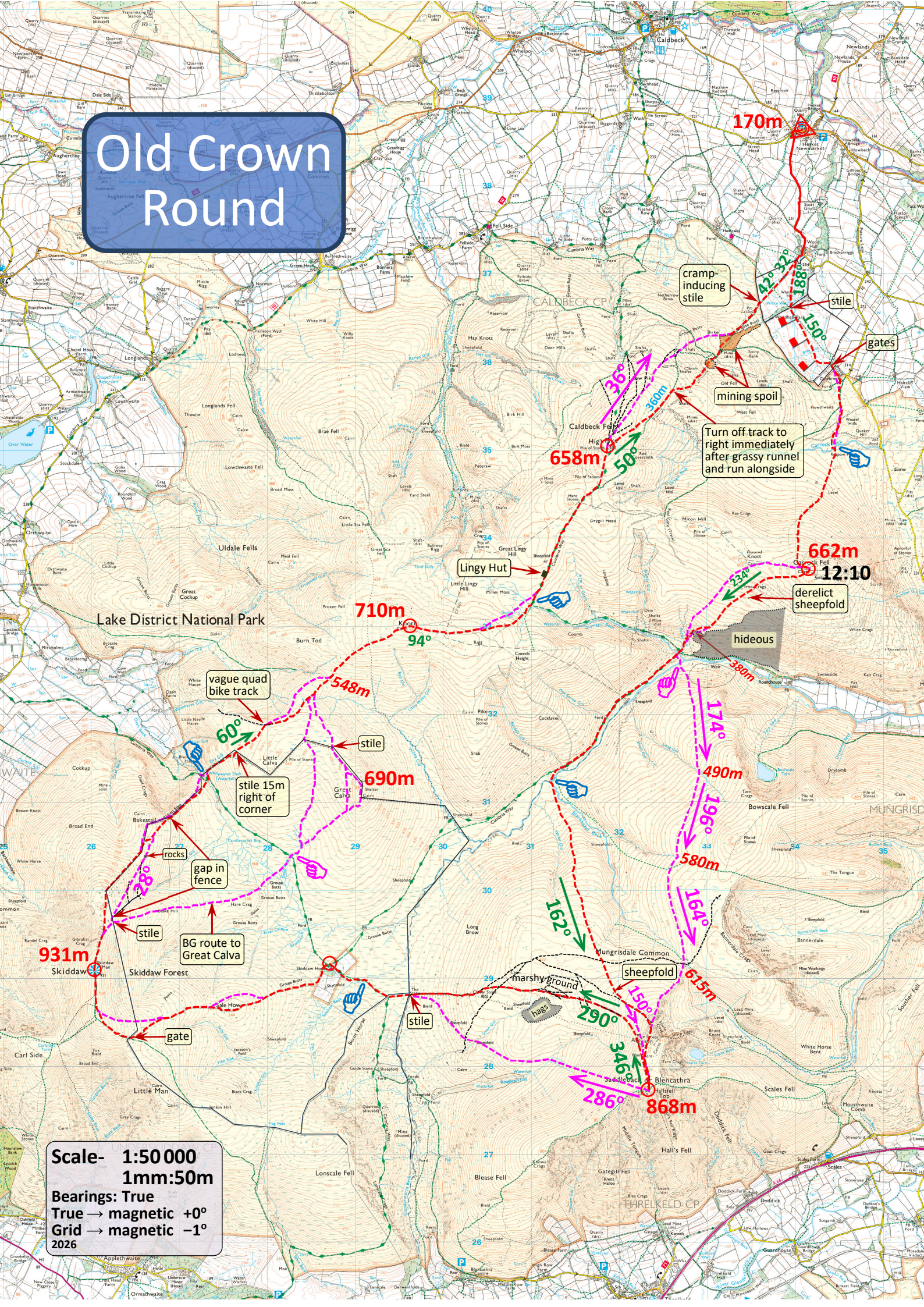

Old Crown Round
170m
cramp-inducing stile
42°
32°
188°
stile
150°
gates
mining spoil
36°
360m
Caldbeck Fells
High
658m
50°
Turn off track to right immediately after grassy runnel and run alongside
662m
12:10
derelict sheepfold
234°
hideous
380m
174°
490m
196°
580m
164°
615m
150°
sheepfold
marshy ground
hags
290°
346°
286°
868m
Saddleback or Blencathra
Hallsfell Top
Mungrisdale Common
162°
Long Brow
931m
Skiddaw
Skiddaw Forest
gate
stile
BG route to Great Calva
gap in fence
rocks
28°
stile 15m right of corner
690m
Great Calva
stile
60°
vague quad bike track
548m
710m
Knott
94°
Lingy Hut
Lake District National Park
Uldale Fells
Lowthwaite Fell
Longlands Fell
Brae Fell
Hay Knott
Caldbeck Fells
CALDBECK CP
Bowscale Fell
MUNGRISD
THRELKELD CP
Blease Fell
Lonscale Fell
Hall's Fell
Scales Fell
Carl Side
Little Man
Skiddaw Forest
Scale Howe
Burn Tod
Great Lingy Hill
Little Lingy Hill
Miller Moss
Coomb Height
Great Calva
Little Calva
Bakestall
Broad End
Brown Knott
Cockup
Orthwaite
Longlands
Caldbeck
Fell Side
Newlands
Hesket Newmarket
Howbeck
Scales
Doddick
Doddick Fell
Gategill Fell
Knowe Crags
Middle Tongue
Bannerdale
Bannerdale Crags
The Tongue
Southern Fell
Mousthwaite Comb
Goat Crags
Tarn Crags
Pike
Cocklakes
Swineside
Kelt Crag
Roundhouse
Weir
Drycomb
Tarn
Bowscale Tarn
Sheepfold
Cumbria Way
Pennine Way
Coomb
Rigg
Ridge
Grouse Butts
Sheepfold
Ford
Cairn
Pile of Stones
Shaft
Mine (dis)
Quarry (dis)
Levels (dis)
Waterfall
Spr
Bield
Hare Stones
Drygill Head
Micron Hill
Rae Crags
Round Knott
Carrock Fell
Carrock
Quaker Hill
Howthwaite
West Fell
Old Fell
Stony Bank
Birkett
Hutchers
Wood Hall
Brackenriggs
Howbeck
Gillfoot Bridge
Banks Farm
Hutton Scrivelt
Pats Wood
Newlands Grange
Bankdale Head
Throstle Hall
Caldbeck Fells
Hig
Pile of Stones
Red Overcloth
Yard Steel
Shafts
Levels (dis)
Mines (dis)
Foxes
Iron Crags
Great Sca Fell
Little Sca Fell
Cairn
Frozen Fell
Meal Fell
Broad Moss
Lowthwaite Fell
Stockdale
Gobs Wood
Roundhill Wood
Crag Wood
Chapel House
Bullcopy Wood
Armathwaite Head
Longlands
Thwaite
Brae Fell
Birk Hill
Birk Moss
Peteraw
Deer Hills
Hare Crag
Grouse Butts
Sheepfold
Ford
Cairn
Pile of Stones
Shaft
Mine (dis)
Quarry (dis)
Levels (dis)
Waterfall
Spr
Bield
Cumbria Way
Pennine Way
Coomb
Rigg
Ridge
Grouse Butts
Sheepfold
Ford
Cairn
Pile of Stones
Shaft
Mine (dis)
Quarry (dis)
Levels (dis)
Waterfall
Spr
Bield
Scale Howe
Skiddaw House
Skiddaw Hall
Skiddaw Forest
Carl Side
Little Man
Jenkin Hill
Black Crag
Grey Crags
Fox Bield
Jackson's Fold
Broad End
Sheepfold
Ford
Cairn
Pile of Stones
Shaft
Mine (dis)
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Skiddaw Hall
Skiddaw Forest
Carl Side
Little Man
Jenkin Hill
Black Crag
Grey Crags
Fox Bield
Jackson's Fold
Broad End
Scale: 1:50 000
1mm:50m
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. For this race the map scale is 1:50 000 which should be sufficient on race day but does make things a little cramped. Also note that, due to slight differences between Google Earth and Memory-Map, the route sometimes appears on the wrong side of a fence.
2. This race has quite a lot of choices which makes a nice change. I've looked at the routes followed by other folk and included most of the options available.
3. Two options for the descent of Carrock Fell are shown. The preferred (red) route follows a trod passing a little above a sheepfold until nearing Poddy Gill where you leave it to the right to pass above gorse and then follow trods through bracken to reach the bridge. If you miss leaving the trod you can pass through a gorse tunnel used by sheep on hands and knees (it's probably quicker)! Other options are to leave the summit of Carrock fell westwards and follow the ridge path and trods for as much as 500m before dropping down to the left. One option is shown on the map but any route between the two shown will do, just don't drop too low before reaching Poddy Gill.
4. You must cross the Caldew at one of three places, two of which are shown. The preferred route follows the track alongside the Caldew for approximately 2km and crosses the river just after crossing the 2nd gill from the right and after the track splits and goes either side of a small grassy bump. It then ascends Mungrisedale Common on a trod. The other option is to climb the flank of Bowscale Fell aiming for the col before Atkinson Pike. I've tried it - it's pathless (although easy going) and took longer but you might make it work.
5. I've shown an option to cut the corner on the last part of the ascent of Blencathra rather than continuing towards Atkinson Pike. One would think it would be quicker but I'm not sure it is!
6. The descent of Blencathra is rough but good running, unless you don't find a trod through the marshy section. Eventually, you hit a good path near the Cloven Stone. The whole area is criss-crossed by trods and quad bike tracks, a few of which I've marked on the map. An alternative, shown on the map, drops more quickly and might be a good option if the clag is down. It's also shorter but I've not tried it and haven't seen anyone else go that way.
7. Nearing the summit of Skiddaw, I've shown an option cutting the corner but it involves crossing a fence. At the RO's briefing before the race he asked we don't climb fences and it's a moot point whether stepping over a fence counts as climbing it (and it depends how tall you are)!
8. The next major choice is the route from Skiddaw to Knott; via Whitewater Dash or Great Calva. Looking at Strava flybys the former appears slightly quicker despite dropping a little lower. The preferred route shown is that taken by Harry Bolton, which I've not tried yet, so don't blame me when you're tramping through heather! Alternatively, follow the left side of the fence via Bakestall. If you choose to go via Great Calva, bypassing the summit will save time, although it's through heather. In 2022, a couple of runners went via Dead Beck which, although pathless, appears quite efficient.

9. From the Whitewater Dash track, ascend the right side of the fence. After crossing the stile, it's rather vague, but follow grassy channels through the heather, roughly 60deg initially, to reach a quad bike track, turn right, and follow it past a small pool to the col before the ascent of Knott. Also shown on the map is the route followed by Harry Bolton, which skirts the rim of the corrie on the left.
10. On the descent of Knott, approaching the low-point before Lingy Hut, most cut the corner off as shown, but I prefer staying on the main path - it's more pleasant and I think it's marginally quicker.
11. Your next major decision is the descent of Knott. Most drop to the track and then drop off right through the mining spoil heaps. I quite like running along the broad, grassy ridge but there are many other trods to avoid, which I've marked on the map.