



LAKELAND PILGRIMAGE

Welcome to your guide to the Lakeland Pilgrimage, here you will find details of the 275km route. Illustrated in this booklet is the seven stage route, alternative options are given at the end of the booklet.



For each stage you will find highlights of the route, optional scrambles, details of seven natural cathedrals and, where applicable, alternative routes.

There are also suggestions for accommodation and places you might like to stop for a slice of cake or a pint, or both!

THE BASICS

Total Distance: 275km

Total ascent: 18,500m

Map: Harveys 1:40,000 British Mountain Map, Lake District

Guidebooks: Cicerone guides to Scrambles in the Lake District, North and South

WELCOME PILGRIM

Pilgrimage is for those of faith, or of none, those who consider themselves holy, and those who doubt they are. Come and experience the thin places where the barrier between heaven and earth are blurred. An opportunity for body, mind and spirit to connect. Whether you find awe in the vistas, or exhilaration in the extremes, let each step be intentional. Feel the connection with the earth beneath your feet, the rain on your face, listen to the wind whispering in the trees or water thundering down rocks. Take time to let your eyes wander from the path to the open sky, or take a closer look at an alpine plant and marvel at creation. To enable space for reflection on the pilgrimage we have included an idea for each stage to help you reflect on the journey. You will find these at the bottom right hand corner of the page and we hope you will find these a helpful way of connecting with the journey beyond the physical and elemental aspects of the pilgrimage.



Stage 1 - see 1 - 15 on waypoints, distance and terrain on page 9.

This is a peaceful walk in the unspoilt valleys of Longsleddale and Kentmere, before linking the reservoirs of the great ridge of High Street to end by ascending wooded Dovedale to the iconic cave of Priests Hole.

The Pilgrimage starts at the sleepy hamlet of Garnett Bridge just 5 miles North of Kendal. There is limited parking here, so it's best to get dropped off, or park just past the junction of the Longsleddale road and the A6 at the designated parking place, and walk down the fields to the bridge. *Come and sign in at Cragg Cottage.*

The route starts with an easy valley walk, to a pool after 0.5km. Take the path above Bridge End that rises onto the moor towards Brunt Knott. After a short distance, a view opens up of Harter Fell at the head of the valley. From here, a boggy path leads through the bracken and grass, before turning up towards the summit of Brunt Knott and another impressive view. Retrace your steps for a short way, then follow the large track down to the farm and onwards over Staveley Head Fell to Green Quarter. Maggs Howe offers camping barn accommodation.

Highlights:

- Dockernook Viewpoint
- Brunt Knott summit
- Kentmere Reservoir
- The Ullstone
- The Rigg, Haweswater
- Dovedale & Dove Crag 'Natural Cathedral'

There's little in the hamlet of Kentmere apart from the church of St Cuthberts. A private road leads up the valley past the old green slate mines to the reservoir at the valley head. You will need to climb to reach the Ull Stone which lies a little way off the path. There is a legend that the giant Ull threw it here, but today it is used for bouldering.

Back on the main path, ascend to the pass of Nan Bield where you will find a well-built shelter, handy for taking a break. The rough path descends to Small water, a water between Harter Fell and Mardale Ill Bell.

The large path is followed to the road-head which marks the Southern end of Haweswater. You are unlikely to be alone as you follow the lake round, but the view when you reach the crest of the Rigg is stupendous. Walk down to the RSPB Bird Hide just a little way up Riggindale. The Golden eagle is thought to have disappeared now, but you may well see other birds of prey on the rough, pathless wander up Riggindale.

The route up Short Stile is all too obvious, it is steep and unforgiving up trackless grassy slopes, but it does take you into a wild amphitheatre. The toil does end (eventually) to cross the old Roman Road of High Street to the little top of Knott. Our route takes us across the main ridge and past Hayeswater to Hartsop where there is a public car park. Shortly you will arrive at another car park by Brotherswater. At Hartsop Hall you could take the track to the campsite next to the Brotherswater Inn where refreshment and accommodation await. For those continuing, a path slants up through natural woodland. I prefer the upper path rather than the valley bottom one, as this offers the better views.

Once you reach the uppermost cove below the Hart Crag/Dove Crag Ridge, look for a small path rising left from a large boulder. This takes you to the Priest's Hole, a small cave under an overhang on Dove Crag. There's a visitors book and it can be busy. A wall provides shelter and the location beneath the great overhang of Dove Crag is spectacular. If you are lucky, it's a wonderful place to see the sun rise to the East.

Refreshments & Accommodation

Maggs Howe Camping Barn <https://independenthostels.co.uk/members/magshowecampingbarn> Tel: 01539 821689

Brothers Inn <http://sykeside.co.uk/> or Tel: 01768 482239

What is your Rock?

Pick up a pebble or stone at the beginning of your journey to carry with you as you walk. Let the pebble or rock be a reminder of all the unseen things you carry with you: the stresses and worries of life, your hopes and dreams for the future. Imagine that the pebble is carrying those for you on your journey so that you may be in the present, in every step, in rain and sun, in climb and pause and breath.



Stage 2 - see 15 - 37 on waypoints, distance and terrain on pages 9-10

A rough exploratory wander up and down the coves between Fairfield and Helvellyn. Taking the classic Striding Edge and the Alpine traverse above the fjord-like Ullswater to the waterfall of Aira Force and knobbly hill of Gowbarrow. Continuing to the rough moorland to the foot of Blencathra, Sharp Edge and Hallsfell, and finishing at Keswick.



From Priest's Hole descend to the cove and cross the ridge of Hartsop above How to descend to Greenhow end. The scramble ends on a stony ridge which you follow to the main path taking you to the summit of Fairfield. Cofa Pike is worth the detour for the view back toward Greenhow End.

From the col between Fairfield and Cofa Pike, descend the slanting, scree laden path to the tarn. Just off the path below the outflow of the tarn is the Brothers Parting Stone. An inscribed stone marks the place at which William Wordsworth last saw his brother John.*

After following the path toward Glenridding a little way, ascend steeply up the broken ground to reach Cock Cove. There's a short ascent to the narrow little ridge of the Tongue with a rough descent to Ruthwaite Cove.

This cove is a wild place surrounded by broken cliffs. At its Northern edge, a stream is followed to reach Hard Tarn, a tiny lake kept in place by a glacial slab. Take a rightward slanting line from here to avoid the steepest ground until you reach the East Ridge of Nethermost Pike. Despite the crowds, Striding Edge is always worthwhile. Keep to the crest to enjoy it to the full. It's a very easy scramble, but for those of a nervous disposition, Swirral Edge offers an alternative way down to Red Tarn.

The motorway like path from here takes you to the cottages and huts by the mines. Helvellyn Youth Hostel is a short distance down the track toward Glenridding, or continue on a three kilometre diversion into Glenridding village for the range of accommodation and refreshments available. Otherwise take the Sticks Pass path past the disused lead mines of Greenside.

Highlights:

- Greenhow End, Fairfield (Grade I)
- Cofa Pike
- Nethermost Cove
- Striding Edge, Helvellyn (Grade I ***)
- Glencoyne Head
- Gowbarrow Memorial Seat
- Sharp Edge, Blencathra (Grade I/II ***)

The path that leads to Aira Force traverses steep hillsides. You'll pass Lylph's Tower as you walk towards the memorial Seat.

You may want to stop for refreshments at the Royal Hotel at Dockray before following the Old Coach road past High Row, and then a more indistinct path over the moor to Scales.

Blencathra rises right behind Scales. On reaching the lip of Mouthwaite Combe, Sharp Edge comes into view and from there holds the gaze for most of the approach. The edge itself is formed of clean rock and is over all too soon. The exit up Foule Crag can be slippery and unpleasant but the scramble can be path up Scales Fell from the tarn. Another rocky ridge leads down (Hallsfell) to Threlkeld and this can be slippery when wet. Refreshments can be taken in the village or you can continue along small roads to the campsite at Burns Farm.

Refreshments & Accommodation

YHA Helvellyn www.yha.org.uk/hostel/helvellyn Tel: 0800 0191 700

Royal Hotel at Dockray www.the-royal-dockray.co.uk Tel: 017684 82356

White Horse Inn www.thewhitehorse-blencathra.co.uk /Tel: 017687 79883

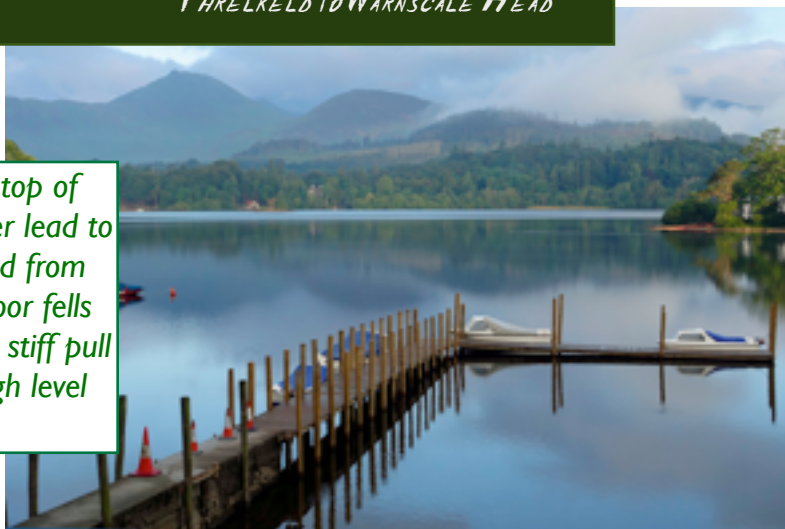
Burns Farm Campsite <http://burns-farm.co.uk> Tel: 017687 79112

Parting

* Read the inscription on the parting stone and take a moment to remember those departed in your own life. Throw a small stone into the tarn and watch the ripples radiate out. Use as a way of acknowledging the impact those individuals have had on your life. An opportunity to feel thankful, or to let go.

Stage 3 - see 37 - 57 on waypoints, distance and terrain on page 10.

From the stone circle on the way to the top of Walla Crag. The shores of Derwentwater lead to the cafes and gear shops of Keswick, and from there to the shapely folds of the Grasmoor fells and down to beautiful Buttermere. It's a stiff pull up to the climbs on Grey Crag and a high level saunter to the best bothy in the Lakes.



A combination of small roads and paths lead to the Castlerigg Stone Circle, one of the earliest stone circles in Britain and possibly in Europe. It's an easy walk to the top of Walla Crag which offers a remarkable view over Derwentwater immediately below the cliff. A path to the South West allows a more moderate descent to the lakeside path that passes Friars Crag. This is a good place to amble as there are parks that lead into the great capital of gear and tea shops that is Keswick.

Continue ambling toward Braithwaite where there is a good campsite. The route follows a natural ridge line from Barrow to Grasmoor and from there over Whiteless Pike and down to the inviting village of Buttermere.

If you're strong, the run off Whiteless Pike can be exhilarating and fast. Buttermere offers a range of accommodation options including youth hostel, campsite, hotels and bed & breakfasts. If you get there in time, Syke Farm teashop serves delicious ice-cream made from their own cows. The village also has a small church with a memorial to Alfred Wainwright below one of the windows.

Highlights:

- Castlerigg Stone Circle
- Walla Crag
- Friars Crag, Derwentwater
- Barrow
- Buttermere Church
- Grey Crag (Harrow Buttress and Chockstone Ridge), High Stile (Diff Rock Climb ***)
- Innominate Tarn

The next section starts with a walk by Buttermere Lake, before rising steeply into Birkness Combe. This is the haunt of rock climbers and if it's reasonably dry offers a route up Grey Crag for the scrambler. This is at the limit of scrambling and is actually graded as a Diff rock climb, so unless you are confident, you will need a rope and a companion.

It is pretty impossible to get up the little chimney on Harrow Buttress with a large backpack, so I recommend leaving the sack at the bottom or hauling up this bit. Alternatively, you can take the climbers descent path up the scree that borders the climbs or ascend the steep slope to High Stile before you get to the crags, although its worth entering the combe to experience the wild ambience.

Once on top, follow the well frequented path over High Crag and Haystacks to Innominate Tarn, Wainwright's favourite place and where his ashes were scattered. Once past Blackbeck Tarn, take a small path toward Warnscale Head Bothy which is an old quarryman's hut with a tremendous view over Buttermere. The bothy is very small so you should take a tent or use the nearby bothy of Dubs Hut if you plan to stay.

Refreshments & Accommodation

Scotgate Campsite www.scotgateholidaypark.co.uk Tel: 017687 78343
YHA Buttermere www.yha.org.uk/hostel/buttermere Tel: 0800 0191 700
Syke Farm Campsite www.sykefarmcampsite.com Tel 017687 70222
Syke Farm Teashop Tel: 017687 70277

Re-Wilding

Sometimes our lives can be so ordered, time constrained, neat, that our souls need a bit of re-wilding. Take off your footwear and socks, push your toes into the grass, or feel the grit stick to the soles of your feet. If you're feeling brave; paddle in a tarn, stream or lake and then let your feet air dry. Savour that real physical connection with creation.

Stage 4 - see 57 - 78 on waypoints, distance and terrain on pages 10-11.

This stage combines scrambling, ridge and valley walking, so has something of everything and takes the pilgrim through some of the very best of the Lake District.



Whichever path you take you'll end up at Gatesgarth, and thence Buttermere Lake. The ascent of Robinson from Hassness is hard-going if you take the path, and the scramble up the gill to its left is scarcely less arduous but can be a real clamber in a Garden of Eden. Instead of following the ridge all the way to Dale Head, the route drops down the Northern ridge of Hindscarth to arrive at Low Snab. Here you can move onto Newlands Church.*

Passing the car park at Little Town, and the mine workings of Yewthwaite lead mine, head out and back to Cat Bells. Despite the people it's an attractive little summit. Then it's down to Grange, to break for refreshment.

Castle Crag may lack height, but it makes up for it in character. If you continue near the river you can access caves, once the home of the self-styled 'Professor of Adventure', Millican Dalton. In Rosthwaite there are a few shops and a bit further on is one of my favourite youth hostels, YHA Borrowdale.

If you carry on along the riverside path, you cross the river and follow the path toward Glaramara. If you fancy the scramble, leave the path when it rises up the hillside away from the stream and instead, follow the valley up to Dovenest Crag for a singular up and down scramble to a cave. This can be followed by another scramble up to Rosthwaite Fell and from there make sure not to get lost on the bumpy ground to High House Tarn.

Highlights:

- Buttermere Lake
- Hassness Gill, Robinson (Grade I *)
- Castle Crag
- Doves Nest Cave, Glaramara (Grade II ***)
- Doves Nest Crag, Glaramara (Grade III **)
- The Napes, Great Gable 'Natural Cathedral'
- Climbers Traverse, Great Gable (Grade II ***)
- Pinnacle Ridge, Westmorland Crags, Great Gable (Grade II **)

After Allen Crags, the route joins the motorway at Esk Hause which passes Sprinkling Tarn. At Sty Head you take the rather indistinct track slanting upwards that leads to Kern Knotts and the Napes. This is a spectacular traverse beneath cliffs taking you passed the famous Needle and Sphinx rock, before rising up past Sphinx Rock to another scramble - Pinnacle Ridge of the Westmorland Crags. This leaves you just short of Great Gable itself. Alternatively you could walk up the Breast Track to the summit of Gable.

More scree takes you to the aptly named Windy Gap and you can then descend over to the North West ridge of Green Gable, or else take in the summit and descend the ridge from the top. In any event, you'll end up at Black Sail Hostel, which is the Lake District's only true mountain hut. Book in advance to be sure of a place.

Pause

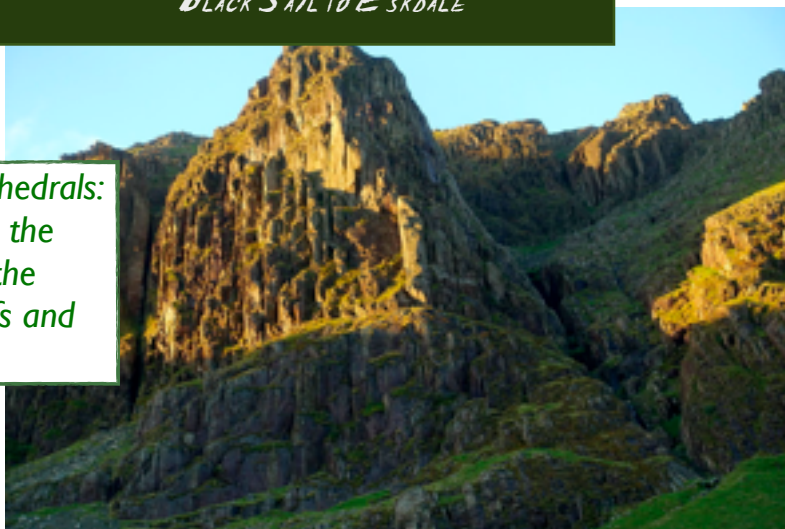
*Newlands Church fully merits the descent from the ridge. The simplicity and peace of the place seem to radiate calm. Take time out to pause inside the church. Seek stillness in this place of sanctuary. How often do you hit the pause button in your own life? Is this pilgrimage a chance to check out of your hectic lifestyle and plug into peace?

Refreshments & Accommodation

YHA Borrowdale www.yha.org.uk/hostel/borrowdale 0800 0191 700
YHA Black Sail www.yha.org.uk/hostel/black-sail 0800 0191 700

Stage 5 - see 78 - 98 on waypoints, distance and terrain on page 11-12.

This stage takes in two mountain cathedrals: Pillar Rick and Scafell. This stage has the most dramatic ravine in the District, the highest peak, one of the greatest cliffs and wildest valleys.



From Black Sail Hostel, you could ascend to Black Sail Pass and follow the High Level Route to Robinsons Cairn, but despite the difficulty, I recommend walking down the valley and crossing a little bridge to ascend directly to the bottom of Pillar Rock. This shows the full extent and power of the rock which soars above the valley. It's a bit hard going but eventually relents to make a spectacular walk to the left of the Rock. When you hit the path from Robinsons Cairn, follow it to the gap by Pillar Rock and go up and down Slab & Notch to the top. If you have a rope you can abseil down to Jordan Gap, but otherwise you must come down the same way you came. If you don't fancy the scramble up Pillar Rock, a much easier scramble can be taken up Pisgah, the pinnacle before the gap.

You'll probably not want to hang around on the bald summit so continue on the stony ridge to Scoat Fell and make sure that you go over to Steeple. The hills get more rounded and less rocky as you leave Scoat Fell towards Wastwater. You'll reach the road at Greendale, home and farm of the most famous fell runner in Britain, Joss Naylor.

Highlights:

- Slab & Notch Pillar Rock (Grade III***)
- Wastwater
- Crenation Ridge, Pikes Crag (Diff Rock Climb ***)
- Lords Rake & West Wall Traverse (Scafell, Grade I *)
- Wild Eskdale

You will pass the youth hostel, where a steep ascent of the Screes awaits. Its a stiff pull but there are great views of Wasdale. Before you arrive at the head of the valley, you'll pass the National Trust campsite, follow the road to the pub rather than the footpath, unless you want wet feet! you can stop off at the Wasdale Head Inn for a hot meal and a beer.

My favourite way up Scafell Pike is Piers Gill. The gill is a Severe climb but there's a path to the side. It's the most spectacular ravine in the District which splits the hillside up to Lingmell. You can follow the path up to the large cairn on Scafell Pike, but if you're a climber and have a rope, why not drop down below Pikes Crag and tackle Crenation Ridge, a 'Diff' climb that takes an obvious arete up Pikes Crag to finish on Pulpit Rock.

Once beyond Mickledore you can drop down to the East before reaching the gully and stream that rise to Foxes tarn, but preferable is the route up Lords Rake and Deep Ghyll. The scramble takes you into grand surroundings, especially if you make the detour to the top of Scafell Pinnacle.



Descend into Eskdale and Sampsons Stones at the bottom. It's a boggy walk to Lingcove Beck but at the packhorse bridge, the trail improves. The bridge is a special place on a sunny day with an idyllic pool beckoning. The sheepfold by the bridge makes a great campsite.

Refreshments & Accommodation

YHA Wasdale Hall www.yha.org.uk/hostel/wasdale-hall Tel: 0800 0191 700

NT Campsite www.nationaltrust.org.uk/features/wasdale-campsite
Tel: 01946 726220

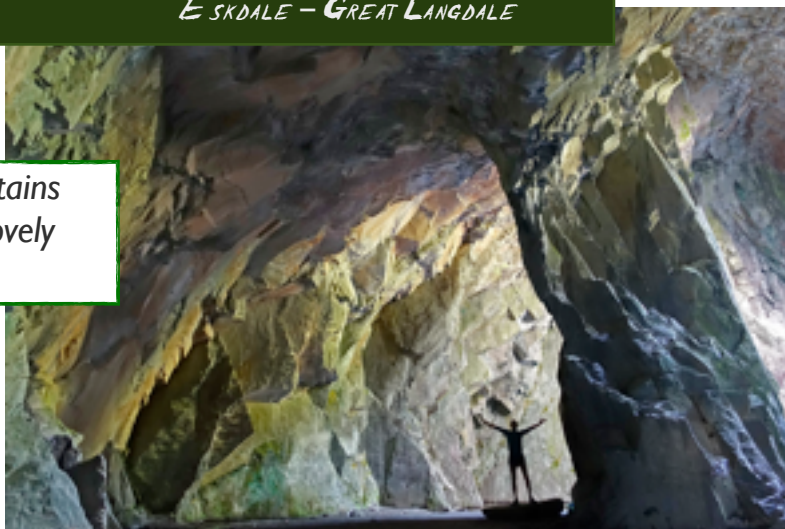
Wasdale Head Inn <http://wasdale.com> Tel: 019467 26229

Limits

Sometimes it is when we get to the end of ourselves, through exhaustion or effort, that we discover things about ourselves and our limits. As you journey through stage 5 take a picture to remind you of what you have achieved, or write down how you feel. Take this home with you and stick to your fridge. In moments of human defeat may the picture or words be an encouragement to you.

Stage 6 - see 98 - 123 on waypoints, distance and terrain on page 12.

This stage takes in the last big mountains involving much scrambling, but also lovely valleys.



Once you reach the road, turn left up to Hard Knott Fort before scrambling up Harter Fell, an isolated, excellent viewpoint. The way to Wallowbarrow wouldn't make anyone's top ten walks, but the crag itself is set in a fine location and is a popular haunt of rock climbers.

Call in at the Newfield Inn for a pint in the bucolic loveliness of the Duddon valley. There's a good campsite just up the road and a camping barn near Wallowbarrow. Otherwise, the pilgrimage leads on to a low level scramble up Throng Buttress, or by the normal path up to seathwaite Tarn. You can either walk up Grey Friar on a small path or continue along the tarn and scramble up Great Blake Rigg. From there, it's a high level ridge passing the remains of a crashed plane near Great Carrs.

Continue with a scramble that scales the ramparts of Dow Crag via a climber's descent route, or else you can simply walk along the ridge to the summit. There are better scrambling routes but these are likely to prove too difficult with a large pack, but if you're out for the day, Giant's Crawl or one of the buttress routes would provide a finer route to the top.

Highlights:

- Harter Fell (Grade II *)
- Throng Close Buttress, Duddon Valley (Grade I *)
- Great Blake Rigg, Grey Friar (Grade III **)
- Easy Terrace, Dow Crag (Grade III ***)
- Cathedral Cave 'natural cathedral'

Rather than descending the normal route from Coniston Old Man, reverse your steps to Brim Fell and descend rough ground to Levers water and the ambience of the combe and aptly named Boulder Valley that leads down to the Miners Bridge. Cross to Tilberthwaite, a rather lovely gorge, and Cathedral Cave, an impressive cavern near Little Langdale.

It's worth the detour to the Three Shires Inn, and do make sure to cross the characterful Slaters Bridge before following the footpath to one of the Lake District's beauty spots, Blea Tarn, with the Langdale Pikes framed by Side Pike and Blake Rigg. The former is a singular little summit that's worth the brief detour before dropping down to the Old Dungeon Ghyll for well earned refreshment. There's a campsite here as well as hotel accommodation.



Refreshments & Accommodation

Newfield Inn www.newfieldinn.co.uk Tel: 01229 716208
High Wallabarrow Camping barn www.wallabarrow.co.uk
 Turner Hall Campsite <http://www.duddonvalley.co.uk/page6> Tel: 01229716420
Three Shires Inn www.threeshiresinn.co.uk Tel: 015394 37215
NT Great Langdale campsite www.nationaltrust.org.uk/features/great-langdale-campsite Tel: 015394 37668

Legacy

As you enter cathedral cave through the short tunnel look up, see how the light through the opening highlights the hues of colour of the walls which soar upwards. Find a place to sit in this 'cathedral', marvel at the human endeavour to create such a place, just like the cathedral's of our cities. As you depart leaving only your footprints behind, consider the legacy you will leave when you are gone.

Stage 7 - see 123 - 147 on waypoints, distance and terrain on pages 12-13.

The last stage starts with the iconic Langdale Pikes after which there are no big mountains but plenty of good views, potential tea shopping and places to look back on the pilgrimage.



From the Old Dungeon Ghyll, take the path by Dungeon Ghyll if you don't fancy the scramble up the West Face. Otherwise go up Mickleden and Troughton Beck and then traverse to the base of the exposed scramble up the face of the Pike. This is superbly situated and lands you on the knobbly little summit which is one of the most distinctive points of the District. The way to Harrison Stickle is obvious, or rather better is the scramble up the face a little way further right.

For a different experience, you can descend from Pavey Ark by the exposed groove of Jack's Rake, but if this isn't for you, the path to the East provides an alternative. Crossing the ridge to Easedale takes you into Wordsworth country and Grasmere. There's a youth hostel in the village but if the weather is fine, ascend the path to Alcock Tarn for a night above the lights of the village.

As you descend from Alcock Tarn you pass the summit of Butter Crags on the path down to White Moss Common. Follow the old coffin road from Grasmere to Rydal. Rydal Hall offers a peaceful place to sit and reflect, there's also a campsite as well as hotel accommodation and a tea shop by the waterfall.

From here its a stroll into Ambleside where there are a multitude of enticing delights on offer in the way of food and drink. Then take the well made path to the summit of Wansfell and down the other side to Troutbeck.

Highlights:

- Main Face, Pike O Stickle (Grade II ***)
- South West Face, Harrison Stickle (Grade II **)
- Jacks Rake, Pavey Ark (Grade I ***)
- Wansfell
- Orrest Head
- Potter Fell

The path to Windermere passes Allen Knott and the summit of Orrest Head, both great viewpoints. There's plenty of accommodation and food options in Windermere, as well as a train station. We immediately cross the road passed a housing estate and on to School Knott, from where the Dales Way takes us to Staveley. The terrain is undulating and unspectacular, but makes a very pleasant walk through the fields.

In Staveley is Wilfs Cafe, an artisan bakery and the Hawkshead Brewery Hall, where you can buy yourself a treat. Cross the river on a footbridge and join the small road past Cragg Wood. Its worth a diversion into the natural woodland before continuing on to Potter Tarn and Gurnal Dubs. The main path winds down to the South East, but a better end is to take the indistinct path North East from the stile at the South East end of the tarn and across to Ulgraves, a nice little summit and viewpoint over Longsledale. Head South from the summit to a gate and keep left of the lovely tarns before crossing the wall by a stone stile.

Go from here to Carl Crag and make your way to the deer fence. You can carry on down by the side of the fence to cross the wall to the road or else weave circuitously through the wood to end at Garnett Bridge.



Once you've completed all the stages don't forget to pop in to see John Fleetwood at Cragg Cottage, Garnett Bridge to have Cream Tea.

Refreshments & Accommodation

Rydal Hall campsite www.rydallhall.org Tel: 015394 32050
Rattle Gill Cafe www.rattlegill.com Open Weds - Sun
Staveley Mill Yard www.staveleymillyard.com

Time to reflect

As you walk this last stage take out the stone you picked up at the beginning of the pilgrimage. What will you do with your stone? Will you leave it on the path for fellow travellers? Will you skim it on a lake as a symbol of the refreshment you have received from this journey? Will you make a small cairn as a way of marking the special moments on the journey? Or will you take it home with you as a memory of the pilgrimage?

Waypoints, Distance and Terrain

Keep a record of your progress by using the tick boxes

	Waypoints	Distance (km)	Terrain	Alternative Route options			Tick When Completed	
				7 stages	12 stages	3 x long wkend		
1	Cragg Cottage Garnet Bridge	0.0		Stage 1	Stage 1	Weekend one - day one	<input type="checkbox"/>	
2	Fishing Pool	0.58	Valley bottom path				<input type="checkbox"/>	
3	Docker Nook viewpoint	2.61	Good valley path				<input type="checkbox"/>	
4	Brunt Knott	5.11	Boggy path across grass and bracken				<input type="checkbox"/>	
5	Kentmere Church	12.72	Good paths through fields				<input type="checkbox"/>	
6	Kentmere Reservoir	17.23	Very good path and road				<input type="checkbox"/>	
7	Ull Stone	18.27	Pathless grass		Stage 2	Stage 2	Weekend one - day one	<input type="checkbox"/>
8	Nan Bield Pass	19.93	Good mountain path					<input type="checkbox"/>
9	Small Water		Good mountain path					<input type="checkbox"/>
10	Riggindale	23.29	Good path			<input type="checkbox"/>		
11	Short Stile	26.56	Arduous pathless grass			<input type="checkbox"/>		
12	The Knott	27.42	Good mountain path			<input type="checkbox"/>		
13	Brotherswater	31.95	Good mountain path			<input type="checkbox"/>		
14	Dovedale		Mountain path			<input type="checkbox"/>		
15	Priests Hole	35.43	Ill defined and steep mountain path			<input type="checkbox"/>		
16	Greenhow End	36.89	Grade II scramble	Stage 2	Stage 3	Weekend one - day two	<input type="checkbox"/>	
17	Fairfield	38.29	Good mountain path				<input type="checkbox"/>	
18	Cofa Pike	38.69	Good mountain path				<input type="checkbox"/>	
19	Brothers Parting Stone	39.53	Poor path across scree from Cofa Pike		<input type="checkbox"/>			
20	Cock Cove	40.40	Rough trackless mountain		<input type="checkbox"/>			
21	Dollywaggon Pike	41.07	Trackless ground		<input type="checkbox"/>			
22	The Tongue	41.30	Small mountain path		<input type="checkbox"/>			
23	Hard Tarn	42.12	Rough trackless mountain		<input type="checkbox"/>			
24	Nethermost East Ridge	42.43	Rough trackless mountain		<input type="checkbox"/>			
25	Nethermost Pike	42.93	Small mountain path		<input type="checkbox"/>			
26	Helvellyn	43.84	Good mountain path		<input type="checkbox"/>			
27	Striding Edge	44.65	Very easy scramble		<input type="checkbox"/>			
28	Greenside Mines	47.85	Trackless ground then good mountain path		<input type="checkbox"/>			
29	Glencoyne Brow	52.09	Good mountain path		<input type="checkbox"/>			
30	Aira Force	54.83	Very good path		<input type="checkbox"/>			
31	Gowbarrow Memorial bench	56.28	Good mountain path		<input type="checkbox"/>			

	Waypoints	Distance (km)	Terrain	Alternative Route options			Tick When Completed
				7 stages	12 stages	3 x long wkend	
32	Gowbarrow	58.36	Good mountain path	Stage 2 Cont.	Stage 3 Cont.	Day two Cont.	<input type="checkbox"/>
33	Royal Hotel Dockray	60.14	Good path				<input type="checkbox"/>
34	White Horse Inn Scales	68.98	Good path, then boggy				<input type="checkbox"/>
35	Sharp Edge	72.49	Exposed Grade I/II Scramble		Stage 4	Weekend one - day three	<input type="checkbox"/>
36	Blencathra	73.35	Good mountain path				<input type="checkbox"/>
37	Threlkeld	75.91	Easy Grade I Scramble				<input type="checkbox"/>
38	Burns Farm Camp Site	78.15					<input type="checkbox"/>
39	Castlerigg Stone Circle	79.98	Valley paths	Stage 5	Weekend two - day one	<input type="checkbox"/>	
40	Walla Crag	83.58	Good mountain path			<input type="checkbox"/>	
41	Friars Crag	86.74	Good paths			<input type="checkbox"/>	
42	Moot Hall Keswick	87.96	Easy flat path			<input type="checkbox"/>	
43	Braithwaite	91.83	Easy flat path			<input type="checkbox"/>	
44	Barrow	93.86	Good path			<input type="checkbox"/>	
45	Sail	97.20	Good mountain path			<input type="checkbox"/>	
46	Crag Hill	97.80	Good mountain path	Stage 6	Weekend two	<input type="checkbox"/>	
47	Grasmoor	99.67	Good mountain path			<input type="checkbox"/>	
48	Wandope	101.21	Good mountain path			<input type="checkbox"/>	
49	Whiteless Pike	102.43	Good mountain path			<input type="checkbox"/>	
50	Buttermere	104.80	Good mountain path			<input type="checkbox"/>	
51	Birkness Combe	108.00	Path then rough ground			<input type="checkbox"/>	
52	Grey Crag	108.35	Difficult scrambles			<input type="checkbox"/>	
53	High Stile	108.68	Mountain path	Stage 4	Weekend two	<input type="checkbox"/>	
54	High Crag	110.07	Rough mountain path			<input type="checkbox"/>	
55	Haystacks	111.75	Rough mountain path			<input type="checkbox"/>	
56	Innominate Tarn	112.32	Mountain path			<input type="checkbox"/>	
57	Warnscale Head Bothy	113.28	Rough mountain path	Stage 4	Weekend two	<input type="checkbox"/>	
58	Hassness	116.84	Good path			<input type="checkbox"/>	
59	Hassness Gully	117.58	Very steep path or Grade I Scramble			<input type="checkbox"/>	
60	Robinson	119.11	Good mountain path			<input type="checkbox"/>	
61	Hindscarth	121.24	Good mountain path			<input type="checkbox"/>	
62	Newlands Church	125.16	Good mountain path			<input type="checkbox"/>	

	Waypoints	Distance (km)	Terrain	Alternative Route options			Tick When Completed	
				7 stages	12 stages	3 x long wkend		
63	Catbells	127.34	Good mountain path	Stage 4 Cont.	Stage 6 Cont.	Cont. Weekend two - day two	<input type="checkbox"/>	
64	Grange	130.18	Very good path				<input type="checkbox"/>	
65	Castle Crag	132.30	Good path				<input type="checkbox"/>	
66	Rosthwaite		Good path				<input type="checkbox"/>	
67	Borrowdale Youth Hostel	134.53	Good path				<input type="checkbox"/>	
68	Dovenest Cave	137.71	Good path then Grade II Scramble				<input type="checkbox"/>	
69	Rosthwaite Cam	137.98	Rough ground				<input type="checkbox"/>	
70	Glaramara	139.84	Rough mountain path				<input type="checkbox"/>	
71	High House Tarn	141.03	Rough mountain path				<input type="checkbox"/>	
72	Allencrags	142.03	Rough mountain path				<input type="checkbox"/>	
73	Sprinkling Tarn	143.39	Good mountain path				<input type="checkbox"/>	
74	The Napes	145.47	Grade II Scramble				<input type="checkbox"/>	
75	Pinnacle Ridge, Westmorland Crag	145.91	Grade II Scramble				<input type="checkbox"/>	
76	Great Gable	146.01	Rough path				<input type="checkbox"/>	
77	Green Gable	146.56	Rough mountain path	<input type="checkbox"/>				
78	Black Sail Youth Hostel	149.53	Rough ground	<input type="checkbox"/>				
79	Pillar Rock	153.00	Steep indistinct mountain path then grade III scramble	Stage 5	Stage 8	Weekend two - day three	<input type="checkbox"/>	
80	Pillar	153.27	Grade III scramble down then rough mountain path				<input type="checkbox"/>	
81	Black Crag	153.98	Rough mountain path				<input type="checkbox"/>	
82	Scoat Fell	154.84	Rough mountain path				<input type="checkbox"/>	
83	Steeple	155.08	Rough mountain path				<input type="checkbox"/>	
84	Haycock	156.81	Mountain path				<input type="checkbox"/>	
85	Seatallan	159.29	Small mountain path				<input type="checkbox"/>	
86	Middle Fell	161.12	Small mountain path				<input type="checkbox"/>	
87	Greendale	163.06	Mountain path				<input type="checkbox"/>	
88	Wasdale Youth Hostel	164.91	Valley path				<input type="checkbox"/>	
89	Whin Rigg	168.23	Steep path				<input type="checkbox"/>	
90	Ill Rigg	170.48	Mountain path				<input type="checkbox"/>	
91	Wasdale Head Inn	175.40	Valley path				<input type="checkbox"/>	
92	Piers Gill	179.05	Mountain path				Stage 9	<input type="checkbox"/>
93	Crenation Ridge	181.11	Small rough paths, then Diff Climb				<input type="checkbox"/>	

	Waypoints	Distance (km)	Terrain	Alternative Route options			Tick When Completed
				7 stages	12 stages	3 x long wkend	
94	Scafell Pike	181.71	Rough ground	Stage 5 Cont.	Stage 9 Cont.	Weekend three - day one	<input type="checkbox"/>
95	Lords rake & Deep Gill	182.95	Rough mountain path then Grade III scramble				<input type="checkbox"/>
96	Scafell	183.32	Rough mountain path				<input type="checkbox"/>
97	Sampsons Stones	185.45	Rough mountain path				<input type="checkbox"/>
98	Lingcove Bridge	187.93	Mountain path				<input type="checkbox"/>
99	Hard Knott Roman Fort	191.09	Path then road	Stage 6	Stage 10	Weekend three - day two	<input type="checkbox"/>
100	Harter Fell	194.30	Path then scramble				<input type="checkbox"/>
101	Wallowbarrow	198.56	Mountain path				<input type="checkbox"/>
102	Newfield Inn, Seathwaite	199.86	Valley path				<input type="checkbox"/>
103	Throng Close Buttress	202.89	Path then Grade I Scramble				<input type="checkbox"/>
104	Tarn	203.83	Path				<input type="checkbox"/>
105	Great Blake Rigg	205.52	Grade III Scramble				<input type="checkbox"/>
106	Grey Friar	206.41	Rough ground				<input type="checkbox"/>
107	Great Carrs	207.51	Mountain path				<input type="checkbox"/>
108	Swirl How	207.97	Mountain path				<input type="checkbox"/>
109	Goats water	210.85	Mountain path	<input type="checkbox"/>			
110	Easy Terrace, Dow Crag	211.24	Grade III Scramble	<input type="checkbox"/>			
111	Dow Crag	211.38	Rough ground	<input type="checkbox"/>			
112	Coniston Old Man	212.97	Mountain path	<input type="checkbox"/>			
113	Brim Fell	213.75	Mountain path	<input type="checkbox"/>			
114	Levers Water	214.91	Rough ground	<input type="checkbox"/>			
115	Pudding Stone	215.51	Mountain path	<input type="checkbox"/>			
116	Miners Bridge	217.06	Mountain path	<input type="checkbox"/>			
117	Tilberthwaite Gill	220.35	Mountain path	<input type="checkbox"/>			
118	Cathedral Quarry	223.51	Valley path	<input type="checkbox"/>			
119	Three Shires Inn	224.37	Valley path	<input type="checkbox"/>			
120	Slater Bridge	225.02	Valley path	<input type="checkbox"/>			
121	Blea Tarn	228.11	Path	Stage 11	<input type="checkbox"/>		
122	Side Pike	229.70	Mountain path		<input type="checkbox"/>		
123	Old Dungeon Ghyll Hotel	231.08	Mountain path		<input type="checkbox"/>		
124	Pike O Stickle Main Face	234.15	Path, rough ground then Grade II Scramble	<input type="checkbox"/>	<input type="checkbox"/>		

	Waypoints	Distance (km)	Terrain	Alternative Route options			Tick When Completed
				7 stages	12 stages	3 x long wkend	
I25	Pike O Stickle	234.38	Scramble	Stage 7	Stage 11 Cont.	Weekend three - day three	<input type="checkbox"/>
I26	Harrison Stickle SW Face	235.09	Grade II Scramble				<input type="checkbox"/>
I27	Harrison Stickle	235.18	Rough ground				<input type="checkbox"/>
I28	Pavey Ark	235.91	Rough mountain path				<input type="checkbox"/>
I29	Jacks Rake	236.04	Grade I Scramble				<input type="checkbox"/>
I30	Easedale Tarn	238.95	Mountain path				<input type="checkbox"/>
I31	Grasmere	242.02	Good path				<input type="checkbox"/>
I32	Alcock Tarn	244.24	Good path				<input type="checkbox"/>
I33	Coffin Route	246.51	Valley path				<input type="checkbox"/>
I34	Rydal	248.19	Valley path				<input type="checkbox"/>
I35	Ambleside	250.93	Small road				<input type="checkbox"/>
I36	Wansfell Pike	252.83	Good path				<input type="checkbox"/>
I37	Troutbeck Church	255.62	Good path				<input type="checkbox"/>
I38	Allen Knott	257.62	Valley path				<input type="checkbox"/>
I39	Orrest Head	259.58	Valley path				<input type="checkbox"/>
I40	School Knott	262.04	Valley path				<input type="checkbox"/>
I41	Dales Way	262.49	Valley path				<input type="checkbox"/>
I42	Staveley	268.57	Valley path	<input type="checkbox"/>			
I43	Craggy Wood	269.34	Valley path	<input type="checkbox"/>			
I44	Gurnal Dubs	271.95	Good path	<input type="checkbox"/>			
I45	Ulgraves	273.21	Rough ground	<input type="checkbox"/>			
I46	Low Tagglesshaw Tarn	274.00	Rough ground	<input type="checkbox"/>			
I47	Garnett Bridge	274.78	Rough ground	<input type="checkbox"/>			

For route maps and GPX file please go to lakelandpilgrimage.blogspot.co.uk

SAFETY

The Lake District Mountain Search and Rescue produce a helpful leaflet: Stay Safe and enjoy the fells (www.ldsamra.org.uk/documents/ldsamrastaysafe.pdf) which we recommend you familiarise yourself with.

Before embarking on any stage of the pilgrimage ensure that you are suitably clothed and equipped for the time of year and that you have adequate food and drinks provisions with you.

Check the weather forecast for the area you will be walking in before you depart, and be prepared for changes in the weather whilst you're out walking.

Make sure to leave details of your timetable and locations with someone.

Ensure your phone is fully charged.

Check your route and take a map with you. We recommend using the 1:25,000 OS Series for the extra detail.

If you do get into difficulty dial 999 and ask for Cumbria Police then Mountain Rescue.

About Mountain Pilgrims

MOUNTAIN PILGRIMS is an emerging community of people that seek to re-imagine the mountain experience.

MOUNTAIN PILGRIMS meet outdoors to discover the 'thin places' where the spirit soars and we are lifted out of the everyday. Through three strands: Active, Reflective and Abbey, we invite those with different experience and fitness to join us as we journey together.

To be a Mountain Pilgrim means:

To experience wild places together and see more than the view

To be refreshed and resourced for life's ups and downs

To be a community of fellow travellers eating and sharing stories together

To find out more about *MOUNTAIN PILGRIM* events in Cumbria please go to:

www.facebook.com/mountainpilgrims

