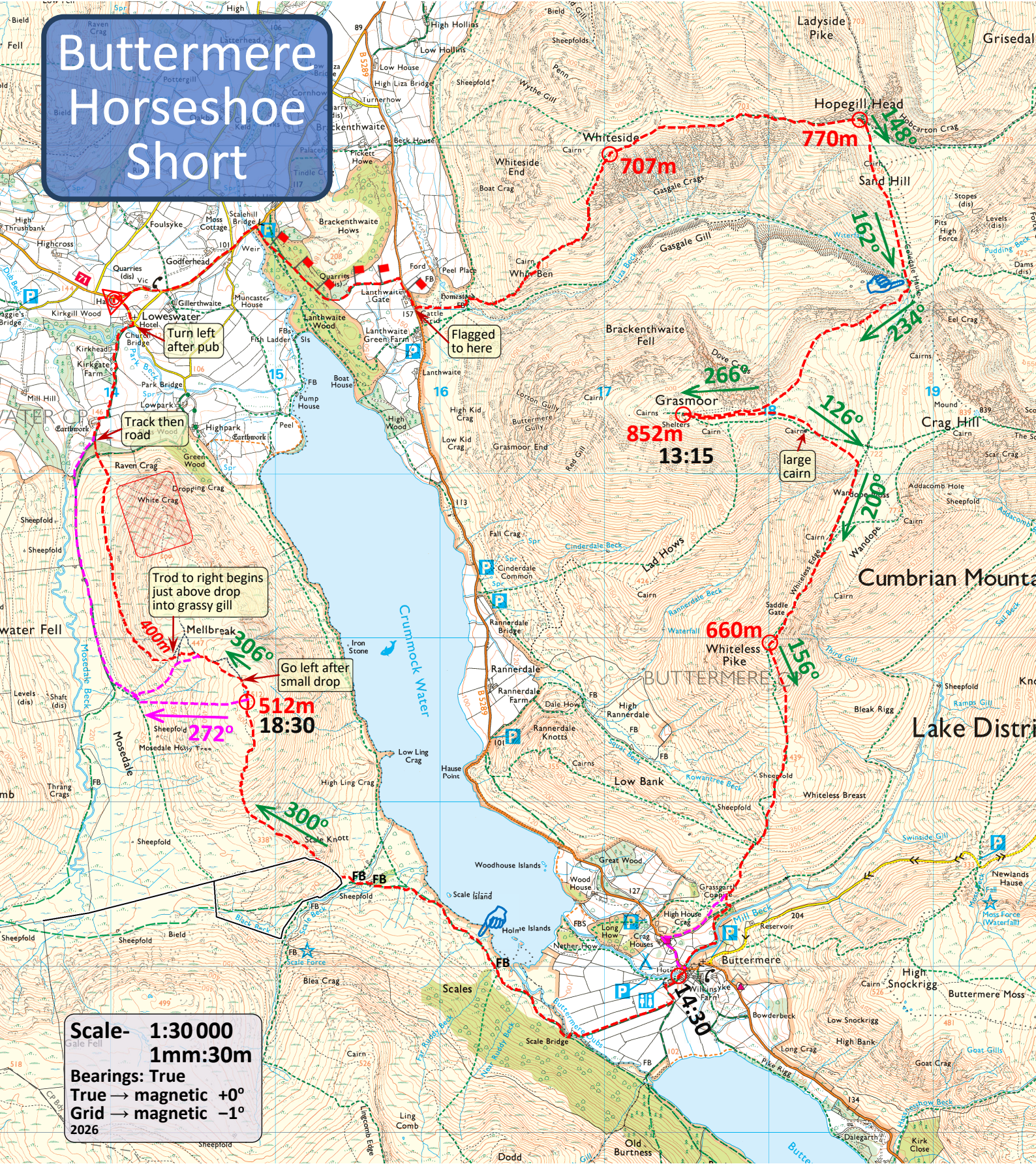

Buttermere Horseshoe Short
Hopegill Head
770m
148°
Whiteside
707m
162°
Sand Hill
Gasgale Crags
Gasgale Gill
234°
Eel Crag
Brackenthwaite Fell
266°
Grasmoor
852m
13:15
126°
large cairn
Crag Hill
200°
Wandope
Cumbrian Mountains
660m
Whiteless Pike
156°
BUTTERMERE
Lake District
Flagged to here
Turn left after pub
Track then road
Trod to right begins just above drop into grassy gill
400m
306°
Mellbreak
Go left after small drop
512m
18:30
272°
300°
Crummock Water
Rannerdale
Low Bank
Whiteless Breast
Buttermere
14:30
Scales
Scale Knott
Mosedale
Mosedale Beck
Rannerdale Knotts
Rannerdale Farm
Cinderdale Common
Lad Hows
Fall Crag
Dropping Crag
White Crag
Raven Crag
Green Wood
Highpark
Loweswater
Kirkgate Farm
Kirkgill Wood
Gillerthwaite
Foulsyke
Godferhead
Brackenthwaite Hows
Lanthwaite Wood
Lanthwaite Green Farm
Lanthwaite Gate
Peel Place
Whiteside End
Boat Crag
Whin Ben
Grasmoor End
High Kid Crag
Low Kid Crag
Whiteless Edge
Saddle Gate
Dove Crag
Addacomb Hole
Scar Crag
Bleak Rigg
Ramps Gill
Swinside Gill
Newlands Hause
Moss Force (Waterfall)
Mill Beck
Reservoir
Buttermere Moss
Low Snockrigg
High Snockrigg
High Bank
Long Crag
Goat Crag
Goat Gills
Pike Rigg
Bowderbeck
Wilkinsyke Farm
Hotel
Crag Houses
Long How
High House Crag
Nether How
Great Wood
Wood House
Grassgarth Copse
Woodhouse Islands
Scale Island
Holme Islands
Scale Force
Scale Bridge
Blea Crag
Ling Comb
Old Burtness
Dodd
Dalegarth
Kirk Close
Hassness Beck
Buttermere Dubs
Far Ruddy Beck
Near Ruddy Beck
Black Beck
Scale Beck
Thrang Crags
Low Ling Crag
High Ling Crag
Hause Point
Iron Stone
Cinderdale Beck
Rannerdale Beck
Squat Beck
Rowanree Beck
Third Gill
Red Gill
Loton Gully
Buttermere Gully
Whiteless Edge
Ladyside Pike
Hobcarton Crag
Stopes (dis)
Levels (dis)
Pits
High Force
Pudding Beck
Dams (dis)
Addacomb Beck
Skull Beck
Scale Fell
Sheepfolds
Penn
Wythe Gill
Liza Beck
Boat House
Pump House
Fish Ladder
Cattle Grid
Ford
Weir
Quarries (dis)
Muncaster House
Scalehill Bridge
Moss Cottage
Highcross
High Thrushbank
Church Bridge
Park Beck
Lowpark
Mill Hill
Earthwork
Peel
Iron Stone
Shaft (dis)
Levels (dis)
Sheepfold
Bield
Cairn
Shelters
Waterfall
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. If you are going to run along the track in Mosedale you might as well drop directly from the summit of Mellbreak; it's through bracken but doable. (Although, the bracken may be a little too high at this time of year.) The narrow trod is rocky, undulates and seems to go on a long time before salvation arrives. There's probably nothing in it timewise between track and trod, it depends on which type of running you prefer. The descent to the track is so steep I would probably get cramp and the track so level I would have to walk it!