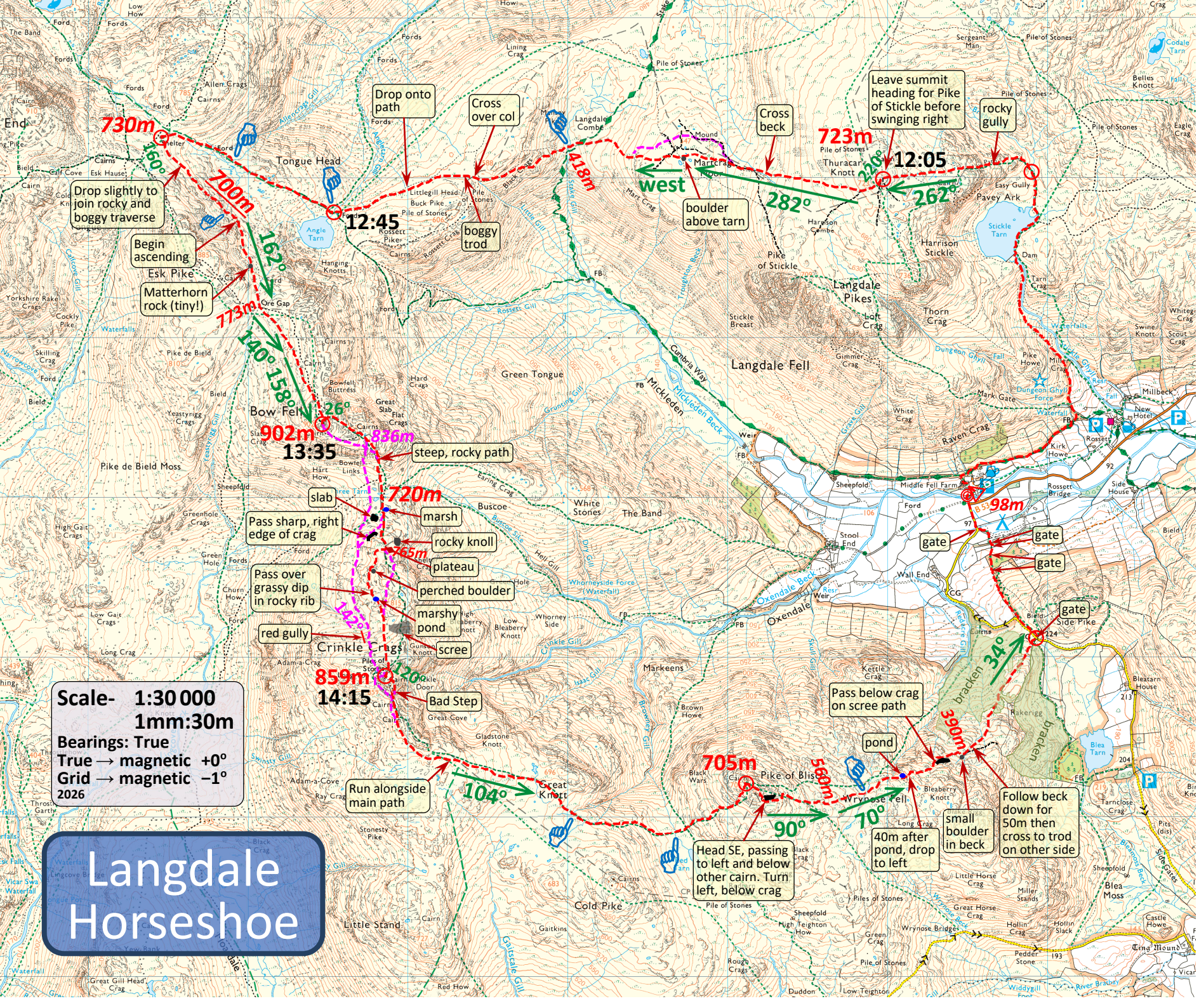

Langdale Horseshoe
Scale- 1:30 000
1mm:30m
Bearings: True
True → magnetic +0°
Grid → magnetic −1°
2026
730m
160°
Drop slightly to join rocky and boggy traverse
700m
162°
Begin ascending
Esk Pike
Matterhorn rock (tiny!)
773m
140°
158°
Bow Fell
902m
13:35
26°
Drop onto path
Cross over col
12:45
boggy trod
418m
Cross beck
west
boulder above tarn
723m
220°
12:05
282°
262°
Leave summit heading for Pike of Stickle before swinging right
rocky gully
836m
steep, rocky path
720m
slab
marsh
Pass sharp, right edge of crag
rocky knoll
765m
plateau
perched boulder
Pass over grassy dip in rocky rib
marshy pond
red gully
142°
Crinkle Crags
scree
859m
14:15
120°
Bad Step
Run alongside main path
104°
705m
Pike of Blisco
Head SE, passing to left and below other cairn. Turn left, below crag
90°
70°
40m after pond, drop to left
small boulder in beck
560m
pond
Pass below crag on scree path
390m
bracken
34°
Follow beck down for 50m then cross to trod on other side
98m
gate
gate
gate
gate
Tongue Head
Angle Tarn
Littlegill Head
Buck Pike
Rossett Pike
Rossett Crags
Hanging Knotts
Ore Gap
Green Tongue
Bowfell Buttress
Great Slab
Flat Crags
Hard Crags
Pike de Bield Moss
Sheepfold
Hart How
Bowfell Links
Tarn
Earing Crag
Buscoe
White Stones
The Band
Greenhole Crags
High Gait Crags
Churn How
Low Gait Crags
Long Crag
Adam-a-Crag
Adam-a-Cove
Ray Crag
Throstle Garth
Stonesty Pike
Great Knott
Gladstone Knott
Brown Howe
Markeens
Kettle Crag
Rakerigg
Bleaberry Knott
Low Bleaberry Knott
Whorney Side
Whorneyside Force (Waterfall)
Oxendale Beck
Oxendale
Wall End
Stool End
Middle Fell Farm
Sheepfold
Rossett Bridge
Side House
Side Pike
Bleatarn House
Blea Tarn
Tarnclose Crag
Blea Moss
Castle Howe
Ting Mound
Wrynose Bridge
Wrynose Fell
Long Crag
Black Crag
Black Wars
Cold Pike
Little Stand
Gaitkins
Great Gill Head
Red How
Rough Crags
Pedder Stone
Duddon
Low Teighton
Sheepfold
High Teighton How
Green Crag
Great Horse Crag
Little Horse Crag
Hollin Crag
Hollin Slack
Miller Stands
Piles of Stones
Pile of Stones
Mart Crag
Martcrag Moor
Thuracar Knott
Harrison Combe
Harrison Stickle
Pike of Stickle
Stickle Tarn
Pavey Ark
Easy Gully
Langdale Pikes
Stickle Breast
Loft Crag
Thorn Crag
Gimmer Crag
White Crag
Raven Crag
Mark Gate
Millbeck
New Hotel
Dungeon Ghyll Force
Dungeon Ghyll
Pike Howe
Kirk Howe
Rossett
Swine Knott
Scout Crag
Whitegill Crag
Belles Knott
Codale Tarn
Eagle Crag
Sergeant Man
Lining Crag
Allen Crags
Langdale Combe
Mickleden
Mickleden Beck
Cumbria Way
Stake Pass
Rossett Gill
Stake Gill
Little Gill
Black Crag
Allen Crags Gill
Troutbeck Beck
Grunning Gill
Hell Gill
Crinkle Gill
Gaitscale Gill
Browney Gill
Oxendale Gill
Redacre Gill
Dungeon Ghyll Beck
Yeastyrigg Crags
Skilling Crag
Yorkshire Rake Crags
Cockly Pike
Calfcove Gill
Waterfalls
Fords
Ford
Cairns
Bield
Pike de Bield
Esk House
Golf Cove
Allen Crags
Low How
The Band
End

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. From the top of the gully at the back of Pavey Ark, head direct for Thunacar Knott on 262deg or circle to the left a little to avoid swampy ground.
2. The direct, swampiest line across Martcrag Moor (heading for a boulder) can be avoided by following a made path on the right (which leads to the top of Stack Pass) before leaving it and heading back towards direct route.
3. The traverse across the flank of Esk Pike is rocky and boggy, definitely ankle-breaking potential! (But at least it's easy to follow and doesn't last long!)
4. From the summit of Bow Fell, you cannot head directly to Three Tarns because of large crags in the way and instead must head ESE before joining the main, very rocky path. There's usable grass to its left initially and half way down you can leave it by taking to grass on its right.
5. I've changed my mind on the route up to Long Top, Crinkle Crags. I used to go the lower route which traverses for a while before cutting up to the left of the red gully. This leaves all the climbing to the end and it's a steep slope, so I've changed the line to keep ascending the main path more before traversing. This splits the climbing into two chunks and the final slope feels less steep (and there are more features to tick off along the way). Near the end, resist the urge to ascend Gunson Knott by keeping southwards towards the ascent of Long Top.
6. The Bad Step on the descent of Crinkle Crags consists of down-climbing a 4m-high crag into a gully – it's good fun if you like scrambling! You can avoid it by descending grass to the left which is my preference if its wet. You can also avoid it by going west from the summit of Crinkle Crags into a shallow gully which leads to a good, but rocky, path, but it's further.
7. The descent of Blisco has the potential for catastrophe! From the summit, head SE along the top towards its other summit. After ~120m, drop down, then swing left below a small, pock-marked crag. Head east and descend through craglets (or, outflank by circling left). Hopefully, you'll pick up the trod. The bearing changes to 70deg. Eventually, shortly after descending a scree path beneath a broken crag, you arrive at a ghyll containing a small boulder; follow the beck down before crossing to follow the trod on the other side and the end of the navigational uncertainties.