

Lakeland Four Passes

Start/Finish: Rosthwaite Village Hall, Borrowdale (GR258 148)

Walkers 8.30am / Runners 9.30am - 19 miles (30km) & approx. 5300ft ascent (1600m)

Please wear or carry necessary gear for a mountain event, maps (OS OL4 & OL6) and a compass. Stay on the footpaths and adhere to the route description or marshal directions at all times.

Route Description

- From hall, turn right on road for 100yds and then left (opposite Flock Inn Café)
- In 100yds at Stone Croft turn right, then almost immediately left to follow waymarks and clear path over fields to Peat Howe (GR 256 142)
- Right down lane, pass in front of Youth Hostel (GR 255 142) & ahead on track to take left fork (GR 250139)
- Down to Folly Bridge (0.8m), cross and on to Mountain View (GR 251 137)
- Ahead over road (1.0mile - **CAUTION**) and along track signed Seathwaite (GR 247 133) take left fork
- At Seathwaite (2.5miles - GR 235 121) turn left on track to Stockley Bridge (3.3 miles - GR 235 109) cross and ascend up hill.
- Cross foot bridge (4.3miles - GR 223 102) and continue to stretcher box at Sty Head (4.8miles - GR 219 095)

Check Point 1 (4.8 miles) – Safety Check only. Open 9.00am-11.30am

- Pass to left of box and ahead downhill to pass Burnthwaite Farm on left (6.6miles - GR 193 095)
- Go through gate on left and follow waymarker right down lane.
- Continue down track, then immediately before Church (GR 189 087) go right through kissing gate along enclosed lane to Wasdale.
- At end turn left then right to pass in front of Barn Door Shop.

Check Point 2 (7.2 miles) – Aid Station (food & drink). Open 10.00am – Midday

- Pass behind buildings (**do not take bridge**) then at short signpost take left fork (7.4m)
- Cross Gatherstone Beck (8.6m - GR 184 108) and follow path to top of Black Sail Pass (9.4m - GR 191114)
- Ahead on path and descend to footbridge (10m - GR 197 121)
- Left to pass in front of Youth Hostel (10.4m - GR 195 124), continue ahead
- At gate (10.6m), take track on right uphill to the summit of Scarth Gap (11.2m - GR 189 133)
- Straight on & descend to corner of woodland (12.2m - GR 188 148)
- Take **sharp right downhill** and through gate before continuing ahead to Gatescarth Farm

Check Point 3 (12.8 miles) – Aid Station (food & drink) – Open 11.30am – 16.30pm

- Ahead to road (**CAUTION**) and turn right for 150yds then take signed bridleway on right (GR 196 149) **DO NOT** take the road unless directed to by marshals.
- Continue on track uphill until you pass the Miners Bothy (14.5miles - GR 209 134) on left near the top of the pass.
- Continue in same direction to old railway incline and go up this, ignoring all other tracks.
- Carry on in same direction over a newer track, following the line of the old railway to descend to Honister Mines Café (GR 225 135)

Check Point 4 (15.6 miles) – Safety Check Only

- Pass behind Youth Hostel through mine car park (**NOT the YHA's**) and continue on track to road (15.9m - GR 228 137), cross and join bridleway for approximately 300yds
- Re-join road turn left & stay on left for 150yds then back on bridleway signed Coast to Coast.
- Continue through 4 gates then follow track as it swings sharp right, as soon as it straightens take left down steep grassy track descending on left (17.1m - GR 246 139)
- Down to track near wall and go left to pass rear of Glaramara Outdoor Centre passing through wall twice.
- Continue to join out bound route above Folly Bridge (17.5m) and retrace steps past YHA, left by Peat Howe and return to hall.

Congratulations and well done! Come in collect your finishers medal and have some warm food.