

## Ascend Events - Thirlmere Trot Grasmere Sports Field & Pavilion

Leave sports field, turn right and turn right again along path between... signed...

Cross the Millennium Bridge, immediately turn right and follow footpath crossing 2 bridges to reach car-park

Continue straight ahead through car park, cross road with care and turn left along pavement past village hall

After telephone box turn right along Easedale Road for ½ mile (ignore any roads turning right)

Pass Stubdale Cottages on right, as road curves right turn left over small slate bridge signed Easedale Tarn on left (GR330081)

Continue ahead on paved path with river on right

Turn right over Packhorse Bridge and follow path over field to gate near woods

Through gate and follow enclosed path to road, turn left and immediately right (signed Helm Crag and Far Easedale) up walled path

Through gate and turn left. At junction, take right fork (Signed Helm Crag)

At wall ending turn right, then after 20yds go left to start the steep climb zig-zagging uphill

Continue ahead as stony track turns to grass at T junction go left.

At cairn where track forks take left, lower path to avoid rocky outcrops.

Pass 'The Howitzer' (GR326093) at summit of Helm Crag (2.5miles) on right and take track slight left to start descending downhill on ridgeline to saddle.

Continue ahead, ignoring faint path on right at Bracken Hause to reach Gibson Knott (3.1miles GR 317100)

Continue along main path on undulating ridgeline, ignoring any faint paths on left or right for approx. 1 ¾ miles to reach cairn and old metal fence posts (GR295102)

Turn left uphill past metal post for 25yds, at crossroads turn right on faint path to pass small cluster of metal posts (4.8miles)

After 100yds cross stream and follow path as it turns half left and climbs uphill to Greenup Edge (5.5miles GR285705)

Go between 2 cairns and reach metal fence post, at saddle turn right (bearing 358) heading towards second metal fence post

Follow faint footpath over moorland, following old fence line for 1 1/3 miles to reach cairn on summit of Ullscarf (6.9miles GR292122)

Continue on path for ¼ mile to reach wire fence line and start to drop RIGHT downhill with fence on left (GR291125)

**After ¼ mile, by very small tarn (7.7miles) follow faint path to right and continue following as it goes left up small incline TO THEN DESCEND.**

Continue on this faint path as it skirts round to the right of Standing Crag, picking up metal wire fence posts again

Then turning to right with fence to reach gate/stile

Cross stile and continue ahead on faint path with fence line again on left.

After 1 mile reach corner of fence line, cross fence twice to continue ahead, wire fence still on left

After ½ mile follow fence line to left of Shivery Knott and reach cairn on High Tove summit (10miles GR289165) after a further ¼ mile

Take path right (bearing 98) downhill and pass cairn, after ½ mile reach edge of woods and continue ahead through gap in wall

Continue on main path as it zig-zags downhill to reach wire fence on right and continue down

Path move away from fence and after 100yds goes through 2 wooden fences and gap in stone wall

Continue to cross small bridge and round to right, and go through gate to reach road

Turn right on road for 25yds and left in to Armboth Carpark (11.4miles GR 306172)

Cross to bottom left of carpark, cross bridge (Signed Permissive Path The Dam) and follow path ahead as it rises into woods.

Follow good path for ¾ mile with lake on right and road on left

At the end go through small gate in wall and turn right along road

After 100yds go through further gate and go down steps, road on left & lake on right again

In another ¼ mile turn left up steps, go through gate and turn right along road.

Cross Thirlmere Dam, passing Plaque and small tower on left. Continue ahead on road to reach A591 (13.3miles)

**CROSS WITH EXTREME CARE FOLLOWING MARSHALS INSTRUCTIONS**

Turn right, pass bus stop on left and follow road-side path for 250yds

Turn left to follow Public Footpath sign down steps, cross small gate stile over wall into field.

Continue ahead across field to reach gate in wall, go through gate and turn right along road to Checkpoint at Village Hall (GR318189) (13.8miles)

Turn right CP along enclosed track (Stannah Lane)

At V junction, go left (Signed 1 & 2) on posts, after 75yds as track turns left go ahead to cross ladder stile (Signed Sticks Pass)

After 50yds, go through gate in front of large rocky outcrop and continue along path as it goes left

Go through second gate after 50yds to cross stream and through third gate

Turn left uphill immediately after gate and continue straight on uphill at sign post

Continue uphill for ¼ mile, ignoring any side track to reach fence line. Continue uphill with fence on left.

Follow well defined path, climbing uphill and after ¼ mile pass sheep fold on right (14.5miles) and carry on up grassy track

After 1.1 mile at very clear crossroad and pile of rocks turn right on good path (GR342181)

After ½ mile reach summit of Raise (16.1miles gr 343174)) and continue in same direction following line of cairns to clear path

After 1.5 miles reach summit cairn on Lower Man (17.4miles GR 338155) and continue in same direction

Follow good path to right to reach trig point at summit of Helvellyn (17.9miles).

Continue on path and after 50yds, at shelter take path half right downhill.

After 250yds, where path splits in three take centre track and after ¾ mile take right fork (19.1miles)

Continue ahead past metal post and start to descent steeply towards Grisedale Tarn

near bottom follow path round to left then turn right and continue round to right to cross stepping stones (20.2miles)

Ascend on path as it moves away from tarn to reach remnants of wall, go though and straight ahead

After approximately ½ mile take right fork (21.2miles), look out for steep grassy descent to left and follow downhill (21.4miles)

In 1 mile turn right over wooden foot bridge, turn left to go through gap in wall and continue ahead through gate (22.2miles)

Follow semi enclosed track with wall on right, after 1/4 go through gate and continue along enclosed footpath

After 100yds turn left along pavement alongside A591 DO NOT CROSS (22.7miles)

Continue along left of road to pass Swan Inn, at bench just before Our Lady of the Wayside Church cross with care at bollards when safe to do so. Turn left & after 25yds turn right down footpath (Signed Grasmere ¾ mile via Millenium Bridge) (23.5miles)

Go through metal gate and continue ahead, go through small wooden gate on right and cross field

Follow waymarker across another field, through another kissing gate and still following waymarker

Go through final kissing gate, continue ahead on path, turn left and left again (TBC) entering Sports Field to finish (24miles)