

Lakeland Four Passes

Start/Finish: Gatescarth Farm (GR 194 150, Post Code CA13 9XA)

Walkers 8.30am / Runners 9.30am – 16.5 miles & approx. 5000ft ascent

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 the start, go 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
- Continue on track uphill until you pass the Miners Bothy (1.9m - 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 (2.8m / GR 225 135)
- Pass behind Youth Hostel through mine car park (**NOT the YHA's**) and continue on track to road (2.9m – 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 (GR 246 139)
- Down to track near wall and go left to pass rear of Glaramara Outdoor Centre, go through gate and continue to left with wall on left.
- **IMMEDIATELY AFTER CROSSING FALLEN WALL TURN RIGHT TO DESCEND TO FOLLY BRIDGE (4.6m GR 250139)**
- Cross bridge, over field and on to Mountain View (4.75m GR 251 137)
- Ahead over road (**CAUTION**) and along track signed Seathwaite

CHECKPOINT 1 (5 Miles GR 249 134) - AID STATION (food & drink). Open 9:30-12:00

- Leave CP and continue up road, take left fork to Seathwaite
- At Seathwaite (6.4m - GR 235 121) turn left on track to Stockley Bridge (7.1m - GR 235 109) cross and ascend up hill.
- Cross foot bridge (7.8m - GR 223 102) and continue to stretcher box at Sty Head (8.7m - GR 219 095)
- **Bad Weather Safety Check only**
- Pass to left of box and ahead downhill to pass Burnthwaite Farm on left (10.5m - 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

CHECKPOINT 2 (11 Miles GR 186 087) – AID STATION (food & drink). Open 10:30-15:00

- Pass behind buildings (**do not take bridge**) then at short signpost take left fork
- Cross Gatherstone Beck (12.5m - GR 184 108) and follow path to top of Black Sail Pass (13.2m - GR 191114)
- Ahead on path and descend to footbridge (13.9m - GR 197 121)
- Left to pass in front of Youth Hostel (14.1 - GR 195 124), continue ahead
- At gate (14.4m GR 191 125), take track on right uphill to the summit of Scarth Gap (15m - GR 189 133)
- Straight on & descend to corner of woodland (15.9m - GR 188 148)
- Take **sharp right downhill** and through gate before continuing ahead to finish at Gatescarth Farm

Congratulations and well done! Collect your finishers medal and have some warm food.