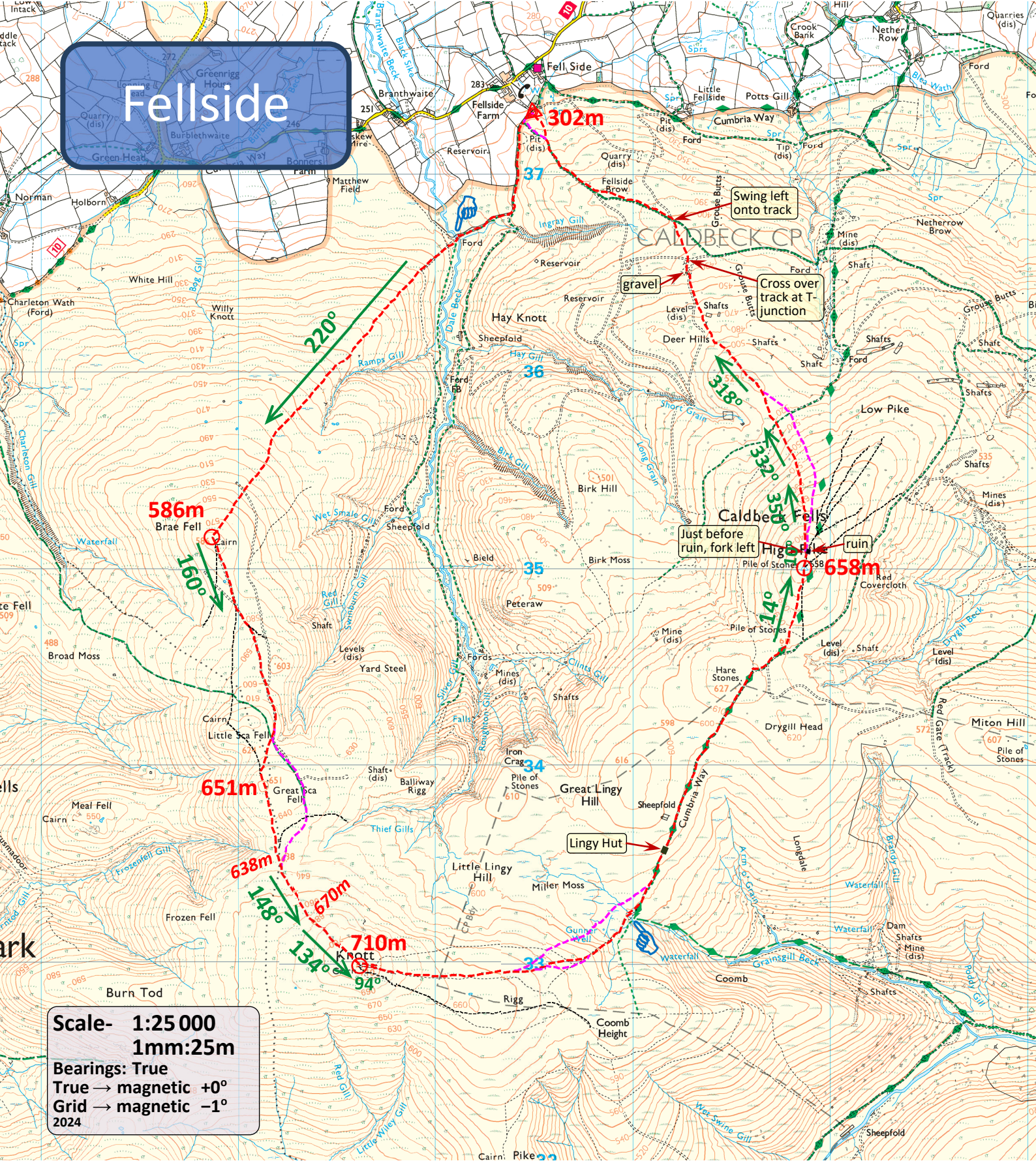

Fellside
302m
Swing left onto track
gravel
Cross over track at T-junction
220°
318°
332°
350°
140°
160°
586m
Brae Fell
Just before ruin, fork left
ruin
658m
651m
638m
148°
670m
134°
710m
Knott
94°
Lingy Hut
Scale- 1:25 000
1mm:25m
Bearings: True
True → magnetic +0°
Grid → magnetic −1°
2024

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. Some folk avoid going over Great Sca Fell but it only avoids ~10m of ascent, is further and is heavy going.
2. On the descent of Knott, approaching the low-point before Lingy Hut, most cut the corner off as shown, but I prefer staying on the main path - it's more pleasant and I think it's marginally quicker.
3. Leave the summit of High Pike at about 10deg then aim to pass the ruin on the left. Just before the ruin the path splits, take the left trod, although the right is not much different. Note, there are many trods descending from the summit of High Pike, most of which I've marked on the map.es 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.