



ROAD BOOK 2026

N = NORTH | E = EAST | S = SOUTH | W = WEST

NE = NORTHEAST | NW = NORTHWEST | SE = SOUTHEAST | SW = SOUTHWEST

NNE = NORTH NORTHEAST | NNW = NORTH NORTHWEST

SSE = SOUTH SOUTHEAST | SSW = SOUTH SOUTHWEST

7 VALLEYS ULTRA

13 VALLEYS ULTRA

EMERGENCY CONTACT NUMBER
FOR THE DURATION OF THE EVENT

07583 130894

Wasdale Head to Eskdale

- Retrace steps back to the stone bridge. Cross bridge to W side of river and follow trail S to tarmac road. Continue on tarmac for 700m to car park entrance junction. Turn E here and follow the road past the campsite and car park entrances to cattle grid and kissing gate.
- Cross large wooden bridge to your right and follow the river for 80m to wall corner. Turn S and follow rising path next to the wall for 1.2km.
- Path gently turns more (ESE) and then heads up, and over to the shores of Burnmoor Tarn (1.65km).
- Take track down (E) side of tarn that heads (S) (trending SSW). Follow for 2.65km to wall. Continue through field systems (SSW) for 1.3km to Boot.
- Head through buildings on tarmac to road junction next to Brook House Inn. Turn RIGHT (W) and head along the road for 200m to enter the Feed Station at Dalegarth Station.

Total Distance of Leg: 9km | Cut Off Time: 04:15

Keswick to Skelwith Bridge



- Leave the start heading N on the A5075 and follow this until the road split and signs for Coniston. Turn LEFT here and after just 80m at the next bend continue straight to take footbridge over river.
- Turn LEFT and follow the road for 0.7km to the road junction signed for Hawkshead. Turn LEFT here and follow the road for 0.3km. At the junction join the permitted (orange) footpath and continue alongside the B5286 for 1.45km.

Route continues at point 39

Total Distance of Leg: 3.4KM

Eskdale to Coniston

- Exit Feed Station and retrace steps back to the junction by Brook House Inn.
- Turn RIGHT and take track (SSE) signed 'St Catherine's Church' for 450m to path junction, turn (SE) to river, follow river, cross bridge. Ascend to join track and head (E) following the river once
- After roughly 1.1km take (NE) track past 'Low Birker' and follow to stone bridge (Doctor Bridge). From bridge head (E) on track to farm. Do not enter Farmyard, follow diversion signs around the field to the south of the farm. Cross through 1 more field after farm and then take Southerly option at junction.
- Ascend on track through fields. Track trends (SE) then (E) along fell wall and under the crags. After 1.1km you'll cross a stream and the path climbs (S) – (SE) to walls and crossing at Spothow Gill. Follow the traversing path (SSE) for 1.2km to fork in path in woodland. Take (SE) option on forest track and follow as it curves (E) for 850m. Follow forest track southward and stay on this as it heads E and then turning to N for 1.6km to path junction at wall.
- Head (E) to buildings (Birks) and take track leaving NE from buildings. Follow this through the forest to cross the river and meet the tarmac road. Turn (S) and follow the road for 2.5km.
- Follow wall (SE) and cross it, continue to follow wall and cross river at the footbridge.
- Follow river (E), and then (SE) to tarmac. Follow tarmac (E) and break off onto footpath (still heading East) just before bridge. The Walna Scar road ascent trends (NE) then at the col turns (E). From the col, follow for 3.6km to car park and gate onto Tarmac road.
- Follow road downhill for 1.28km to first road option on right (Old Furness Road) and then almost immediately join road on right 'The Banks'. Heading (S) and follow for 400m before curving (E). After a bit of road twisting and 200m you'll directly cross main road. Continue (E), trending (NE) to meet tarmac. Follow Tarmac to Coniston Boat House Checkpoint on lakeshore.

Total Distance of Leg: 22.5km | Cut Off Time: 09:15

Keswick to Honister



- From the start head NW trending N on the track out of the park. Once on the road follow this through to the mini- roundabout. Turn LEFT and head straight towards bike shop.
- Cross road bridge, and immediate LEFT to join Cumbria Way. Follow track for 800m to tarmac, LEFT TURN, cross bridge.
- Follow the road S for 960m to Cumbria Way Track through woods that starts just past entrance to Nichol End Marine.
- Continue on woodland trails (Cumbria Way) S for 1.6km until tarmac. Cross tarmac, follow wall through woods to road corner (150m). Follow road uphill to LEFT hand bend. Follow Road LEFTward for 120m and take first track off to the RIGHT.
- Ignore uphill path and stay low on traversing path for 1.5km where it rejoins road briefly. After just 10m leave the road to right after continuing on the terrace path for a further 1.4km where it meets a gate above Manesty.
- Follow the undulating signed footpath S along the wall staying above the woodland. After 1.1km take the LEFT hand E option downhill. After 200m the track rejoins the Cumbria Way by a wall and heads S.
- Follow this through Hollows Farm to tarmac junction. Head RIGHT (S) Signed 'Castle Crag' for 580m to where the river bends away. After the second footbridge, head RIGHT (S) footpath alongside Broadslack Gill.
- Follow undulating Bridleway S, eventually trending SW to join road leading to Honister Pass for 4.7km.
- Continue uphill towards the pass using the path options that run parallel to the road. Enter checkpoint outside Honister Slate Mine

Total Distance of Leg: 15km | Cut Off Time: 21:45

Coniston to Wray

- Leave the checkpoint by following the lakeshore path (N). The track meets the road and take roadside track following road (NE). At top of Lake head (E).
- After 260m break off road heading (E), trending and ascending (NE) to rejoin road (800m).
- Stay on road heading (NE) for 200m and then take gravel track off to the right, heading (S). Take the LEFT fork after 450m and then LEFT option after a further 260m.
- Follow for 780m, passing one junction and one crossroads, you'll reach a second crossroads. Turn LEFT (N) and stay on this track as it trends (NE) to fenceline after 1.24km. Head (S) staying in the woods, and turn back LEFT (NE) after just 120m.
- Follow curving track around and down to fence line and turn (NE) along boundary. Stay on obvious (NE) tracks into the centre of Hawkshead village.
- Cross main road through Hawkshead and continue (NE) (Signed 'Wray Castle') on Bridleway and then track to Footbridge. Head (E) across fields, and road to the main road that heads North to South.
- Cross onto Bridleway track that heads (SE) and follow as it 1km ascends (E) into forest. In forest ignore all other options and continue (E) down to lakeshore at Belle Grange Bay (3.4km).
- Head (N) following lakeshore path for 2.1km to High Wray Bay.
- Continue on Lake shore permitted path and after 500m take the LEFT track option that cuts inland toward the castle and enter the checkpoint by Joey's Café.

Total Distance of Leg: 15km | Cut Off Time: 13:00

Honister to Wasdale Head

- Head (W) past the slate mine buildings and take the track above the car park to finger post signed 'Great Gable'. Take ascending stepped path and follow for 1.45km to where it meets the huts on your right. Continue (W) to descend on the obvious path into valley next to the river into the valley. After 2.7km you'll reach the road.
- At road turn LEFT and turn LEFT again before bridge to join footpath past farm. Follow obvious path (SW) to a gate. Take rising path ahead and after 140m follow it as it turns (S).
- Follow rising path for 1.56km to Scarth Gap Col. At Col continue (S) and take descent that trends (SE) along fence line to the main valley path and meets the Black Sail YHA.
- Head SE from the Hut on obvious trails, following trail for 380m to reach a footbridge. Cross bridge and take rising Southward path next to Sail Beck up to Black Sail Pass (1km).
- From the col descend (SW), crossing Gatherstone Beck after 1.3km. Path trends (S) for 2.3km to small stone bridge just before Wasdale Head Inn. Head straight to visit the checkpoint at the Wasdale Head Inn.

Total Distance of Leg: 13.5km | Cut Off Time: 01:15

Wray to Langdale

- Exit the checkpoint on the castle entry road heading (SW) and take the first path on your right heading (W) past the B&B and across the field. As you join the next road, turn LEFT and follow this to the road junction. Turn RIGHT (W) at the junction and utilise Bridleway that runs parallel to the road. 38.
- Continue on bridleway after crossing the road and through Pull Woods to next road. Follow path alongside road for 300m to curve in road.
- Break away from the road and follow footpath (NW) for 1km to road.
- Turn RIGHT (N) at road for 100m then take the LEFT turn. Continue on winding road for 1km to Skelwith Bridge.
- Just before crossing road bridge turn LEFT (W) for 100m and then break off road by the wall. Meet the Cumbria Way and follow to the river. Cross bridge and follow footpath alongside the river and Elterwater, all the way to the National Trust Car Park at Elterwater Village (2.5km).
- Cross Road bridge and continue to follow river (NW) to next footbridge (700m). Exit onto road near pub, and shortly after the pub rejoin 'Cumbria Way' heading generally (W). You will cross a stone bridge, and follow river through fields (NW) for 1km.
- Cross bridge, after 250m take LEFT path option through field to join track heading (W) through fields. Continue for 1.6km to where it meets road. 44. Enter checkpoint at Sticklebarn.

Total Distance of Leg: 12km | Cut Off Time: 16:00

Cut Off Time: 09:15

Langdale to Rosthwaite

- Exit and head around the back of Sticklebarn towards the river at first. Then, join Cumbria Way as it follows the fell wall (WSW). Continue on the obvious track that tracks the river up the valley for 3.45km to a footbridge.
- Cross footbridge and follow obvious path heading (W), trending (NW) up Rossett Gill to Angle Tarn (2.5km).
- Ascend (NW) from Angle Tarn up to Esk Hause (1.2km). From the Col continue (NW) past Sprinkling Tarn on obvious paths all the way to Styhead Pass Stretcher Box (2.2km).
- Turn (NNE) and follow track past Styhead Tarn to footbridge (850m). Cross Bridge and continue to follow Styhead Ghyll for 1.6km to Stockley Bridge. Cross bridge and follow track (N) for 1.2km into farm area.
- Before the first buildings, take footpath option off to the RIGHT to exit farm area. Follow tracks along field wall (NE) for 2.4km until you reach road at Strands Bridge.
- Cross directly over road and continue (N) to cross footbridge and meet another track. Turn RIGHT (E) and follow woodland trails to Youth Hostel. After car park cross road bridge and turn LEFT (N) where the road curves. Take footpath into Rosthwaite Village, trending (E) to meet village hall (Borrowdale Institute) checkpoint near road.

Rosthwaite to Grasmere

- From checkpoint, head to main the Borrowdale road and turn LEFT (N). After just 50m turn off road, cross bridge and turn immediate RIGHT (S) to join Cumbria Way.
- Follow Cumbria Way along river for 2.75km where two rivers meet and there is a junction near some wall ruins. Head (SE) path and DO NOT CROSS RIVER. Follow path up valley past Lining Crag to Greenup Edge (3km).
- Now on open fell, navigate with care to ensure you continue (E), trending (ESE) at times through Grasmere Common. Most of this time is spent in the bottom of a steep sided valley (5.8km).
- You'll emerge onto tarmac amongst a scattering of houses. Continue straight over and follow the footpath (SE) across the field to Easdale Beck. Join the bridleway and turn LEFT (E) to then join the Easdale Road. Follow this until you meet the road junction in the centre of Grasmere opposite Sam Read Bookshop. Cross directly over the road (SSE) and follow road to next junction (140m) After a further 70m, just before road c, turn LEFT (ESE) onto track. Follow track alongside river to bridge (350m), cross bridge and enter Feed Station at Grasmere Showground.

Grasmere to Troutbeck

- Leave the checkpoint back to the road and turn RIGHT (NW) for 200m. Take the LEFT road fork and follow the road for 1.5km until you can head through the gate to Grasmere lakeshore.
- Follow lakeshore path (SE) for 1.1km and shortly before the river exits the lake you will see a path trending uphill to the (E). Take this.
- After 300m the path joins a wall – follow the path along the wall line along to the southern shore of Rydal Water for 1.45km where you will leave the shore through a gate just uphill from the shore onto a road.
- Follow the road through to the cattle grid and junction (700m) and turn RIGHT (S). Stay on road for 1.95km to footbridge. Cross bridge and enter Rothay Park. Continue through park in a SE direction and exit to the road junction passing the church and golf course to your right.
- At the road junction turn RIGHT (SSW) Follow the main road ignoring other junctions. After 1.4km you reach the Waterhead Inn.
- Turn LEFT at the end of the building, and across the road you will see some steps.
- Take public footpath signed 'Jenkins Crag' up the steps. You will follow the rising footpath (ESE) for 600m until it joins the Bridleway traversing Skelghyll Wood.
- Follow bridleway (E), trending (SE) past High Skelghyll to gated junction with Hundreds Road (2.55km). Continue on bridleway towards Robin Lane and follow this down into Troutbeck to the junction where the FS is located (1.25km).

Troutbeck to Hartsop

- Exit the FS and head (N) for just 50m and turn RIGHT, follow road steeply downhill heading (E). After 500m you'll meet the main road. Turn RIGHT (S) across river and follow road for just 130m and then take bridleway breaking off road to (SE). Follow first (SE) for 240m and then it turns sharply to head (NE).
- Follow to junction on stream (560m) and take option heading (N) towards Limefitt House. Stay on bridleway for 4km along fell wall to point where you cross Hagg Gill and join track running along the base of The Tongue.
- Continue (N) and after 1.6km head through a wall, after which the ground starts to rise more rapidly. At the wall corner take the steeply rising path heading (NNE). Follow the path up the fell and to the monument (Beacon) on Thornthwaite Crag (2km).
- From the Beacon head (E) and stay on the track that hugs the ground falling away to your LEFT. Hug this steep ground past High Street Summit and all the way to the wall at 'Straights of Riggindale' (2.7km).
- Follow the path along the wall for 0.5km, and then as the wall heads up 'The Knott' stay on path as it descends (Generally Westward) into the valley towards Hayeswater. Cross the outlet river, but after 270m take track that descends back towards the river and cross the footbridge. Head (W) and the checkpoint is at The Filter House after 100m.

Total Distance of Leg: 18.5km | Cut Off Time: 20:30

Cut Off Time: 14:00

Total Distance of Leg: 12.5km | Cut Off Time: 00:00

Cut Off Time: 18:30

Total Distance of Leg: 12.85km | Cut Off Time: 01:45

Cut Off Time: 20:30

Total Distance of Leg: 14.5km | Cut Off Time: 07:00 (sun)

Cut Off Time: 01:00

Hartsop to Glenridding

- Exit the checkpoint heading (W). Take the immediate LEFT fork and follow the obvious track all the way through to Hartsop village (1.35km). Continue on road through the village for 400m and shortly before you meet the main road you turn RIGHT (N) at Langton Adventure Centre.
- Stay on the weaving Bridleway for 1.5km to where there is a fork junction. Take the LEFT fork and continue (NNW) through Crookabeck (Quiet please) to the tarmac road at Rooking.
- Turn LEFT (SW) to main road in Patterdale. Once at the main road turn RIGHT and follow main road (NW / N) through to Glenridding (2.1km).
- Cross the road bridge over the river and turn LEFT and follow the road past the bus stop. Take the first road LEFT (Greenside Road) and head up past Fairlight Guest House and The Travellers Rest Inn. Follow the road as it curves around to the RIGHT and then LEFT up the hill past the cottages. Stay on the rugged road track for roughly 1.6km. The Bury Hostel Feed station will be found shortly after the YHA.

Glenridding to Threlkeld

- Leave the checkpoint and head up the ramp that goes up the side of the large building opposite. Follow this around to the LEFT and then take the first RIGHT option up another ramp. Follow this around to the LEFT and then immediately after the next bend that crosses the stream, take the path option that branches off to the (NW) up the hill.
- Climb on the zig zag Bridleway, steeply at first, following the obvious track into the upper valley. After 1.5km the main track turns (W) and gradually ascends to Sticks Pass (1.6km).
- At the pass, continue (W) and follow the track all the way down to the tarmac road (B532) 2.77km.
- Turn LEFT (S) for just 60m and then at the main road junction turn RIGHT and head (N) for 0.7km until you reach a ladder stile that heads over the wall to your right.
- The trail almost immediately forks. Take the LEFT option, and then shortly after at another fork, take the RIGHT-hand option. Follow the path which starts narrow and then becomes broader, for 1.15km to Low Bridge End Farm.
- Continue along the wall line towards Sosgill Bridge (permitted for the event), and then onwards around and up to the tarmac road. You will meet the church after 2.6km.
- Head North onto the open fell towards Low Rigg. Follow the obvious path trending NNW over the fell and past Tewet Tarn. After 1.6km you will meet a tarmac road.
- Turn LEFT (WNW) and follow the road around bends to junction. Turn RIGHT (NNE) and stay on the road (with care) for 1.2km. At the woodland before the river, turn LEFT (NNW) and leave the road for a foodpath. This footpath heads under the A66 and after 0.25km you will join the 'Old Trainline' footpath.
- Turn RIGHT (E) and follow the path up the zig zags and walk alongside the A66. Follow the road turn into the village of Threlkeld and stay on the main road through the village heading (NE) for 0.6km and you'll meet a junction with Blease Road. Turn LEFT (NNW) and follow the tarmac road to a bend after 300m. Continue around this bend (now heading more W and continue to the FS at the Blencathra FSC after a further 1.55km).

Threlkeld To Keswick - FINISH

- Continue (NW) and follow the gravel track as it traverses the fell and spins northward into the valley that holds Glenderaterra Beck. After 2.7km the track drops to the river and crosses a footbridge.
- Follow the track (W) and after less than 100m you'll meet a fork in the track. Follow the wall (WNW) and climb up to meet the Cumbria Way. Follow the Cumbria Way (S). Take care as the path heads over the rockier section at Lonscale Crag. After 1.7km you'll meet a gate.
- Stay on the Cumbria Way for a further 1.95km and you'll come to the parking area behind Latrigg. Head into the car park and after 60m there is a gate to your LEFT where the Cumbria Way continues down to Keswick. Follow the Cumbria Way, taking all 'downhill options' for 2.2km to where it meets a tarmac road junction.
- Turn RIGHT and follow the road for 170m. Here you will see a black metal gate to your left, take this. Now follow the narrow path SE into the park by the BMX Track (150m).
- Drop down past the BMX Track into the main park and follow the path along the northern edge of the park past the cricket pavilion and park and exit onto the road by the Museum.

Threlkeld To Keswick - finish (continued)

- Turn RIGHT (SSW) and follow the road to the crossroad junction. Cross the junction straight over and follow this road to the Royal Oak Pub (350m)
- Briefly head into the market square on your right and turn LEFT and then LEFT again to head between the chip shop and the Dog and Gun Pub. Follow this lane down past the front of George Fishers and through the tunnel by Hope Park.
- Once you exit the tunnel follow the path around to your RIGHT and exit onto The Heads heading (NW). Follow the road around to your LEFT (which will mean you pass Fellpack House on the corner on your right) for 0.45km and at the sharp road junction turn LEFT onto Crow Park Road. Stay on this road for 270m to where you will meet a gate that enters the rear of Crow Park. Head through the gate and follow the obvious path to the finish.

Well done!

Total Distance of Leg: 9.5km | Cut Off Time: 09:30 (sun)

Cut Off Time: 03:00

Total Distance of Leg: 17.5km | Cut Off Time: 13:00 (sun)

Cut Off Time: 06:30

Total Distance of Leg: 12km | Cut Off Time: 16:30 (sun)

Cut Off Time: 10:00