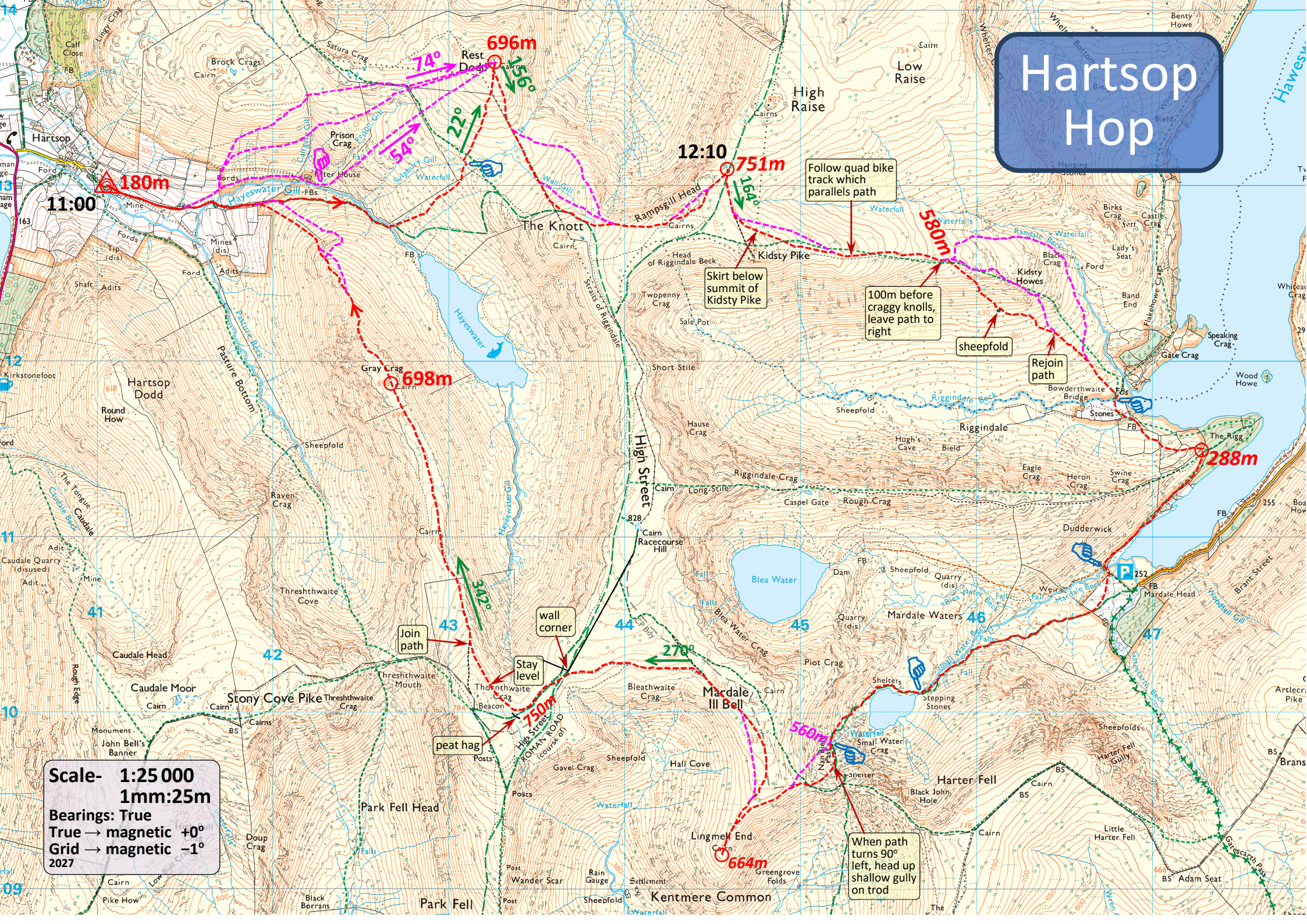

Hartsop Hop
11:00
180m
74°
696m
Rest Dodd
156°
22°
54°
12:10
751m
164°
Follow quad bike track which parallels path
580m
Skirt below summit of Kidsty Pike
100m before craggy knolls, leave path to right
sheepfold
Rejoin path
288m
698m
342°
wall corner
Join path
Stay level
270°
750m
peat hag
560m
When path turns 90° left, head up shallow gully on trod
664m
Scale- 1:25 000
1mm:25m
Bearings: True
True → magnetic +0°
Grid → magnetic −1°
2027

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. A nice race - long but not too long and by going over to Haweswater, via Limgmell End and near Thornthwaite Beacon the views change a lot and it feels like you've been on a big journey.
2. Many parts of the route have several options, which take similar times and your choice can be determined by what terrain/gradient you prefer.
3. The ascent of Rest Dodd has several options. The longest way, passing near Hayeswater, has the most track/trods and gentlest gradients. The ascent immediately after the filter house, is the steepest and is pathless. Some go further up the valley and ascend between the next two gills. The options turning up left immediately in entering access land are a mixtures of trods and pathless.
4. The checkpoint on Rest Dodd may be at either cairn.
5. When skirting Kidsty Pike, you can set off traversing earlier than shown but it results in more time on rough ground.
6. All the descents of Kidsty Howes take a similar time but most folk avoid the rocky path. The route to the north is much longer but is mostly on a quad bike track which is nicely runnable. The route via the sheepfold is steep and you can get snarled up in bracken afterwards; it is the route most folk take so may be well-trodden by the time you pass!