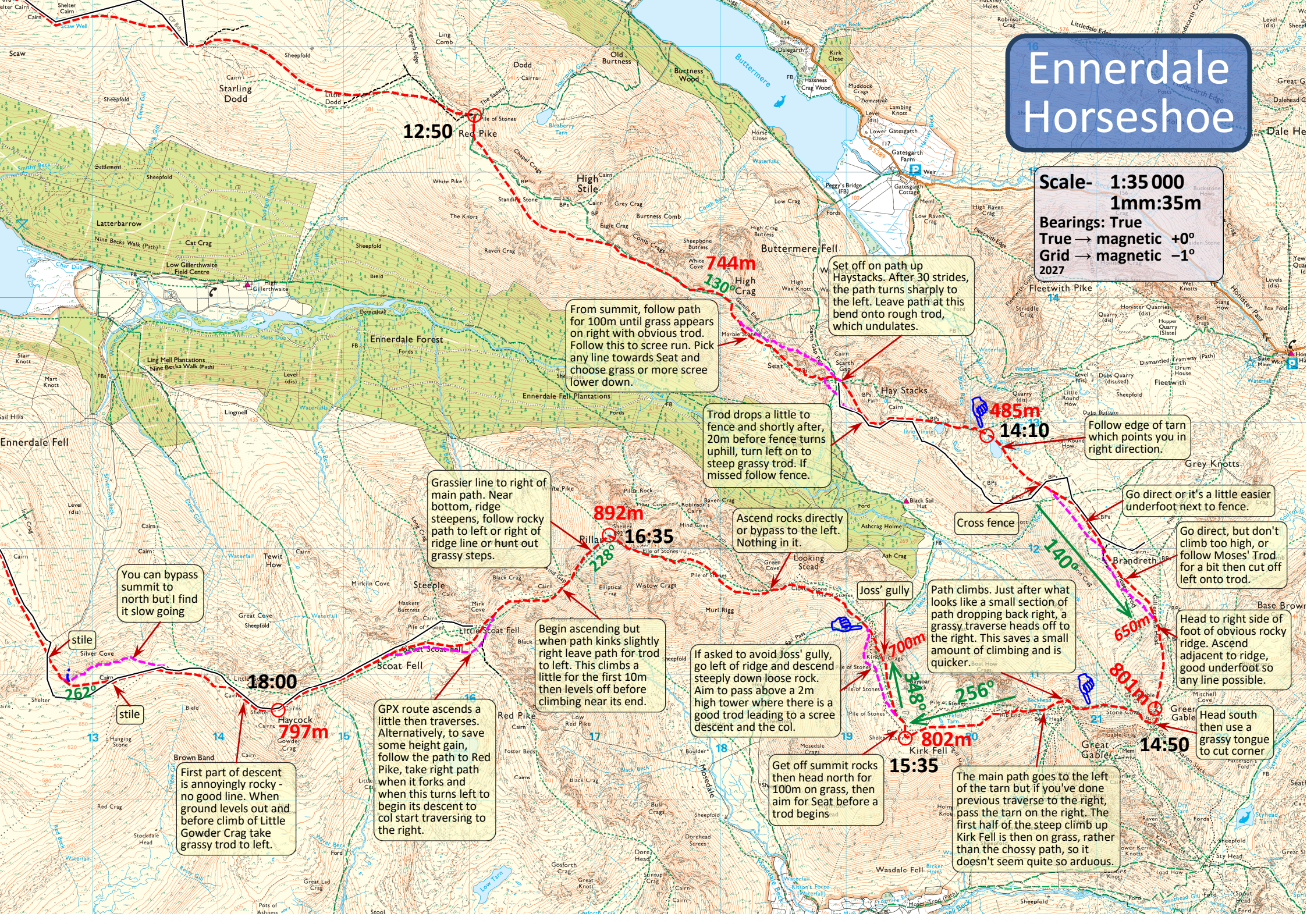

Ennerdale Horseshoe
Scale- 1:35 000
1mm:35m
Bearings: True
True → magnetic +0°
Grid → magnetic −1°
2027
Check on day
115m
19:00
296°
Flagged to here
At cairn turn left 90°
Drop to path adjacent to fence
At end of fence bear left. After 100m don't turn right onto path up Starling Dodd but continue on trod which climbs a little at first. Don't take leftmost trod which is level.
755m
12:50
GPX goes down some rocks. Alternatively head south and loop round rocks, then SE (further but more runnable).
144°
Cross flat ground, heading away from main path, and begin to descend slightly (to 710m). Come to a point where a nice grassy line leads down right (and a few rusty fence posts). Don't follow this, but step up left. It marks the point where the trod climbs a little then continues at around 730-740m. It's rough and vague but have faith and ridge eventually appears ahead.
735m
Initially it's possible to run on grass to right of main ridge, but eventually join ridge path.
Don't forget to glance right to see where you've been
WW1 battlefield recreation courtesy of Forestry England
gate and stile
gate and stile
Cairn marks spot where path leaves track
306°
Path rises a little, just before rocks, head left onto trods to cut corner
18:30
Follow wall or cut corner on grassy line (which begins just after a small, pointy and pink boulder)
Follow wall
262°
797m
18:00
16:35
228°
Ennerdale Water
Ennerdale Forest
ENNERDALE AND KINNISIDE CP
Lake District National Park
Banna Fell
Great Borne
Herdus
Starling Dodd
Red Pike
High Stile
Haycock
Scoat Fell
Steeple
Pillar
Caw Fell
Ennerdale Fell
Latterbarrow
Bowness Knot
Bowness Plantation
Croasdale
Buttermere
Crag Fell
Grike
Robin Hood's Chair
Low Gillerthwaite Field Centre
Ennerdale Fell Plantations
Ling Mell Plantations
Nine Becks Walk (Path)
Kinniside Common
Lank Rigg
Silver Cove
Great Cove
Little Gowder
Little Scoat Fell
Great Scoat Fell
Pillar Rock
Windgap Cove
Mirkiln Cove
Black Crag
Wistow Crags
Murf Rigg
Green Crags
Black Comb
Raven Crag
White Pike
Robinson's Cairn
Hind Cove
Pile of Stones
Elliptical Crag
Wind Gap
Twirl How
Lingmell
Sail Hills
Whoap
White Esk
Buck Hole
Boat How
The Side
Stair Knott
Mart Knott
Moss Dub
Char Dub
Cat Crag
Raven Crag
Eagle Crag
Comb Crags
Sheepbone Buttress
White Cove
Grey Crag
Burtness Comb
Burtness Wood
Old Burtness
Ling Comb
Lingcomb Edge
Blea Crag
Scales
Scale Force
Scale Island
Holme Islands
Woodhouse Islands
Great Wood
Wood House
Grassgarth Coppice
High House Crag
Long How
Crag Houses
Nether How
Willansyke Farm
Bowderbeck
Scale Bridge
Mill Beck
Reservoir
Hotel
Croasdale Farm
Croasdale Bridge
Ghyll Farm
Hunter How
Croftfoot
Howside
Whins
How Hall Farm
Woodfoot
Broadmoor
The Mill
Bleach Green Cottages
Crag Farm House
Anglers' Crag
Revelin Crag
Whiteoak Moss
Floutern Cop
Floutern Tarn
Floutern Crag
Steel Brow
Brown How
Rake Beck
Gill Beck
Clews Gill
Smithy Beck
Dub Beck
Settlement
Bowness
Mireside
Routen Farm
Ford
Rothery Gill
Fleer Gutter
Whoap Beck
Bleaberry Gill
Long Grain
Silver Crag
Deep Gill
Long Crag
Intake Works
Poukes Moss
Moss
Beck Grains
Hole Gill
Waterfall
Cairn
Sheepfold
Bield
Level (dis)
Shelter Cairn
Pile of Stones
Ford
Weir
Spr
FB
BP
BPs
Fords
Domestoot
Marble
Pike Rigg
Long C
Butt
Hig
Gam
Cr
Ha
Ma
Ri
Ennerdale Fell Plantations
Ennerdale Forest
Ennerdale Water
Ennerdale Fell
Caw Fell
Scoat Fell
Red Pike
Haycock
Steeple
Pillar
Great Borne
Starling Dodd
Herdus
Banna Fell
Whiteoak Moss
Floutern Cop
Floutern Tarn
Floutern Crag
Steel Brow
Brown How
Rake Beck
Gill Beck
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Fords
Domestoot
Marble
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17


Ennerdale Horseshoe
Scale- 1:35 000
1mm:35m
Bearings: True
True → magnetic +0°
Grid → magnetic −1°
2027
12:50
Red Pike
744m
130°
High Crag
From summit, follow path for 100m until grass appears on right with obvious trod. Follow this to scree run. Pick any line towards Seat and choose grass or more scree lower down.
Set off on path up Haystacks. After 30 strides, the path turns sharply to the left. Leave path at this bend onto rough trod, which undulates.
Trod drops a little to fence and shortly after, 20m before fence turns uphill, turn left on to steep grassy trod. If missed follow fence.
485m
14:10
Follow edge of tarn which points you in right direction.
Grassier line to right of main path. Near bottom, ridge steepens, follow rocky path to left or right of ridge line or hunt out grassy steps.
892m
16:35
228°
Ascend rocks directly or bypass to the left. Nothing in it.
Cross fence
Go direct or it's a little easier underfoot next to fence.
140°
Go direct, but don't climb too high, or follow Moses' Trod for a bit then cut off left onto trod.
You can bypass summit to north but I find it slow going
stile
stile
262°
18:00
Begin ascending but when path kinks slightly right leave path for trod to left. This climbs a little for the first 10m then levels off before climbing near its end.
Joss' gully
If asked to avoid Joss' gully, go left of ridge and descend steeply down loose rock. Aim to pass above a 2m high tower where there is a good trod leading to a scree descent and the col.
Path climbs. Just after what looks like a small section of path dropping back right, a grassy traverse heads off to the right. This saves a small amount of climbing and is quicker.
700m
650m
801m
Head to right side of foot of obvious rocky ridge. Ascend adjacent to ridge, good underfoot so any line possible.
248°
256°
797m
Haycock
Gowder Crag
GPX route ascends a little then traverses. Alternatively, to save some height gain, follow the path to Red Pike, take right path when it forks and when this turns left to begin its descent to col start traversing to the right.
First part of descent is annoyingly rocky - no good line. When ground levels out and before climb of Little Gowder Crag take grassy trod to left.
802m
Kirk Fell
15:35
Get off summit rocks then head north for 100m on grass, then aim for Seat before a trod begins
14:50
Head south then use a grassy tongue to cut corner
The main path goes to the left of the tarn but if you've done previous traverse to the right, pass the tarn on the right. The first half of the steep climb up Kirk Fell is then on grass, rather than the chossy path, so it doesn't seem quite so arduous.
Ennerdale Forest
Ennerdale Fell
Buttermere Fell
Fleetwith Pike
Grey Knotts
Brandreth
Great Gable
Base Brown
Scoat Fell
Red Pike
Steeple
Pillar
Haystacks
Seat
Starling Dodd
High Stile
Latterbarrow
Buttermere
Ennerdale Fell Plantations
Ling Mell Plantations
Nine Becks Walk (Path)
Low Gillerthwaite Field Centre
Gatesgarth Farm
Gatesgarth Cottage
Peggy's Bridge
Hay Stacks
Scarth Gap
Looking Stead
Green Gable
Kirk Fell
Wasdale Fell
Brown Band
Silver Cove
Great Cove
Mirk Cove
Mirklin Cove
Moses' Trod (Path)

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. In 2025, the start will be a little different - check on the day.
2. The path onto Herdus is flagged.
3. The trod across Herdus shown in magenta disappeared during the Covid years; you can give it a go but a better trod exists by continuing to the cairn and turning immediately left – easier going and probably no slower.
4. I usually go over Seat because I'm not keen on the traverse (although it is probably 30m quicker).
5. Some folk cut the corner after Green Gable even earlier than I do but it's steep and rocky and I'm always a little concerned I'll do myself an injury so I go further towards Windy Gap before swinging right.
6. The traverse around the ridge dropping down from Great Gable is well worth it.
7. The descent of Kirk Fell goes via Joss' gully. In a previous year there was the possibility that Joss' gully would be OOB but it never materialised. In case it does happen, a route off the left side is shown.
8. When heading for the gully, it can't be seen, so what I do is aim for Seat/Scarth Gap to give me the confidence I'm going in the right direction (there is a faint trod also).
9. My traverse of Scoat Fell rises slightly more than the lower option but I think it's better overall (the lower becomes a bit of a drag before reaching more runnable ground). I was fortunate enough to come across a pool of fresh water amongst rocks when I did it in 2021.
10. On the descent of Iron Crag you can see where I cut the first corner off then kink a little right back to the wall. Instead, you can continue and drop onto a lower quad-bike track. Probably nothing in it but you do pass the beginning of Short Grain which may provide some water.
11. I would definitely hunt out the water locations. The one to the north of Starling Dodd will probably not be running after a dry spell (and is probably too early anyway). Blackbeck Tarn outflow is guaranteed (although Steve B tells me there has been a year when it wasn't!). The source below Gable Crag is small but usually running. The one at the base of Kirkfell Crags starts just to the left of the path, just follow the marshy ground and it's not far before it flows enough to use (in 2021 marshals had taken water to the pass). This is the last guaranteed water before the end. As mentioned above, I was lucky enough to find a pool of fresh water on the traverse of Scoat Fell – if I stumbled across it again, I'd be tempted to mark it in some way. Finally, there's the beginning of Short Grain if you're desperate (I've only passed there once but can't remember at what time of year). The traverse of Black Crag is a good place to stash a bottle of water to get you through the final section.