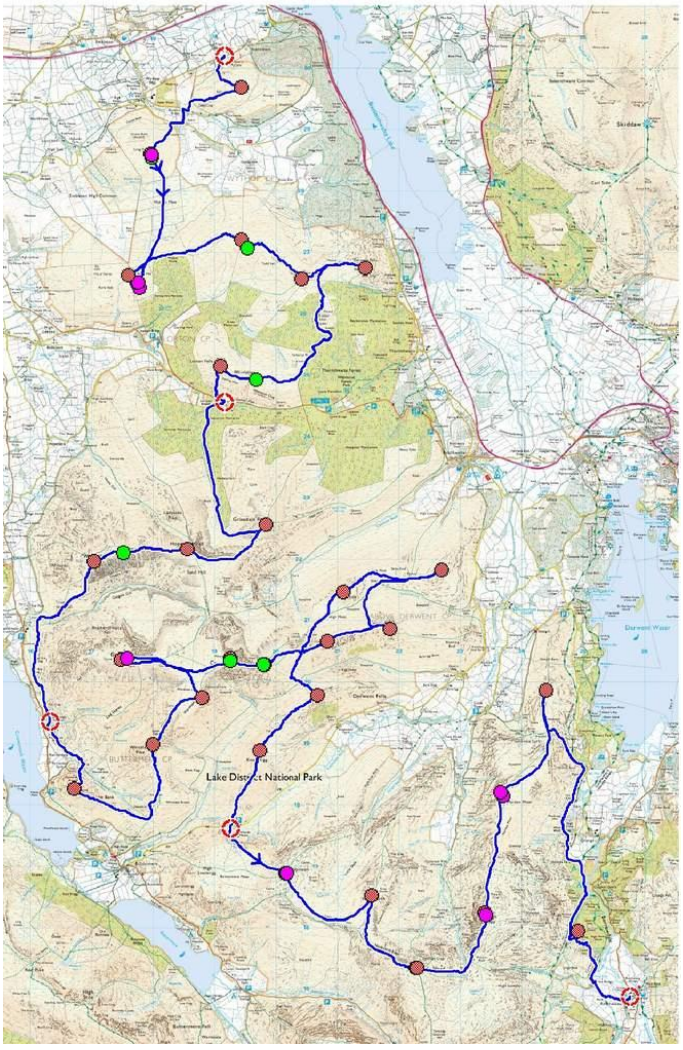
6. North Western Fells

Type	Direction	Distance / km	Ascent / m	Descent / m	Time / h:mm
Linear	Sale fell gate -> Rosthwaite	65	4676	4726	12:33
Linear	Rosthwaite -> Sale fell gate	65	4726	4676	12:34



The route shown is that used by Steve Birkenshaw with Castle Crag added on at the end. The ground north of the Whinlatter Pass is a little damp but south of the pass are some of the best underfoot conditions of any book route, with short-cropped turf, almost no bog and very little rock to negotiate. The route shown from Whinlatter to Grisedale Pike is that used by Steve Birkenshaw, however, I returned via Whinlatter's east top, crossed the top of the pass and ascended the NNE ridge of Grisedale Pike which is a more attractive ascent and only a few minutes longer.

