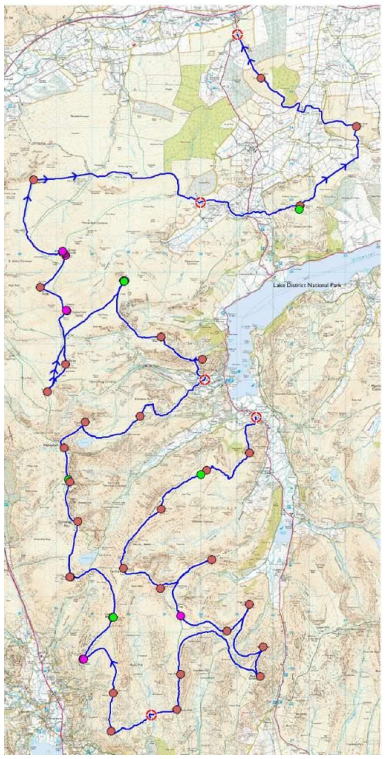
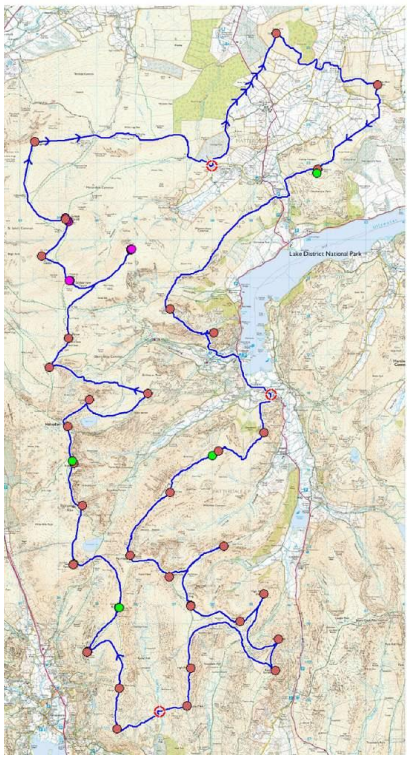
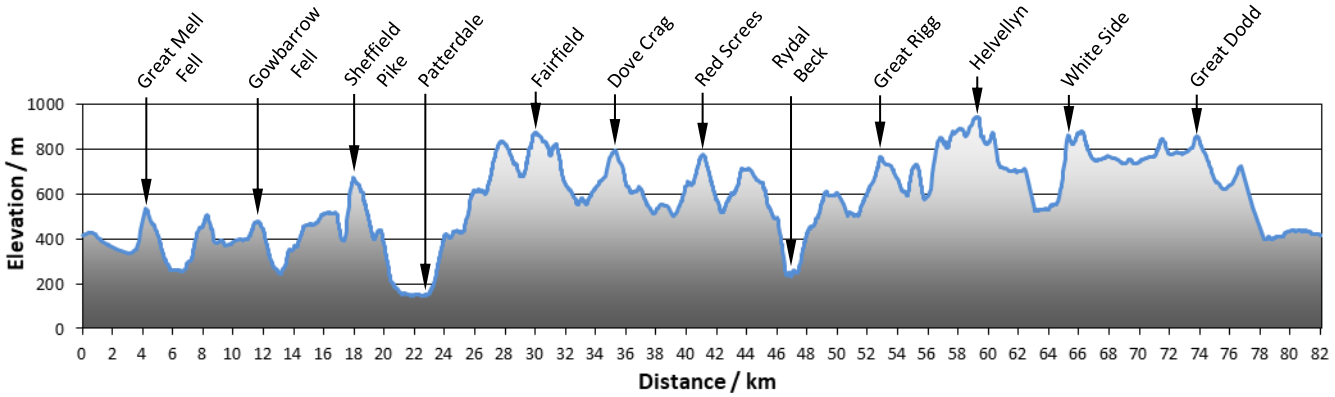
1. Eastern Fells

Type	Direction	Distance / km	Ascent / m	Descent / m	Time / h:mm
Linear	Troutbeck -> Patterdale	77	5045	5164	14:18
Linear	Patterdale -> Troutbeck	77	5164	5045	14:23
Circular		82	5297	5297	15:07





Of the all the books this maintains the highest average altitude. The underfoot conditions are generally very good but it is the only book route that includes a reasonable amount of traversing around the back of corries (in the southernmost section), always sloping the same way, of course, leading to sore feet and legs. The linear route is very similar to Steve Birkenshaw's with just a few links broken and new ones inserted in the southernmost section. The circular route is longer because of the large distance between Clough Head and Great Mell Fell. You could start at the foot of Great Mell Fell and drop into St. John's in the Vale after Clough Head for another linear route, but I'd prefer to complete the circle. Your route choices when doing the circular route are when to take in Sheffield Pike and by what route you return to the high ridge after visiting Birkhouse Moor. From Gowbarrow Fell you could head south initially before turning to pass Aira Force and dropping diagonally to the A-road where a good path runs alongside. After following this for a kilometre you could head up towards Sheffield Pike or continue a bit further and head for Glenridding Dodd, leaving Sheffield Pike until later. The latter could then be visited after Raise, followed by Hart Side. I've indicated the route traversing Helvellyn, Catstye Cam, Birkhouse Moor and White Side. This is predicted to take the least time but I didn't go this way. I descended Swirral Edge, visited Birkhouse Moor then ascended Striding Edge, all in the dark. I therefore visited Helvellyn twice, but I'd been looking forward to doing the edges all day!



Elevation profile of the Eastern Fells circular route.