

Ascend Events – Lakeland Five Passes Ultra – 32 miles

Start: Grasmere Village Hall, 07:30 for walkers (14 hr cut off) & 08:30 for runners (13 hr cut off)

Out of hall (left) and ahead down Langdale Road to junction with Red Bank Road, turn right and walk almost 1 mile on road to **third footpath** on right (signed 'Loughrigg Terrace' YHA Great Langdale - GR334064)

Go right on tarmac path and continue ahead uphill on cobbled/rocky path

At signpost (YHA Loughrigg Terrace) go left through metal gate into High Close Estate/Red Bank Wood (GR336060)

Continue along track & re-join road at (GR340057), turning right uphill

After 50yds turn left, down gap, between wall & metal rail going down stony path

On joining main track, turn left then keep ahead through metal kissing-gate

Over slate bridge and right up stone staircase (GR342057)

Keep on path to summit **Loughrigg (Safety Check)** - admire views (GR347051) [2.4 Miles]

Leave summit by wide grassy path (compass bearing 130°) to pass large cairn in dip

Continue downhill on stepped stone path, stay on path passing numerous cairns.

On nearing stone wall on right, path goes slightly left around crag directly ahead

Pass small tarn on left, then at T-Junction go right (GR 352047)

Shortly after junction go down minor track on left (GR354045) at bottom of dip in 150yds, path splits, take right fork

Continue ahead, descending slightly to reach small tarn on right then go over stream

Follow path slightly left & uphill, continue to pass through wooden gate to right of fir plantation (GR359044)

Carry on through further gate & continue on good path until passing cattle grid to road.

Turn right on road, over 2nd cattle grid before crossing stone footbridge then immediately right to cross small bridge

Straight ahead into park (bench on left, sculpture on right) to leave park (GR374044)

Check Point 1 (Car-Park) 4.5 Miles, Food & Drink – Opens 9:00am

Enter Ambleside, straight along road to end, turn right, cross main road and onto minor road (passing Esquires Coffee Shop, Fish & Chip Shop & Ghylside Cycles) to go up 'No Entry' street and under archway

Left on main road.

Cross the road (**CAUTION**) and take road to left of Market Hall (with toilet sign)

Follow road as it goes around to the left, signed 'To the Waterfalls' continue with river to left

After 200yds go down path on left (SP This way to waterfalls) and continue following red arrows to waterfalls

After viewing area and picnic table follow sign 'To revolving gate exit' (GR384045)

Go right on track, through gate and turn left on road then continue uphill over cattle grid toward Grove Farm

In 150yds take steps & stile on right (SP Footpath to Troutbeck – GR 385046)

Continue ahead on track with small stream on left, through kissing gate and immediately left to continue in same direction on stone staircase towards Wansfell Pike

Go through metal gate in fence at top to reach summit of **Wansfell Pike**(GR394042) [6.2 Miles]

At top continue on same direction (Compass Bearing 100°) towards Troutbeck

Go through gate and continue in same direction to metal kissing-gate, onto enclosed path (Nanny Lane) and then right (GR403040)

Continue to end of lane, through wooden gate onto road & turn right passing Saint Margaret's Well on right in 200yds

At end of barn on left, turn left onto footpath then at junction behind houses go right, then left to continue downhill on enclosed track

At end of track go through gate, across field to wall and continue ahead, wall on right, to gate.

Ahead through gate, left over a bridge and along track with church on right, onto main road and then right (GR412027 8.2 miles)

Walk past church on right to cross footbridge

Continue along pavement for 100yds then turn left crossing road (**EXTREME CAUTION**) to footpath (SP Kentmere)

Continue along **Garburn Pass** ignoring side tracks (*or temptation to do Kentmere Horseshoe*) through 4 wooden gates to summit of pass (GR437044) [11 Miles]

Continue on descent passing another 3 wooden gates, eventually arriving at a tarmac drive

Turn left & follow the road downhill to CP2 (GR 456041)

Checkpoint 2 (Kentmere Village Hall) 12 miles, Food & Drink. Opens: 10:30 Cut-Off: 14:00pm

Leave hall & continue downhill on road, church on left, cross road bridge then immediately left on road (SP Maggs Howe)

In 120yds at FP sign take steps on right to gate, through and over centre of field to go through another gate and up drive to road, turn left (ignore footpath on right)

At road junction go right (SP Long Sleddale) where tarmac ends continue ahead on broken concrete yard

Before entering garden go right at footpath sign then through gate and ahead to wall and turn left

Continue on well-worn path through several gates, eventually passing large isolated tree on your left

Shortly after, at metal gate, go to right to cross stile and continue on path to kissing gate to join larger track (GR476050) [14 Miles]

Continue on this good track over brow of hill and down the other side ignoring all side tracks

Through 3 wooden gates and at T-junction by farm turn left then shortly after turn right to cross Sadgill Bridge (GR484057)

Continue up enclosed path through gate and continue to reach sign post.

Follow towards Mardale Head, continuing through second gate and over summit of **Gatescarth Pass**

Through metal gate then to track on left side (GR474093)

Turn left on track and follow to summit **Harter Fell (Safety Check 2 18.3 miles)** (Cairn with metal fence posts GR460093)

From top continue ahead (compass bearing 275 - **DO NOT FOLLOW FENCE LINE ON LEFT**) to reach cairns showing line of path

Descend down steep rocky path to reach shelter and **Nan Bield Pass** (GR452096)

Continue ahead uphill on path up to **third** set of steps

Then at open grassy area with small cairn of flat stones on right take indistinct path on left (GR448099)

Continue on this path towards Thornthwaite Beacon (on left in distance)

After about 150yds track becomes more obvious and easier to follow (just below summit Mardale III Bell)

At Y-junction in track (GR440103) **by small cairn** (ignore earlier junction) take right fork and continue to wall corner (GR437103)

Ahead, wall on right, for 40yds to join old Roman road. Turn left and up to **Thornthwaite Beacon (Safety Check 3, 20.5 miles GR431100)**

Go through wall gap on right side of beacon and down slightly to path

Turn right and follow scree path down to reach Threshthwaite Mouth with wall on right

Continue to climb rocks on uphill section then at top continue on track to large cairn on **Stony Cove Pike (Safety Check 4, 21.7 miles GR419100)**

Approx. 30yds summit after cairn, turn right on larger track to wall gap

Go through gap and follow wall on right as it swings left downhill

At bottom of hill wall swings right then left up to large cairn on summit of **St. Ravens Edge** (GR405082)

After summit, with wall now on your left follow path down to road at **Kirkstone Pass (Cross with care)** (GR401081)

Checkpoint 3 (Car-Park) 23.8 Miles, Food & Drink – Opens: 12:30pm Cut-Off: 18:30pm

Leave car-park by small gate at far end and follow path to wind shelter & trig point on summit of **Red Scree** (GR396088)

Continue ahead (Compass bearing 300°) then swinging left on track to eventually reach old wall junction (GR392087)

Go ahead over wall and continue downhill, wall on left, to reach ladder stile at **Scandale Pass** (GR388096)

Over ladder and continue on path downhill through 3 wooden gates to junction (GR379067).

Turn sharp right and cross High Sweden Bridge (27.4miles), go up steps wall on right, over ladder stile and continue ahead

Continue on path as it turns left, then through gap in wall and steadily downhill

At very sharp U-Bend with tree on left (28.4 miles GR375055) go off to right over grass to gate just over brow of small hill

Through wooden gate in corner and down path through bracken

At end of path through metal gate and right on path through Rydal Park

At FP sign turn right to 'Rydal Mount' and then immediately left (FP Marker) to follow way-markers past buildings and down drive to road

Turn right up steep hill section of road and at top take path on left (SP Coffin Route to Grasmere)

Follow Coffin Route path to Grasmere.

As it turns to tarmac, continue ahead at T-junction by new building & overgrown tarn then down road

Pass Dove Cottage to main road **(CROSS WITH EXTREME CARE)**

Down road towards Grasmere, following it back round to the Village Hall for your medal & hot meal.

Finish (Village Hall) 32 miles, hot food, hot & cold drinks. Cut-Off is 21:30pm