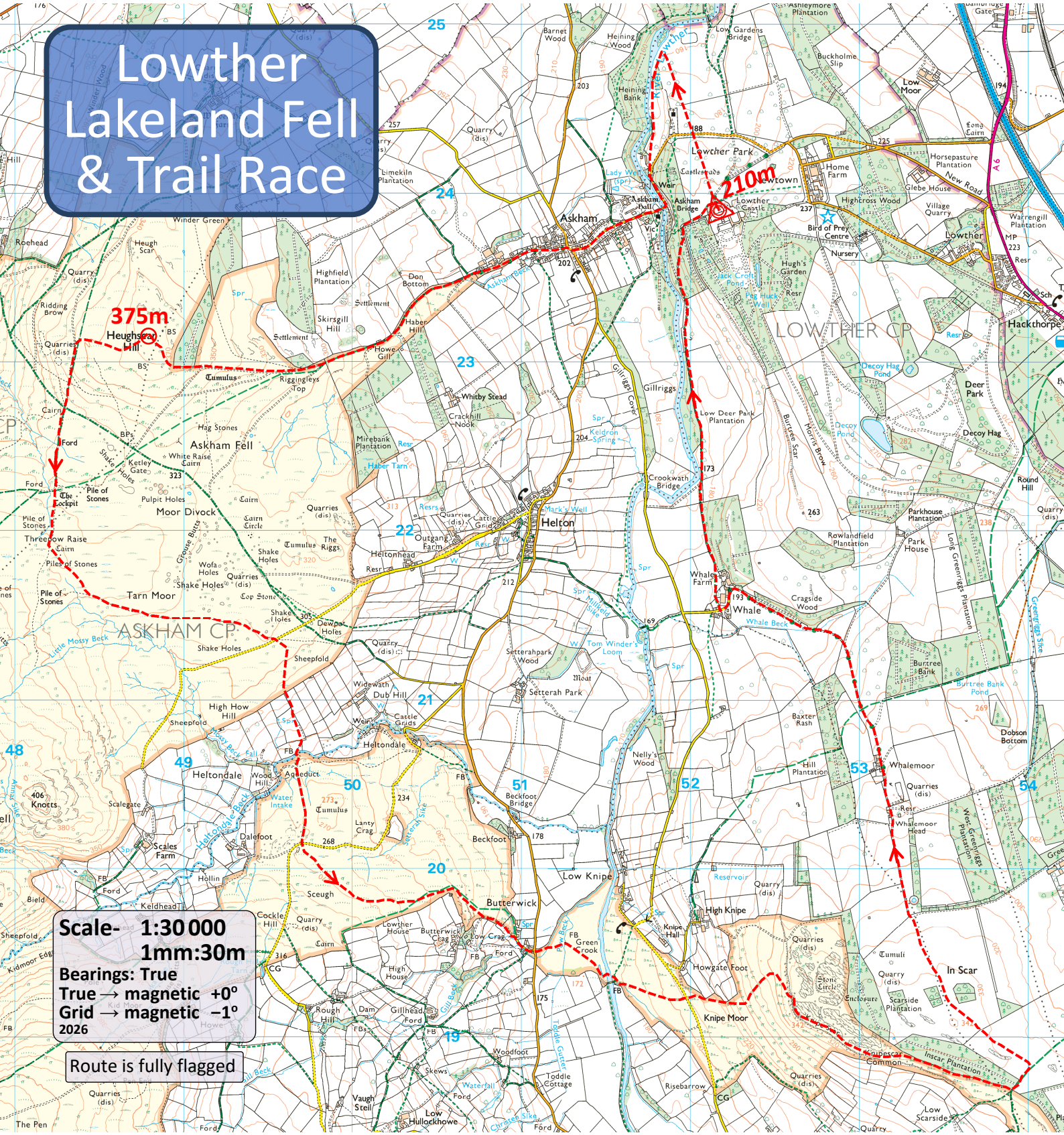

Lowther
Lakeland Fell
& Trail Race
375m
Heughscar Hill
210m
Askham
Askham Fell
Moor Divock
Tarn Moor
ASKHAM CP
LOWTHER CP
Helton
Lowther Park
Lowther Castle
Hackthorpe
Whale
Whalemoor
Butterwick
Low Knipe
High Knipe
Knipe Moor
In Scar
Howgate Foot
Scales Farm
Heltondale
Beckfoot
Dalefoot
Scale- 1:30 000
1mm:30m
Bearings: True
True → magnetic +0°
Grid → magnetic −1°
2026
Route is fully flagged