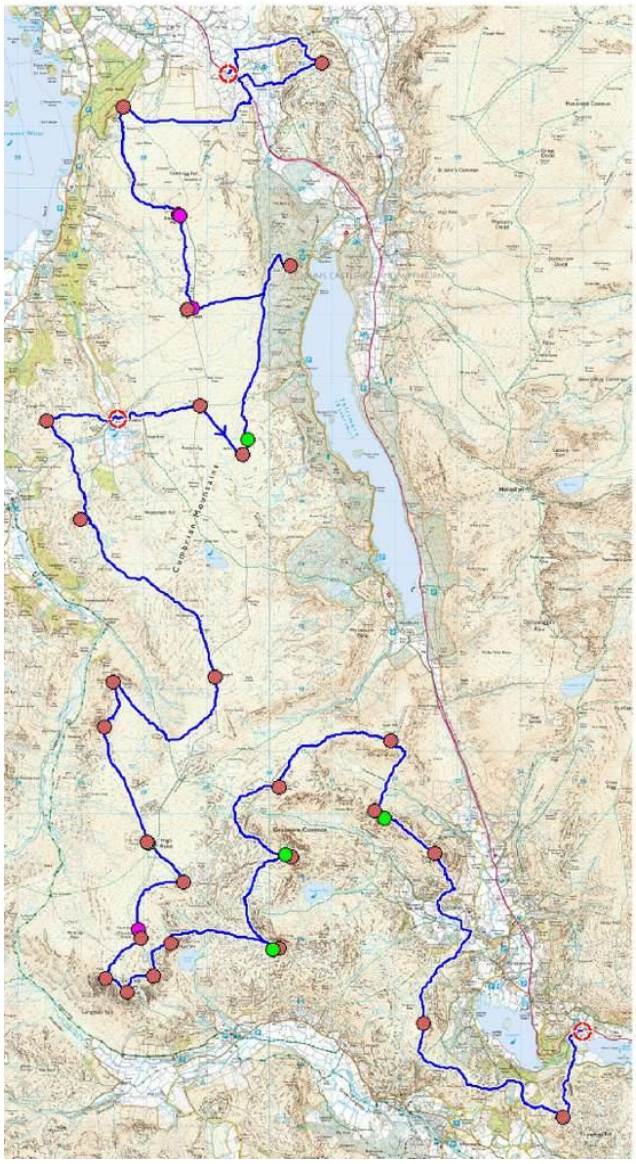
3. Central Fells

Type	Direction	Distance / km	Ascent / m	Descent / m	Time / h:mm
Linear	Dale Bottom -> White Moss car park	58	3350	3450	10:16
Linear	White Moss car park -> Dale Bottom	58	3450	3350	10:19



Of the all the books this maintains the lowest average elevation, which never exceeds 800m. The going in the southern half is good but is much heavier north of Ullscarf (with watery bog at times). I parked in the lay-by of Dale Bottom (free) and caught a bus from the adjacent stop to White Moss car park. The route shown is not the one I followed, but I subsequently discovered this route should be about 15 minutes quicker. (I continued west from Silver How to Pike o' Stickle, north to High Raise, east to Helm Crag, north to Steel Fell and west over Greenup Edge.)

I've shown the route crossing Greenburn Bottom after Gibson Knott on the way to Steel Fell. I actually traversed the head of the valley but the predicted time is quicker crossing it instead, although it may be a bracken hell (depending on the time of year). The location of the summit of Gibson Knott is debateable.

