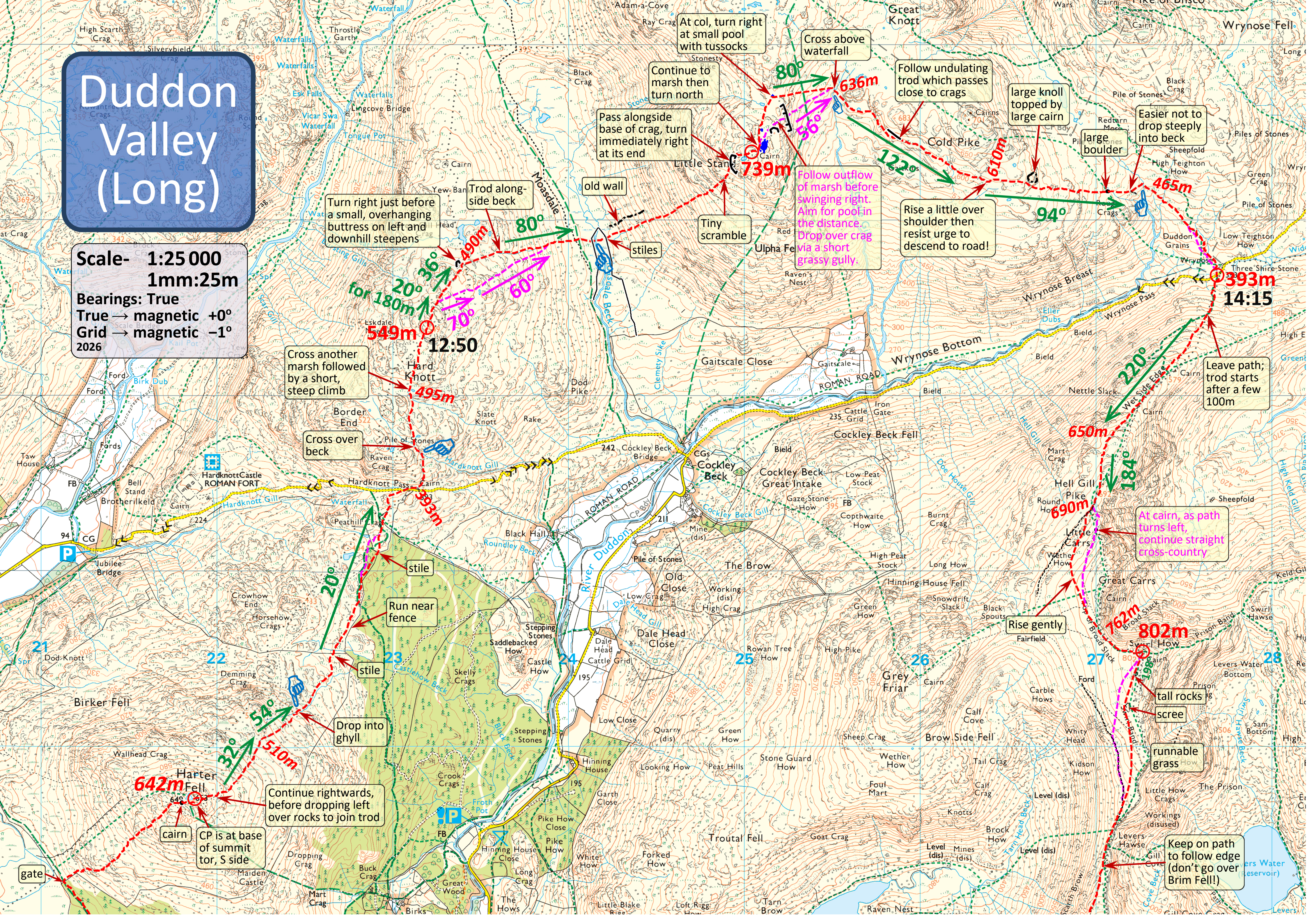
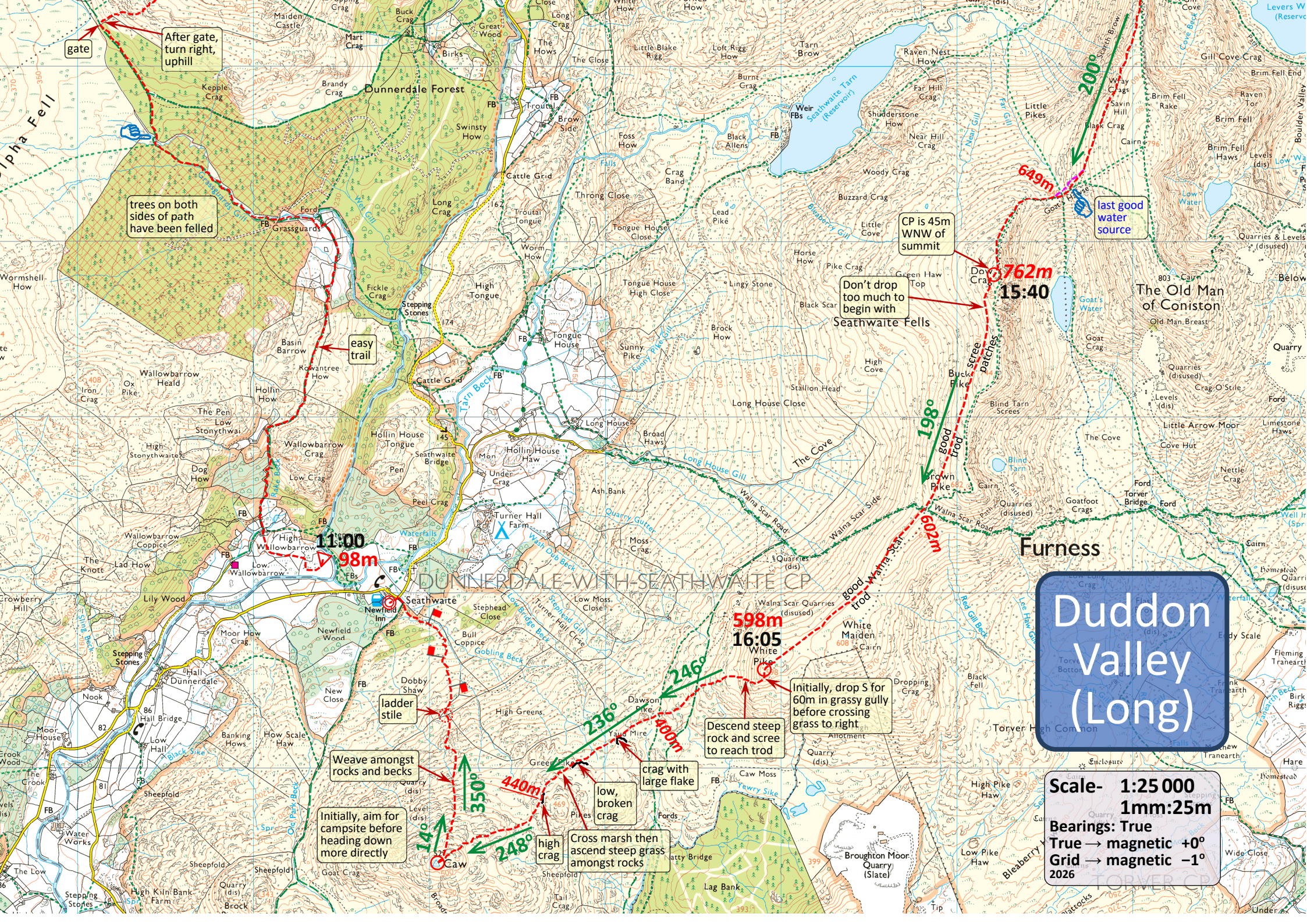


Duddon Valley (Long)
Scale- 1:25 000
1mm:25m
Bearings: True
True → magnetic +0°
Grid → magnetic −1°
2026
gate
642m
cairn
CP is at base of summit tor, S side
Continue rightwards, before dropping left over rocks to join trod
32°
54°
510m
Drop into ghyll
stile
Run near fence
stile
20°
393m
Cross over beck
495m
Cross another marsh followed by a short, steep climb
549m
12:50
20° for 180m
36°
70°
60°
490m
Turn right just before a small, overhanging buttress on left and downhill steepens
Trod alongside beck
80°
old wall
stiles
Tiny scramble
739m
Pass alongside base of crag, turn immediately right at its end
Continue to marsh then turn north
At col, turn right at small pool with tussocks
80°
56°
Cross above waterfall
636m
Follow outflow of marsh before swinging right. Aim for pool in the distance. Drop over crag via a short grassy gully.
Follow undulating trod which passes close to crags
122°
610m
large knoll topped by large cairn
Rise a little over shoulder then resist urge to descend to road!
94°
large boulder
Easier not to drop steeply into beck
465m
393m
14:15
Leave path; trod starts after a few 100m
220°
650m
184°
690m
At cairn, as path turns left, continue straight cross-country
Rise gently
762m
802m
198°
tall rocks
scree
runnable grass
Keep on path to follow edge (don't go over Brim Fell!)


Duddon Valley (Long)
gate
After gate, turn right, uphill
trees on both sides of path have been felled
easy trail
Don't drop too much to begin with
CP is 45m WNW of summit
762m
15:40
649m
last good water source
200°
198°
good trod
scree patches
602m
598m
16:05
Initially, drop S for 60m in grassy gully before crossing grass to right
246°
Descend steep rock and scree to reach trod
236°
400m
crag with large flake
low, broken crag
440m
Cross marsh then ascend steep grass amongst rocks
high crag
248°
350°
140°
Weave amongst rocks and becks
Initially, aim for campsite before heading down more directly
ladder stile
11:00
98m
DUNNERDALE-WITH-SEATHWAITE CP
TORVER CP
Dunnerdale Forest
Seathwaite Fells
Furness
The Old Man of Coniston
Seathwaite
Scale- 1:25 000
1mm:25m
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. I sometimes take the alternative descent from Hard Knott's summit. It goes well to begin with but becomes snarled up in bracken and rocks lower down.
2. I always take the alternative shown when descending Little Stand. It is quicker but I have occasionally had to throw myself off the crag because I've arrived at the wrong spot!
3. I now prefer the alternative route shown on the traverse of Great Carrs. I like quickly getting some of the ascent out of the way. You can't see the summit of Swirl How on the traverse.
4. The water source at Goat's Hawse can be found by dropping down to the right opposite where the path from The Old Man joins from the left. It is small but is the only source between Three Shires and the finish (other than swamp water after White Pike).
5. The route up Caw is surprisingly vague; the exact line doesn't matter.