
Three Shires
You must cross foot bridge
469m
Follow wall
stile
gate
main path
705m
Pike of Blisco
Wrynose Fell
188m
Lingmoor Fell
mine buildings and spoil
198°
rocky knoll
176°
Cold Pike
Little Langdale
393m
Three Shire Stone
Wrynose Breast
Wrynose Pass
Wrynose Bottom
220°
Tilberthwaite Fells
Greenburn
Greenburn Beck
Tilberthwaite High Fells
762m
Wetherlam
Follow path
788m
Great Carrs
618m
762m
96°
Black Sails
Holme Fell
156m
Tilberthwaite
gate
580m
138°
408m
Above Beck Fells
Coniston Moor
Yewdale Fells
Longer route easier going and may be quicker
Coniston Fells
CONISTON CP
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 the new anti-clockwise route, first used in 2025. It begins with a 4km run on an undulating track. The new route is 3km further with 50m more ascent than the old.
2. I've not recced every line.
3. Bypassing Swirl How via Broad Slack appears to be quicker but it's rocky going in places.
4. The descent of Prison Band has a fair amount of grass on it. I began by dropping on the left-hand side before crossing to the right then finished back on the left.