

The Cumbria Way Ultra Route Notes 2014

The Gill, Ulverston/Start (NY 284 785) to Checkpoint 1 - Coniston Sports and Social Club (NY 304 978)

- 1 Follow gd path with beck on L to bridge, turn L over bridge SP 'Cumbria Way' on narrow track uphill. Before rd turn R through gap in wall into field SP 'Cumbria Way'.
- 2 Keep wall on L over 2 x stiles to m gate to farm track. Through farm yard QUIET, turn L at gap in wall SP 'Cumbria Way' with beck on R. After 20m cross wall at stile SP 'Cumbria Way', head across field to wood edge aim for red circle marker.
- 3 Through gap in wall uphill to stile, bear right across field to gate x 2 with house on R, QUIET. Follow narrow path, beck on R to stone stile into field.
- 4 Straight across to ladder stile uphill to stone stile x 2 to rd, CARE. Turn R on rd SP 'Cumbria Way' Higher Lath farm on L, QUIET.
- 5 Follow rd downhill to turn L at white house SP 'Cumbria Way' through w gate x 2 and through garden, PLEASE BE V QUIET.
- 6 Follow lane, Newbiggin Farm on L turn L off lane to w gate x 2 SP 'Cumbria Way' into field. Over s stile across field to stile to cross stream.
- 7 Cross field to finger post at wall corner to w gate. Turn L through m gate to lane at Stony Crag Farm, QUIET.
- 8 Bear R SP 'Cumbria Way' on post to m gate, follow wall on R 300m to w gate in wall SP 'Cumbria Way'. Cross wall over stream straight wall hedge on L to m gate at Hollowmire Farm. Turn R through farm yard, QUIET, past Hollowmire Cottage to lane, CARE.
- 9 Turn L at T junction SP 'Cumbria Way', follow lane. Turn R SP 'St. John's Church/Cumbria Way'.
- 10 Cross field to w gate x 2, stile to lane turn R on lane, CARE, past church on R to **Safety 1** at T junction.
- 11 Turn L onto rd, CARE, run on grass verge, turn 1st R SP 'Cumbria Way' down lane into Broughton Beck, QUIET.
- 12 Bear L in village to lane, gates x 2 through field keep wire fence on L to m gate and s stile in field corner. Bear diagonally L across field to cross beck at stone slabs, turn L to stile.
- 13 Beck on L cross field s stile straight on, wall on L to s stile in field corner, turn R on lane.
- 14 Uphill to T junction of lane, turn L on lane to m gate and Knapperthaw Farm, QUIET. Pass farm take R lane fork SP 'Cumbria Way', bear L at lane junction, CARE, to turn R over cattle grid between stone gate pillars to lane.
- 15 Turn L SP 'footpath' before Keldray Farm up stone steps to stile, turn R through field to s stile and gap in wall.
- 16 Bear slight left uphill across field to w gate in wall, keep wall on L to stile, walled lane m gate into Gawthwaite, QUIET.
- 17 Past Gawthwaite Farm to cross rd, CARE, to **Safety 2**. Turn R on lane SP 'Cumbria Way', bear L uphill SP 'Gawthwaite Land'.
- 18 Follow lane w gate x 3, bear right downhill w gate x 2 to lane at High Stennerley on L, QUIET. Through w gate follow lane down over cattle grid x 2 to T junction at rd, CARE.
- 19 Turn R then L at m gate to field, bear R on muddy track to s stile and w gate crossing stream. Bear R follow old mossy wall to s stile to lane.

20 Turn L on lane over cattle grid follow lane to L fork in lane SP 'Public Bridleway Kiln Bank only', over cattle grid to farm, QUIET. Turn R behind farm buildings to w gate SP 'Cumbria Way', follow lane wall on L, bearing R uphill on indistinct track to grass track to w gate, ladder stile to track to lane, CARE.

21 Turn L uphill on lane to brow of hill turn R at finger post SP 'Cumbria Way'.

22 Uphill on grass track to walled lane. Bear L following lane DO NOT go through w gate SP 'Cumbria Way' at Cockenskell Farm. Follow stony track to lone tree on L turn R uphill, follow track contouring L then gradually bearing R down to Beacon Tarn.

23 Take L track down to Tarn, L on boggy Cumbria Way path following Tarn to far end. Climb grassy track to stony track at col, contour hill on rocky path, CARE, to single track bearing L to rocky outcrop.

24 Cross stream to grassy path to lane, CARE, turn L 50m turn L onto track SP 'Public Bridleway', follow grassy lane which forks, take either fork as they'll join, follow track to finger post SP 'Cumbria Way'.

25 Cross stream bearing R on grass track, keep stream on R downhill, cross 2nd stream, follow track to w footbridge to cross rd and **Safety 3**, CARE.

26 Turn R SP 'Cumbria Way/Coniston via lake shore', stony track bear L w gate to grass track. Follow lakeside path with Cumbria Way finger posts, w gates x2, footbridge, w gate x3, footbridge, w gates x 2 then head away from lakeside next to wire fences to lane through campsite and past Coniston Hall on R, QUIET.

27 Follow lane to wall bear R on footpath w gate x 2, follow path, w gates x 2 to rd behind John Ruskin school, CARE, turn R over bridge use footpath on R of rd, swing L in front of Bluebird Cafe to pick up lakeside path by boat hire. Path to footbridge, path to rd, gate, cattle grid, cross rd, CARE, use footpath on R side. Over bridge turn R SP 'Coniston Sports and Social Centre/Skelwith/Ambleside' to **CP 1** on R over bridge.

Coniston to Checkpoint 2 - Sticklebarn Tavern - tented in car park (NY 295 065)

28 Leave CP over bridge turn R onto rd, CARE, 50m turn R SP 'Cumbria Way' over bridge to gate, path to gate, stone building on R. Uphill to gate, straight on at finger post to gate, follow good path through trees to gate.

29 Grassy path straight to gate x 2, turn L on stony track SP 'Tarn Howes/Low Yewdale'. Before bridge R through gate SP 'Tarn Howes' into field. Gate to stony path by beck, into woods uphill, w bridge, follow stony path uphill to large dead tree on L.

30 Turn L at tree, gate, SP 'Cumbria Way', gate past Tarn Howes Cottage on L, QUIET, turn R SP 'Cumbria Way/Tarn Howes' through gate uphill on drive. Gate, turn L on rd, CARE, SP 'Cumbria Way/Tarn Howes'.

31 Continue uphill, cattle grid, Tarn Howes car park on R (possible ice cream van), bear L onto track SP 'Tarn Howes Circular Path'. Bear L then R fork to bridge/gate, with Tarn on R. Follow good path along Tarnside, L fork SP 'Cumbria Way/Arnsdale & Langdales'.

32 Through gate, turn L on stony track SP 'Cumbria Way/Oxenfell/Langdales' to lane, CARE, bear L downhill to rd.

33 CARE cross rd, turn R on footpath next to wall, SP 'Cumbria Way'. Over w bridge, gate, follow wall, gate to path by rd, CARE, bear L on track to rd fork. Turn R SP 'High Park/Hallgarth' on lane downhill, over cattle grid.

34 Turn R after 2nd cattle grid, gate towards white cottage (Tea Rooms). Turn R through gate on good path, gates x 2 into woods. Follow main path bearing R next to wall to finger post. Bear L SP with yellow Public Footpath sign, R at immediate path fork.

35 Follow path to stone steps to rd, CARE, turn R SP 'Cumbria Way'. After 50m turn L through small gate in wall SP 'Cumbria Way/Skelwith Bridge'. Follow good path, stile, steps uphill in woods to stile, gate past house, QUIET. W gate to path, gap in wall to stile in wall.

36 Straight through farm yard past Elterwater Guest House, QUIET, gate SP 'Cumbria Way'. Follow good track downhill bear R on stony path SP 'Skelwith Bridge'. W gate to gates x 2 with Park Cottage on L, QUIET, to w gate and stony path.

37 Bear L, gate downhill into woods. Turn L SP 'Skelwith avoiding A593', Bridge Howe house on R, QUIET, bear R over bridge over river. Turn L SP 'Elterwater/Coniston' to gate. Follow main path by river to Elterwater car park (possible ice cream). Turn L on rd, CARE, over bridge, turn R uphill on rd to turn R onto path opposite old cave entrance SP 'Chapel Stile/Great Langdale'.

38 Downhill on path, river on R, bear R over footbridge SP 'Chapel Stile', gate to rd, CARE, turn L past Wainwrights Inn on L. 70m turn L onto path SP 'Baysbrown Campsite/Cumbria Way'. Bear L past houses SP 'Cumbria Way' to gate, walled path to lane. Follow lane to L over bridge, cattle grid, turn R follow lane with campsite on L.

39 Gates x 2, cattle grid, through Oak Howe Farm, QUIET, at back of buildings turn R SP 'New Dungeon Ghyll'. Follow stony path, gate, over stone bridge, gate downhill to gate and w footbridge. Turn R, gate through Side House Farm, SP 'Cumbria Way'.

40 Bear R on farm track to gate, over bridge, gate to rd, CARE. Cross rd, L then R into National Trust car park and **CP 2**.

Sticklebarn Tavern to Checkpoint 3 – Crosthwaite Parish Rooms, Keswick (NY 264 236)

- 41** Leave CP turn L through car park with toilets/pub on R to footpath at top of car park, SP 'Cumbria Way'. Gate follow stony path uphill, bear L and take L fork with wall on L.
- 42** Follow rough, rocky path uphill, CARE, gate SP 'Cumbria Way', L fork wall on L to footbridge. Gate, past white house on L, to gate SP 'Cumbria Way'.
- 43** At T junction of paths turn R SP 'NT Mickledon', path follows wall on L, gate x 2, follow gd path with wall on L.
- 44** River on L cross stone footbridge and rocky stream bed, path to w footbridge. Turn R at large cairn to follow rocky path uphill.
- 45** CARE on path, near top, beck on R, cross stream follow path uphill to x rds of paths. Turn L towards large cairn, and **Safety 4**, after 10m take R fork with cairn on R. Follow gd path to top of path zig zags.
- 46** Bottom of the zig zags cross footbridge, follow river to 2nd footbridge, turn R follow good stony path, river on R. CARE on rocks, follow cairns, over rock slabs to indistinct grassy path to gate in stone wall.
- 47** Good track to gate, follow to footbridge turn R to cross bridge, turn L on rocky path, CARE, through gate wire fence on R, river on L, to footbridge. Gate turn L on rocky path, river on L SP 'Cumbria Way' over stream bed, follow path gate x 2 to w bridge.
- 48** Follow grassy path across field, path forks but joins before gate, x 2, continue straight SP 'Watendlath via Rosthwaite'. Gate, wall on R to walled lane, gate, to entrance to Hazel Bank hotel on R.
- 49** Turn L over bridge on lane to rd, turn L then R, CARE, SP 'Cumbria Way'. Past toilets, Borrowdale Institute and **Safety 5**, past tea rooms on R, straight on lane past farm on L, QUIET.
- 50** Follow lane, river on L to cross bridge, turn R, take R gate with stile, follow good track, gate, into woods. Follow large cairns to gap in wall, follow main path uphill, then take middle path to x rds of paths, turn R SP 'Grange'.
- 51** At gap in wall turn R downhill on rocky path to gate, footbridge x 2, river on R to lane past campsite to T junction with rd, CARE. Turn L SP 'Manesty' onto lane through Hollows Farm yard, QUIET.
- 52** Through gate x 2 to field, bear R on track to gate on R. Follow track to gate to rd, CARE, turn L past Borrowdale Gates hotel on R. Follow rd 1/4m gate on R SP 'Lodore'.
- 53** Follow good track footbridge to gate x 2 SP 'Cumbria Way', bear L over rocks to grassy track over w planks to main path, turn L over walkways, lake on R to gate into woods.
- 54** Good path to house, QUIET, turn R on lane, gate SP 'Cumbria Way', L fork in lane to gate, SP 'Brandlehow/Keswick', past house on L, footbridge to bay, bear R to gate, follow path around headland into woods.
- 55** Follow good path along shore, past boat jetty on R, footbridge x 3, past large hands sculpture, no sitting down. Past 2nd boat jetty on R, gate, L fork away from lake to gate x 3 to rd, CARE.
- 56** Turn R, SP 'Catbells/Keswick', past Hawse End Centre on L, bear R on rd, turn R onto path at gate SP 'Portinscale'. Into woods on good path to footbridge/gate to field, gate into woods. Follow path to gate, Lingholm Estate on R to rd, CARE, bear R to footpath SP 'Portinscale/Keswick', after 20m, L fork uphill SP 'Cumbria Way' on finger post, follow path to rd, CARE.
- 57** Turn R, keeping to footpaths, into Portinscale, after The Chalet on L, turn R on rd, SP 'Keswick'. Continue straight to footbridge to lane.
- 58** Turn R onto footpath next to lane, river on R, turn R SP 'Keswick', good path between wire fences. Gates x 2, L onto lane to rd, CARE.

59 Turn R over bridge, keep to footpaths, Pencil Museum on L, cross rd to L side, continue to **CP 3** next to the Co Op.

Keswick to Checkpoint 4 – Caldbeck Parish Hall (NY 323 396)

60 Leave CP turn L past Co Op, straight over mini roundabout to follow main street on footpath, rd bears L at traffic lights past car park on R to 2nd traffic lights.

61 Turn L onto Station Rd towards Fitz Park, at rd junction bear L to footpath in front of Keswick Leisure Pool. Pass in front of building and follow path behind building to roundabout on rd, CARE. Straight across roundabout to footpath, turn L, wire fence on R to gate SP 'Cumbria Way'.

62 Cross to path follow to Briar Rigg rd, cross to footpath. Turn R on rd to R turn to lane, Spooney Green, SP 'Skiddaw', over bridge to gate at house, QUIET.

63 Straight uphill through Lattrigg Woods on gd path with no turns. Gate, past Gale Ghyll SP woods on L. Follow path to gate at Lattrigg car park.

64 Turn R to gate, L to grassy path, wall on L, to gate x 2. After 2nd gate take R fork SP 'Cumbria Way' downhill to cross stream.

65 Follow gd track to gate, follow path, EXTREME CARE on rocky sections. At path fork take L fork to w footbridge. Straight on, no turns, uphill with wall on R to gate.

66 Gd path to footbridge uphill to pass Skiddaw House on L. Turn R at finger post SP 'Public Bridleway' downhill on grassy path.

67 Cross footbridge, grassy path past stone sheep pen on R to footbridge and gate. Gd stony path past ruined stone building on R, river on R. Cross stream to join main stony track to bridge over beck.

68 Turn L uphill to join main track, L with beck on L. Follow track uphill past disused mine buildings on L.

69 From the Info sign take the R path uphill, keeping parallel with beck, when path bears L take indistinct rocky path uphill to pick up grassy path through heather/ferns bearing L following beck.

70 Path swings R uphill to cross stream. Lingy Hut ahead on horizon, at large rock swing L on indistinct path through heather/ferns. Climb, bear L on rocky, boggy path.

71 Keep beck on L, climb, at top keep close to beck, path becomes grassy trod. Join main stony path turning R to Lingy Hut and **Safety 6**.

72 Pass Hut on gd path uphill, track widens. Follow grassy path bearing L away from main path to reach summit of High Pike. Pass summit cairn and bench (no sitting) to 2nd cairn.

73 Descend on grassy path, after 100m take L fork to smaller grassy path. Fork L again to pass wooden rectangular fencing on R to T junction with main path.

74 Turn R, after 50m at X rds of paths turn L downhill on grassy path. Pass X rds of paths, straight to join main stony path, fencing on L, to gate SP 'Cumbria Way'. 2nd gate SP 'Cumbria Way' to pass Clay Bottom Farm, QUIET.

75 Follow lane, straight on past houses SP 'Cumbria Way', follow lane downhill to T junction with rd, CARE. Cross rd to lane SP 'No Vehicles except for access'. Follow lane, DO NOT turn R at next Cumbria Way SP on overgrown footpath.

76 Follow rd bearing R over bridge, past houses, QUIET, to **CP 4** on L.

Caldbeck to Finish – Carlisle Castle (NY 397 564)

77 Turn L out of CP to T junction at school, turn R, CARE, keep on footpath on R take 2nd L SP 'Wigton'. Turn R down lane, opp car park, QUIET, past houses and church on R to gate into field SP 'Sebergham Bridge'.

78 Past works on L to gate into woods on stony path, river on R. Continue uphill avoiding all turns to gate into field.

79 Contour across, bearing 80 degrees with wire fence on R to m gate. On bearing of 60 degrees head diagonally across field to gate in stone wall into woods.

80 Follow gravel path to gate, DO NOT go through gate, turn R downhill at Yellow/Blue bridleway marker SP 'Cumbria Way'.

81 River on R through woods to gate into field, woods on L, through 2 gates on good track SP 'Cumbria Way/Sebergham' to rd, CARE.

82 Turn R over bridge, then L at house through gate SP 'Sebergham Church', QUIET. Follow faint track uphill to gate.

83 Past house on R, QUIET, follow lane to church on R.

84 Turn L at gate SP 'Bell Bridge', follow good track to cattle grid, bear R with Sebergham Hall and hedge on L, QUIET.

85 Over cattle grid, good track downhill to 2nd cattle grid and rd. Turn L, CARE, over bridge, take stone steps on R to field SP 'Rose Bridge'.

86 River on R, follow track to gate, w plank bridge and gate to field. Follow track through 3 gates following river. Swing L to stile, then turn R to follow river bank again SP 'Rose Bridge'.

87 W plank bridge, gate through field to gate into woods over w plank bridge. Through woods, CARE along river bank, gate into field, follow river to barbed wire fence. Cross fence at marker to swing L over stony river bed.

88 Follow track with Rose Castle on L to stone steps at Rose Bridge. Cross rd, CARE, to field SP 'Holm Hill'. Follow path at field edge, river on R to gate, follow path to w plank bridge, follow path by river bearing L on path across field away from river to w plank bridge/gate, straight to gate, straight on to m gate on R.

89 Turn L on lane, SP 'Holm Hill/Dalston', straight over school drive to w gate to field SP 'Holm Hill/Dalston'. Across to gate SP 'Cumbria Way' bear R on lane, past houses on L, QUIET.

90 At T junction of lanes turn R SP 'Dalston' and 'Cumbria Way' to gate on R at end of lane. Through gate to gd track through fields SP 'Dalston'. Through 2 x gates then bear L with wire fence on L to gate to lane.

91 Follow lane to rd, QUIET, turn R, cross rd to footpath, CARE. Bridge End Inn on L, turn R over rd bridge SP 'Durdar'. Keep L on footpath, take 1st L on Riverside.

92 T junction turn R, cross bridge, take 1st L SP 'Footpath' at Cowens Mill sign, beck on L. Straight through Mill to lane junction, CARE. Turn L over white footbridge over river. Follow lane to car park and **Safety 7**. Toilets on R, Co op (open till 22:00) on L.

93 Follow rd, CARE, to R, through St Michael's church arch to churchyard. L path out of churchyard to footpath next to main rd, SP 'Carlisle'. Pass St Michael's primary school on R, turn R onto footpath/cycleway SP 'Caldew Cycleway 7/10/ Carlilse'.

94 Follow gd path around back of school grounds, keep L on path, river on R. Follow path behind Nestle factory on L, SP 'Cummersdale'. The landscape becomes more urban as you approach Carlisle, railway line on L, river on R.

95 Straight on under railway bridge, pass m gate to lane, CARE. Straight on, bearing R with river on R, wire fence on L, SP 'Denton Holme'. Take footpath behind Mill works with high wire fence on L.

96 Turn R onto smaller path by river, DO NOT go up steps. R again onto muddy path next to river SP 'Public Footpath', CARE on river bank, through trees to stile SP 'Public Footpath'.

97 Straight over field river on R, CARE on river bank, following gd track to m gate, SP 'Denton Holme'. Follow track bear R to m gate turn R onto gd footpath SP 'Denton Holme'. Houses on L, QUIET, river on R, pass weir.

98 Follow path playing fields on L. At 2nd footbridge take L path down to houses, DO NOT cross river. Bear R to follow river defence wall on R, SP 'Cumbria Way' on posts at eye level. Houses on L, black railings on L, wall on R to Elm Street floodgate.

99 Bear R through floodgate to follow river SP 'Cycle Path' under bridge SP 'Cumbria Way' Lidl on L.

100 Straight over footbridge, follow path, car park on R to end of footpath with CTD Tiles on L. Turn L on rd, CARE, footpath on L, SP 'Cumbria Way/City Centre'. Uphill to main rd, turn R on footpath, bear R to steps to footbridge over rd.

101 Cross footbridge over rd, down steps, turn L on footpath, L again to the entrance of Carlisle Castle. Under portcullis and into the Castle grounds and **FINISH!**

Key

R – Right, L – Left, SP – Signpost, FP – Footpath, CP – Checkpoint, w – wood, m – metal, rd – road, s stile – stone stile

Emergency Contact Numbers

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Important Notes

- Please respect the countryside and the landowners and farmers whose land you will cross.
- Please close ALL gates behind you, DO NOT leave open for the next competitor to close. There will be stock in some of the fields.
- DO NOT drop any litter on the route. Dispose of any litter at the Checkpoints.
- You MUST have your race number recorded by the Safety Marshals.
- To navigate around the route, use the Route Notes, Map, Compass, optional GPS and Common Sense. There will be occasional route markers to guide you.
- In the case of retirement from the event you MUST make your way to the nearest Checkpoint and inform a Marshal.
- Please respect your fellow competitors and report any competitor in distress using the Emergency Contact numbers, or in an emergency call Mountain Rescue on 999.

