib
Grey Knotts
Join good trod
stile
Brandreth
709m
Traverse to right of Brandreth
11°
Pass to right of tarns
Base Brown
Join trod to left of ridge line (reverse of Ennerdale)
356°
Skirt to right of Green Gable, rising over shoulder
785m
Green Gable
899m
40°
Keep right of main path
Head direct when path turns right at large cairn to avoid zig-zag
14:20
(14:05)
475m
You can also cross Skew Gill lower down
bad step
Return to path
Great End
Take to grass on left
Grassier to right
Lingmell
Frightening scree run
Broad Crag
Cross main path and go to right of Blunt Top or skirt to left on grassy ledges
10m after crossing gill take faint trod to left. Trod indistinct, just keep going
Struggle across boundary field. No good line
977m
Scafell Pike
14°
730m
715m
720m
Pass to left of 2 small tarns then descend a little
Traverse to left of knoll then join main path
690m
Descend a little to tarns
Leave path to right
Swing above steep gill
700m
Good path above steep gullies
1m high upright rocks
Ascend gradually (no trod)
214°
dry gill
swampy 'plateau'
600m
undulating
fence
551m
Take grassy trod a little to left
Borrowdale Fells
Thornythwaite Fell
Glaramara
Stonethwaite Fell
Borrowdale Horseshoe
Scale- 1:30 000
1mm:30m
Bearings: True
True → magnetic +0°
Grid → magnetic −1°
2026

Files:

Route gpx - the suggested route
Route and alternatives gpx - the suggested route plus alternative lines
Map and notes (Word and pdf) - race map plus tips
Notes - extra notes, more tips and information

Map key:

dashed red line - suggested route
dashed magenta line - alternative route possibilities

red text - elevation in metres (those in italics are approximate and mark changes in direction and other useful points)
green text - bearings (true); average over length of arrow
black times - cut-off times at checkpoints
blue fingers - location of water sources

A few more comments:

1. After the initial climb from Tarn at Leaves the route undulates for quite a while around 600m until climbing gradually to 700m. It's 4km to reach the path before Allen Crags, so have patience!
2. I enjoy the traverse on the grassy ledges to the left of Blunt Knott but most will go over the broad col and go to its right instead.
3. The bearing from the Scafell Pike check point takes you directly to the top of the scree gully. Instead, you can go a little to the left then back right on (some) grass for a little less rock.
4. The scree run is difficult and dangerous. Alternatively, you could retrace your steps and go via the col before Broad Crag.
5. From the top of Great Gable you can descend the main path towards Sty Head until it turns right then continue straight on to join the route shown.
6. Avoid Grey Knotts to the left by going north on any line for 500m, then turn NE until Honister comes into view.
7. From the top of Dale Head aim for Nethermost Pike (if you can see it) until Dale Head Tarn comes into view. Any route between E and SE (initially) will do. The direct route is the steepest and the further southwards you go the less steep the descent will be. I've included several options on the map and gpx (I've not done all of them). From looking at Strava flybys no route appears any quicker, it probably depends on the state of your legs by that stage in the race, when a longer but more gradual descent may actually be quicker.
8. There are three options for the route through Rigghead Quarries. The northernmost follows the north side of the beck on grass (although it slopes into the gill making running awkward on tired legs), crosses the beck lower down (slippy) and then follows a trod towards the old buildings. You can also follow the south side of the beck, squeezed between it and spoil heaps or simply follow the path through the old quarries, although I don't think my back could cope with the pounding on the slaty path.
9. The race has inconsistent cut-offs - if you just make the cut-off at Sty Head (14:20) it is highly unlikely you will make the cut-off at Honister Hause. Aim to be through Sty Head by 14:05 at the latest.