
Tebay
208m
After bridge, cut corner
large tree
overhead wires
At junction with track, head cross-country
152°
166°
If you prefer track, take rightmost path
344°
342°
Great running on wide, grassy path
328°
473m
Decaying plastic matting – a trip hazard!
After grass path with sheep scar, rise to left for ~10m then head straight up adjacent to strip of reeds
Follow wall then fence
Drop more steeply to confluence
322°
285m
Leave QBT taking trod to right
bumpy ground
Excellent, runnable grass
500m
304°
20:25
Take right fork
obvious, but awkward path
another tiny bump
small rise topped with cairn
532m
118°
Join faint QBT
cotton grass
473m
19:45
168°
Drop a little to beck, loop round a small, derelict enclosure on its right-hand side and ascend next to shallow, grassy ghyll. A narrow but clear trod starts and leads to the summit
118°
10m
Scale- 1:25 000
1mm:25m
Bearings: True
True → magnetic +0°
Grid → magnetic −1°
2026
QBT = quad bike track

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. The ground is heavy going if not on a track or trod.
2. There are many trods and quad bike tracks criss-crossing the area. I've added several to the map but there are many others not shown.