



THE MONTANE® LAKELAND 100 & 50 ULTRA TOUR OF THE LAKE DISTRICT THE 2025 ROUTE FOLDIE®

THE OFFICIAL MAP USED IS HARVEY 1:40:000
KEY: R = right L = left N = north S = south W = west E = east
CP = checkpoint FB = footbridge SP = signpost

Lakeland 100 CPs 1 to 15

Lakeland 50 CPs 9 to 15

EMERGENCY CONTACT NUMBER
FOR THE DURATION OF THE EVENT:

07494 029628

4. Wasdale Head to Buttermere

Distance between checkpoints: 11.0km (6.9miles)
Ascent: 712m (2336ft) Descent: 667m (2188ft)

- Turn R out of CP (do not cross bridge) to take path with beck on L for 240m, then take main L fork uphill. Thru double gate and follow track thru next gate keeping wall on L. Thru gate/stile near wall end.
- Continue on track (N) on open fell for 700m to large cairn on L. Continue on main path up R (avoid L path to valley bottom).
- Thru gate/stile in wall and continue up on clear path for 320m to cross Gatherstone Beck at boulders. (If water levels are high, follow stream bed up (NE) until safe to cross and regain main track). Continue on main path (NE) for 1km with beck on R and up steep stepped path to cairn and remains of metal gate at Black Sail Pass.
- Straight across (NE) and take stony path down for 700m (rough and rocky in parts) with Sail Beck on R to River Liza. Over bridge and follow the track beyond, turning L on track past Black Sail YHA (**QUIET PLEASE**).
- 300m past YHA and just before gate, turn R uphill (NNW) for 230m on path with fence on L. At fence end, straight on (N) to cross beck. Continue N on indistinct but cairned path for 220m to large cairn at summit of Scarth Gap, just after remains of metal gate.
- Take path to L of summit cairn and begin descent (N) on very rough, rocky, cairned path. Continue down, thru gap as wall crosses path. Steep down and thru gate/stile. Continue down by wall and fence. Over slate FB with trees on R.
- At end of wood, straight on taking middle path (N) down to lakeside.
- Turn L (NW) on lakeside path. Follow main path for 2km with lake on R and thru woods to end of lake. Turn R, thru gate and over 2 bridges.
- At wall, turn L, thru gates and R past Buttermere Court and Bridge Hotel to T junction. **CHECKPOINT 4 at Buttermere Old School** is directly opposite. (**GR 175170**)

Distance covered so far: L100, 42.0km (26.3 miles)

1. Coniston to Seathwaite LAKELAND 100 STARTS

Distance between checkpoints: 11.3km (7miles)
Ascent: 659m (2162ft) Descent: 606m (1988ft)

- Turn left out of gates of John Ruskin School. After 160m turn R at road junction. Past BP station on R and over bridge turning L to Black Bull Inn. Take road on L up side of Inn and follow road and track for 1km over cattle grid and up to Miner's Bridge on L.
- Cross bridge and take path on R (W) uphill by river. Thru gate, and 3 further gates. Continue on main track (WNW) to top of rise.
- At path junction turn sharp L (ESE) and follow round and down for 1.1km to car park at roadhead.
- Turn R (SP Walna Scar/Seathwaite) and keep R on main track (Walna Scar Road). Continue on clear stony track, avoiding any turning to L or R. Cross beck over stone bridge and continue on track to summit of Walna Scar Pass (2.8km from roadhead car park).
- Straight on downhill (WNW then SW). Continue down thru gate following Long House Gill and thru gap in wall until track becomes tarmac road. Continue down, thru gate and past white house (Beck House), and High Hollin House on L and continue downhill to road junction (**CARE**).
- Turn L at road junction (SP Broughton) and follow for 760m, past entrance to Turner Hall Farm Campsite and church on L to **CHECKPOINT 1 Seathwaite Village Hall (Parish Room)**. (**GR 229961**)

Distance covered so far: L100, 11.3km (7.0 miles)

5. Buttermere to Braithwaite

Distance between checkpoints: 10.5km (6.5miles)
Ascent: 573m (1880ft) Descent: 613m (2011ft)

- Leave CP and turn R past front of Bridge Hotel. Over roadbridge and immediately R through metal gate marked Ghyll Wood. Follow path by fence with beck on R, up thru woods. Keep to top path to steps and gate. Thru gate and turn R.
- Follow path by walls and fences (NE) for 880m. Take L fork (N) at **pile of stones** on narrow path up thru bracken opposite gully of Swinside Gill (just after end of last fence and opposite sheepfold on far side of gill).
- Contour round Whiteless Breast to path end. Cross beck, steep uphill, continue contour to path end. Cross Third Gill, short up and continue contour (NE) to Addecombe Beck. Cross beck and on to scree path. Across badly eroded section and continue for 300m to small **cairn** on L by sheep scoop.
- Fork L (NNE) on narrow path up steep scree slope. Steep climb diagonally up thru heather for 685m to Sail Pass.
- Straight over Sail Pass (N). Follow eroded main descending path with CARE dropping steeply under Scar Crags. Follow clear rocky path past stone ruin on R.
- Continue down on main rocky path. After 450m at **pile of stones** fork L (NE) leaving main path when it descends to valley. Go up thru heather, passing indistinct sheepfold on L. Continue up for 550m to col at Barrow Door.
- Veer L and over Barrow Door (N) on good descending path. Continue down with Barrow Gill on R, then down over grassy flank. Head NNE for R edge of small wood. Forward on to stone track to head of tarmac road. Thru gate and down road past houses on L.
- Down to take track on R (just after wooden seat on L, just before road turns sharp L). Follow track downhill, turning L down to roadbridge in centre of Braithwaite.
- Continue straight on over bridge (SP Lorton) and on to turn R at junction by Royal Oak. Here, cross road (**CARE**) and turn L at next junction (SP A66 Cockermonth). Continue for 60m to **CHECKPOINT 5 in St Herbert's Church Hall**. (**GR 232237**)

Distance covered so far: L100, 52.5km (32.8 miles)

2. Seathwaite to Boot

Distance between checkpoints: 11.1km (7miles)
Ascent: 385m (1263ft) Descent: 419m (1375ft)

- Turn L out of CP. Follow road (CARE) for 350m passing Newfield Inn on L. Thru wooden gate on R opposite School House (SP High Wallobarrow). Take FB over stream. Continue for 400m on signposted Permitted Path thru woods to gate in wall
- Go L and over River Duddon by stone bridge. Take middle path (SW) to L of Wallowbarrow NT sign. Thru gate, keep high by wall on R. Thru 2 gates to High Wallowbarrow Farm. **CLOSE ALL GATES**
- In farmyard take FP on R (NNW) thru gate and up path with gates. Continue up thru woods. Path skirts round Crag. At gap in wall, turn R (E) on track uphill.
- Follow good undulating track thru 2 sets of deer gates to Grassguards Farm. Before gate to farmyard turn L thru metal gate and take permissive path round farm. Thru gate, turn L (W) with Grassguards Gill on R to next gate. Straight across forest track (W) on SP Bridleway to cross stream over L100 FOOTBRIDGE.
- Go L (W) on path between 2 streams and then gill on R for 900m to cross small stream with SP Eskdale just beyond. Cross gill and follow bridleway (NNW) thru plantation.
- Continue following bridleway signs to gate at plantation end. Straight on for 950m with fence on L. Avoid midway stile by rocky outcrop. Cross over next fence stile where path veers R from fence. Follow wall down 60m, go L thru gap in wall, cross stream and up to go L over next fence stile.
- Follow path with fence on R to rocky outcrop and steep descent. Down until path veers L (WSW) keeping small wooden FP post on R. Cross stream valley by trees. Short climb up R. Follow path by wall, then track down thru 3 gates (**CLOSE**) to Penny Hill Farm.
- DO NOT ENTER FARMYARD** but take permissive path and gate on L, 25m before main farm gate. Follow wall on R. Turn R thru small gate and on to regain main track. Turn L down track and on to cross Doctor Bridge.
- Immediate L, thru gate with river on L. Thru next gate and after 175m take lower path fork by wall. Keep on walled path and on to join main path by river. At gates, keep to riverside path and turn R past Church. Follow lane into Boot. Straight across main road (**CARE**) and up road opposite. **CHECKPOINT 2 is the Corn Mill** just over stone bridge. (**GR 176011**)

Distance covered so far: L100, 22.4km (14.0 miles)

6. Braithwaite to Blencathra Centre

Distance between checkpoints: 13.7km (8.5miles)
Ascent: 478m (1568ft) Descent: 305m (1001ft)

- From CP turn L and L again (SP Keswick A66). Continue for 350m, crossing road (**CARE**) to take cyclepath on RHS of A66 for 2km. (**TAKE CARE crossing sideroad to Portinscale**). Continue on cyclepath. Cross over B5289 (bus shelter opposite) (**CARE**)
- Continue alongside A66 on grass verge for 380m (**BUSY ROAD - CARE**), going over River Derwent. Where verge narrows keep to field side of metal crash barrier.
- Just before barrier ends, turn R (E) onto FP (SP Keswick) on old railway track. Continue for 850m, straight on thru churchyard and over wooden bridge to road. Turn R on road and straight on past Pheasant Inn. Cross road (**CARE**). Take Brundholme Road on L (SP Railway Station). Follow road uphill for 350m.
- Turn L (NE) up Spooney Green Lane (SP Skiddaw). Cross bridge over A66. Thru gate, continue up for 1.8km on Cumbria Way. Thru Lattrigg Woods. Avoid all R turns, over beck, thru gate to reach fenced Gale Ghyll Woods (new plantation). Keep fence on L, continue up to car park.
- Thru gate and turn R to top of car park. Over stile and turn L to follow path by wall/fence. Thru 2 gates.
- Immediately after 2nd gate, take R fork and path down (N) for 400m. At R bend cross Whit Beck. Continue up and round for 3.2km, thru gate, over rocky section. **DO NOT TAKE PATH CUT ON R** but continue on main track, over wooden bridge and on 75m to stone ruin on L. **VIRTUAL CHECKPOINT ON SE CORNER OF STONE RUIN** (**GR 292279**)
- Immediately after, turn sharp R downhill to path by wall. Thru gate, over 2 wooden bridges to join main track (S). Follow good track crossing stone bridge over Roughten Gill.
- Keep on main upper track for 2.2km to turn R thru gate just before cattle grid. Turn R at Car Park into **CHECKPOINT 6 at the Blencathra Centre (Herdwick Room)**. (**GR 302256**)

Distance covered so far: L100, 66.2km (41.3 miles)

3. Boot to Wasdale Head

Distance between checkpoints: 8.6km (5.4miles)
Ascent: 297m (974ft) Descent: 287m (942ft)

- From CP follow path uphill. Thru gate and take R fork (SP Wasdale). Continue up path for 100m and thru gate on R (bridleway marker on gate). Follow path over Eskdale Moor for 3.1km, with Whillan Beck on R, to fork in path.
- Take R fork down (N) for 800m to R side of Burnmoor Tarn. Follow path round with tarn on L to cross tarn outflow.
- Continue past tarn head, on boggy path with occasional cairns (NW) for 620m, to ruined wall on L.
- After cairn in path centre and just before short uphill, take R track and follow round to well cairned path (N) down to wall and wood on L.
- Follow rocky path with wood on L, over stone bridge and continue down thru gate. Keep to path down by wall and thru gate on R. Continue with wall on L and thru gate to pass Brackenclouse Climbing Hut on R.
- Continue down track to cross river on wooden bridge. Path veers L thru gate/cattlegrid. Follow path for 300m with campsite car park on R. Over metal bridge to road (**CARE**).
- Turn R, follow tarmac road for 700m. Leave road at bend just before stone bridge. Go L thru kissing gate (SP Wasdale Head). Continue for 650m on grassy track, thru gate in wall, to stone bridge on R. Cross bridge and **CHECKPOINT 3 is a barn** directly ahead. (**GR187088**)

Distance covered so far: L100, 31.0km (19.4 miles)

7. Blencathra Centre to Dockray

Distance between checkpoints: 14.0km (8.7miles)
Ascent: 417m (1368ft) Descent: 381m (1250ft)

- From CP turn R. Straight on to narrow footpath (W), following signs for Keswick/Derwentfolds. Thru 2 gates (SE), small wood, gate and stile to tarmac road. Turn R for 150m downhill to white house (Derwentfolds).
- Turn L thru gate before house (SP Brundholme) and down good track. Cross river on wooden bridge and up L on path to tarmac road. Turn L (SP Threlkeld). Continue down passing white house on R.
- At bottom of hill turn R thru 2 gates and L onto old railway track. L over metal bridge. Continue on tarmac track, over 2 bridges and thru tunnel and bridge. Continue for 800m and just before arched railway bridge fork up R.
- Take fenced path and under A66 flyover to road. Turn L for 140m on road (**CARE**). Thru gate on R to take path down back onto railway track. After 450m, thru gates and straight across road (**CARE**). Up narrow wooded path to regain railway track.
- Turn L, follow concrete path by high wire fence. Continue on railway track for 750m. After long buildings on R and just before overhead bridge, bear L thru gate to tarmac road.
- Turn R, across bridge and up 450m to house at Newsham. Thru gate on R opposite house. Follow boggy track uphill for about 300m. When level with corner of wood continue uphill (S) for 240m to cross beck and thru gate in fence.
- Turn immediate L. Follow narrow indistinct path for 600m uphill (SSE). Follow fenceline and keep to R of gully to meet good track at Clough Fold.
- Turn L on track (Old Coach Road) and follow for 6km. After 5.2km path fords Groove Beck near woods - take narrow FB on L near fence. Continue past small car park on R. Straight over at crossroads, follow road for 1.6km to **CHECKPOINT 7 at The Royal at Dockray**. (**GR 392216**)

Distance covered so far: L100, 80.2km (50.0 miles)

