
Kentmere Horseshoe
828m
14:20
170°
Leave gravel path where it breaks up, onto parallel trod to right
Take right fork before knoll
138°
Mardale Ill Bell
Take path to right or follow main path towards beacon for a further 40m then turn right onto grassy trod
32°
628m
720m
166°
When path steepens, follow it for ~60m until it turns sharply left, then continue straight onto trod
Traverse above steep gully
At low point, take obvious trod to left
Grass to right of rocky path
North then 300°
Ill Bell
13:20
757m
Follow fence/ wall, 10-60m away from it
730m
Kentmere Pike
80m after wall bend, fork right at grough
160°
ladder stile
Pass above gill
204°
450m
path in trench through bracken
stile
At the end of a short level section, fork left onto obvious trod
Cumbrian Mountains
stile
trod through bracken
333m
Go over stone stile shortly after wood on left ends
Turn right off path just before beck at enclosed hawthorn
Kentmere
170m
12:00
Scale- 1:30 000
1mm:30m
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. This route is quite straightforward - famous last words! The trick is to remember to go up the hills you're supposed to and bypass the ones you aren't!
2. After leaving the Garburn Road, the route is along a narrow passage through bracken which causes a bottleneck and grinding to a halt, so, if you've got the energy, try and get up the field from the start. Also, the route through the bracken may change from one year to the next.
3. The last water en route (until the descent of Kentmere Pike) is a small stream about 2m to the left of the path opposite a crag when nearing the top of the first climb.
4. The route does become a little vague on the descent of Kentmere Pike. If you miss the ladder stile, fortunately, you are bounded by walls and you can get through into the right 'field' in the bottom corner. If you do go over the ladder stile, you circle the top of a gill and then descend more steeply. The ground becomes rocky and damp before reaching the sunken path. It's sometimes easier to lift out the trench and run in passages through the bracken, although it's hard to know whether it's worth it.