

Map	Dist	Point	Name	Grid	Alt	Bearing	Dist	Comments
0	0km	Start	Swirls Car Park	316 169	200			
1		Peak 1	Helvellyn	341 151	951	168		Head south on FP along ridge to cairn at 342 144
1		WP	Path intersection	342 144	860	206		Head SSW then east on FP down slope to 326 136
1&2		WP	Path intersection	326 136	200	185		Head south on track then pick up road to CP1
2	10km	CP1	United Utilities car park	320 130	190			Open 05:00-07:00hrs Head south then SW (231) out of CP on FP following stream on right to 285 105
2&3		WP	Path intersection	285 105	610	212		Head SW then south on FP up slope to High Raise TP at 282 095
3		TP	High Raise	282 095	762	225		Head SW then west on FP down slope to Stake Pass at 265 086
3		Out 1	Stake Pass	265 086	478	212	4.5	Head SSW on Cumbria Way to car park and PH at 284 061
3		WP	Stake Pass	265 086	478	289		Head WNW then SW on FP along contour to Angle Tarn at 245 077
3&4		WP	Angle Tarn	245 077	560	300		Head WNW on FP up slope to 243 078
4		WP	Path intersection	243 078		243		Pick up GT on left and head SW then south up slope to Ore Gap at 240 071
4		WP	Ore Gap	240 071	770	91		Head east then south on FP up slope to Bow Fell at 244 064
4		Peak 2	Bow Fell	244 064	902			Return via same route to Ore Gap
4		WP	Ore Gap	240 071	770	280		Head NW on FP along ridge to CP2 at 233 080
4	21km	CP2	Esk Hause	233 080	755	280		Open 06:30-12:00hrs Head west on FP up slope to Great End at 226 083
4		Peak 3	Great End	226 083	910	216		Head SW along ridge then (at 223 077) south up slope to Ill Crag at 223 073
4		Peak 4	Ill Crag	223 073	935	293		Head WNW along ridge to Broad Crag at 218 075
4		Peak 5	Broad Crag	218 075	934	224		Head SW on FP to path intersection at 217 074
4		WP	Path intersection	217 074	860	228		Cross intersection en route to Scafell Pike Head SW on FP up slope to Scafell Pike TP at 215 072 Will return to this point.
4		Peak 6	Scafell Pike	215 072	978	242		High point. Take a moment. Head SW on FP down slope to 209 069
4		WP	Path intersection	209 069	845	257		Descend right down steep slope then Lord's Rake is on right. Head WSW up Lord's Rake to 205 068 then ESE (130) up slope to Sca Fell at 206 065
4		Peak 7	Sca Fell	206 065	965			Return via same route to Scafell Pike then 217 074
4		WP	Path intersection	217 074	860	310		Head NW then north on GT down slope to 215 079
4&5		WP	Path intersection	215 079	690	42		Head NE on FP (Corridor Route) down slope to Sty Head at 221 094
5		Out 2	Sty Head	221 094	510	35		Head NNE on FP down slope to bridge and car park at 233 122
5		WP	Sty Head	221 094	510	280		Head NW on FP up slope to Great Gable at 211 103
5&6		Peak 8	Great Gable	211 103	899	303		Head NW on FP down slope to CP3 at 205 107
6	35.5km	CP3	Beck Head Tarn	205 107	620	304		Open 10:30-19:00hrs Out and back to Pillar now Head WNW on GT along contour then up slope to Pillar at 171 121
6		Peak 9	Pillar	171 121	892	110		Return via same route to just beyond CP3 at 207 107
6		WP	Path intersection	207 107	670	89		Head east on FP to 212 107 then north along Moses Trod to 215 134
7		WP	Dismantled Tramway	215 134	525	83		Head east along path to CP4
7	47.5km	CP4 Out 3	Honister Slate Mine	224 135	360	0		Out 3 - Honister Slate Mine (Bus back to finish) 65% of distance done - 80% of climbing FOOD & KIT DROP Open 11:30-21:00hrs Head north on FP to 225 145
7		WP	Path intersection	225 145	610	40		Drop off FP to right and down slope to 230 151
7		WP	Path intersection	231 152	500	347		Follow FP north and down valley on RH side of stream
8		WP	Path intersection	234 194	160	19		Take path off to left down to road
8		WP	Little Town	235 196	160	35		Pick up FP on RH side and follow NNW to 242 208
8		WP	Path intersection	242 208	160	47		Follow road NE past car park to 247 212
8		WP	Path intersection	247 212	120	24		Pick up Cumbria Way heading NNE
8&9	58km	CP5	Nichol End Marine	253 228	90			Open 13:30-13:30hrs Head north out of CP back on Cumbria Way Follow FP to 254 239
9		Out 4	Path intersection	254 239				Pick up minor road on left and follow to B5289 Out 3 - Short cut back into Keswick and to finish Turn right on B5289 and head to finish
9		WP	Path intersection	254 239				Pick up minor road on left and follow across B5289 Pick up FP heading NE (047) crossing two main roads At 265 251 turn north and head to 264 255
10		WP	Path intersection	264 255		278		Pick up road heading WNW to 255 262
10		WP	Path intersection	255 262	125	356		Pick up FP on RH side and follow NNW up Skiddaw
10		WP	Carlside Tarn	256 282	720	54		Head NE on FP up slope to 260 285 Head north on FP along ridge to Skiddaw
10		Peak 10	Skiddaw	260 290	931	180		Head south on FP along ridge to 260 285 Head SE (126) on FP down slope (past Little Man on right) to 278 267
10		WP	Path intersection	278 267	575	187		Head south on FP down slope to 282 255
10		WP	Path intersection	282 255	305	228		Head SW on Cumbria Way back into Keswick
11	73km	Finish	Country House Hotel					Open 16:00-04:00hrs