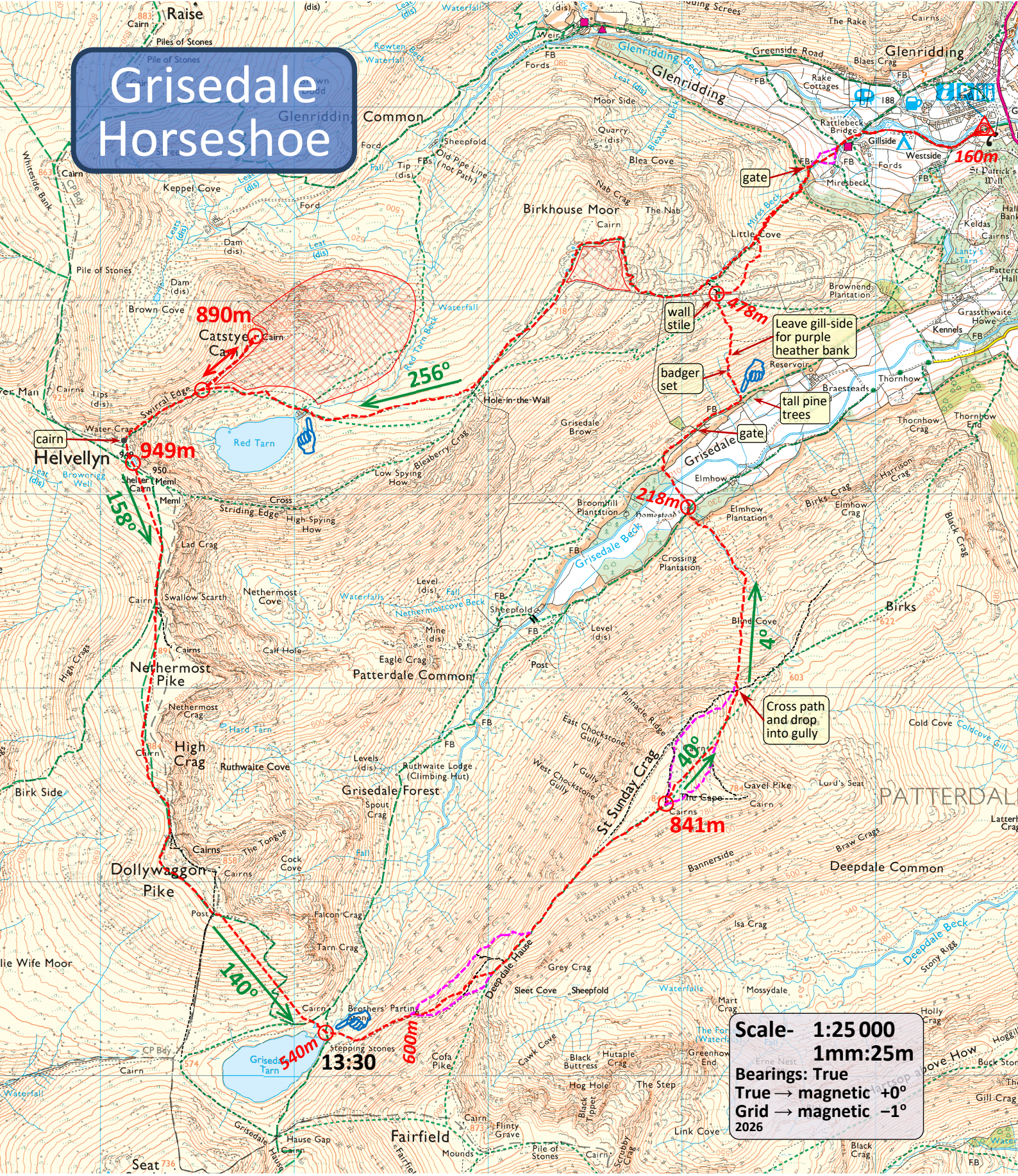

Grisedale Horseshoe
890m
Catstye Cam
949m
Helvellyn
841m
540m
600m
160m
478m
218m
256°
158°
140°
40°
40°
cairn
gate
wall stile
Leave gill-side for purple heather bank
badger set
tall pine trees
gate
Cross path and drop into gully
13:30
Scale- 1:25 000
1mm:25m
Bearings: True
True → magnetic +0°
Grid → 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. You must follow the path up Birkhouse Moor; you cannot cut the corner alongside the wall.
2. You cannot cut the corner on the ascent of Catstye Cam; you must go to the ridge and turn right.
3. You must follow Swirral Edge all the way to its top where it meets the main ridge; you cannot cut the corner.
4. On the ascent of St Sunday Crag, from half height, you have several options or make your own line, it probably matters little.
5. On the initial descent of St Sunday Crag, I like going cross-country to join the lower path but it's probably just as quick to follow the path from the summit. If you follow the main path to the edge, it probably pays to follow grass to its right, although I've not tried it.