

EMERGENCY PHONE NO.

07753 124718

CUMBRIA LDWA
THREE RINGS OF SHAP

13/14.06.15

100 kms (62 miles)

ROUTE DESCRIPTION

Abbreviations

TR	Turn Right
TL	Turn Left
N, S	North, South etc.
XXXm.	Approx. distance in metres to next feature
(XXXdeg)	Approx. magnetic bearing in degrees to next feature
XX	Approx. elapsed distance in kilometres

MOSEDALE

KM.

1. Memorial Hall **TR** & cross road at zebra crossing. **TL** then **TR** into Community Library CP leaving at far side of building. Ahead for **40m** past Sports Hall then, wall on **L**, for **150m** stile into copse. Wall on **L** for **30m** then leave copse. **350m** in same direction across **4** fields to **TL** into lane. Thru gate in **200m** (house on **R**) then along unmade access road for **500m**, crossing stream to minor road. **TR** for **300m** thru gate to stepping stones over River **Lowther**. **1**

2. Ahead for **100m** to bear **L** round house on **L** then **800m** heading **S** with wall then river on **L** to cross minor road just before river bridge. River on **L** for **250m** to minor road, **TR** for **600m** then cross stile on **L** **20m** after letterbox. Cross field heading **W** for **200m** to cross stile . Same direction for **200m** to rejoin road at junction with farm access track. **2**
3

3. Continue **50m** on road to gate (Wet Sleddale reservoir coming into view on **L**). Continue for **3750m** on road becoming track passing Sleddale Grange then zigzagging uphill past deserted Sleddale Hall to gate before reaching final gate onto open fell (**522 107**). Ahead for **1250m (250deg)** on path crossing watershed and dropping to bridge in **Mosedale** in further **750m (506 100)**.

4. **TL** after bridge on improving path to Mosedale Cottage in **1200m** (seating available). Leave with Cottage on your **R** to deer fence on **R** for **50m** then uphill on faint track. Leave track soon to follow stream on your **R** and continue uphill to stream junction. Follow **L** (southerly) branch until source in **500m**. Same direction (**W**) for **150m** to reach wall. **TR** for **700m**, wall on **L**, to wall/fence corner.

CHECKPOINT 0 (478 099) Unmanned, self clip only.

5. (Visit the adjacent summit of **Branstree** if desired - at **713m** this is the high point of the walk). **TR** for **1900m** keeping fence on **R**, descend to col then re-ascend to reach **Selside Pike (491 112)**. **TR** & descend for **900m**, fence still on **R**, to cross Hobgrumble Gill. Over next rise for **500m** then bear **L** away from fence when descent steepens and head downhill to ruined wall. Follow wall as it bears **R (50deg)** to reach river. **TL** to find faint path near riverbank. Continue **CAREFULLY** downhill admiring pools & waterfalls. Path is indistinct at times but scenery is idyllic, to reach foot bridge at bottom (**507 116**). Note that bridge is **not** marked on map.

6. Cross bridge & stile then on path, indistinct at times, for **1500m**, **19**
wall then river on **L**, to second small gate then footbridge over stream
(Ignore any large gates and do **NOT** cross river until stepping stones are
reached.) Bear **L** in **150m** at wall corner down to stepping stones or **20**
bridge over Swindale beck. **TL** on road for **30m** to barn on **R** at **Truss Gap**.

CHECKPOINT 1 (514 132)

OPENS 10.30 CLOSSES 15.00

7. Leave checkpoint, over stepping stones (or bridge), ahead for **100m**
then **TL** on good path. Ahead for **1500m** on rising traverse, general **21,22**
direction (**60deg**). When path levels keep ahead same direction for
500m on (marked) path coming in from **R** to meet wall after boggy area.
TR for **50m** to wall corner, ahead for **50m** across stream **TL** for **200m**
to meet farm road. **TR** for **20m** to gate on **L**..... **(Event Day only)**
..... and follow taped route bypassing **Tailbert** farmhouse. **23**

8. **TR** on reaching fence and continue for **700m**, fence then wall on
L, dropping down to minor road. **TR** for **40m** to end of railings
then **TL** for **50m** to stile/gate. Cross field (**30deg**) down hill for **200m** **24**
to gate (aiming for house) thru paddock for **30m** (shed on **R**)
to next gate then pass to **R** of house (Rayside) on track. Track becomes
minor road in **100m** passing house on **L**. Turn **L** in further **200m** (when
road bends sharply **R**) to gate. Across small field between ruins
to stile then downhill (**290deg**) thru next field for **250m** to fence corner.
Downhill further **20m** to cross Parish Crag bridge. **TR** for **600m**
fence then wall on **R** to **TR** at gate/stile onto road at bend. Cross
bridge in **30m** (**534 165**) and uphill into **Rosgill**. **25**

9. **TR** in **400m** at **first** FP sign, passing house (**Midtown**) quietly, **26**
to exit garden at gate then ditch & wall on **R** for **70m** to gate.
Wall still on **R** for **1400m** thru **4** large fields to stile by house. **27**
Cross concrete road then field for **100m** same direction to gate/stile,
Shap Abbey close on **R**. Ahead, fence on **R**, thru large field to **28**
next gate/stile. Wall now on **L** to climb indistinct stile (after trees)
on **L** in **200m**. Wall now on **R** to wall corner, ahead for **50m** to next corner
then pick up thin path with wall on **L** for **150m** to stile into garden. Ahead
50m across cattle grid to **TL** on road near **Keld**. **TR** in **30m** over hidden **29**
stile into field. **TL** up thru **3** fields, wall on **L**, for **600m** crossing lane then
same direction (Goggleby stone on **R**) across next field. Exit into enclosed
path then next field, wall on **R**, for **200m** thru gate then between houses
for **50m** to road. **TR** into West Close (Wasdale on **R** – honestly). Same
direction past The Lynchetts and Peggy Nut Croft. **TL** before gate, up side
of Community Library into car park. **TL** and cross **A6** at zebra crossing to
Memorial Hall opposite (**563 151**). **30**

CHECKPOINT A (563 151)

LYVENNET, LEITH & LOWTHER

1. Leave Hall & immediately **TR** passing along side of Hall, thru gate into field behind Hall. At far left end of field climb step stile in wall & **TL** into lane. Over further stile to reach road at gate then **TR** & **TR** again in **20m**. In **100m** road becomes track and crosses railway – immediately turn **TL** then **TR** in **10m** to gate accessing enclosed path. Continue up sometimes slippery sunken path between walls to squeeze stile in **300m**. Enter narrow field keeping wall on **L** to next stile in **200m** after field broadens. Bear **31** half **L** for **50m** to next stile sign posted Hardendale. Pass to **R** of pylon then uphill **250m** to boulder. At brow of hill half **R** to cross motorway footbridge in **300m (110deg)**.

2. **TR** on track then **TL** in **20m** thru kissing gate before metal gate. Up field with wall on **R** for **200m** to stile in corner, continue uphill **300m** to next stile after field narrows. Same direction **250m** to stile in corner **32** to **R** of farm buildings. Same direction **50m**, aim for house, to cross stile by power pole to **Hardendale (583 147)**.

3. **TR** then **TL** in **10m** thru gate to track passing houses to stile/gate in **30m** into field. Ahead **50m** to cross indistinct stile to **R** of two gates then cross further two fields with wall on **L**. After second stile **30m** **33** to wall end then same direction (**80deg**) across open land to signpost on minor road. **TR** then **TL** in **20m** over stile into wood following footpath on same bearing uphill to exit wood in **250m**. Cross stile & wall then ahead same direction to gate in **200m** (large quarry lake on right). Ahead uphill on pasture (**80deg**) to reach wall in **400m**. Cross indistinct **34** stile which is **50m L** of corner.

- 4.** **TL** on enclosed track for **600m** to crossroads. Ahead on minor road further **600m** to sign post at wood corner. **TR** thru wood to exit at gate in **500m**. Same direction **200m** down to next gate then between fences further **600m** to go thru gate into wood corner at bottom. **35**
36
- 5.** **TL** in **5m** over stile crossing open field with stream in gully to stile at corner of felled wood onto track. **TL** for **300m** to pass Reagill Grange (note unusual chimneys). Continue up farm access road for **700m** to reach T-junction in **Reagill (605 176)**. **37**
- 6.** **TR** thru gate into field, wall on **R** for **300m** to stile then wall on **L** for **400m** thru 3 fields to gate at FP sign. Down next field in same direction, row of trees on **R** for **200m**, to enter wood at stile & footbridge (30m **L** of corner). Follow yellow markers on posts for **400m** thru felled (**CARE**) wood in general direction (**50deg**) to exit onto minor road (**615 184**). **38**
39
- 7.** **TL** on road for **300m** then **TR** at T-junction (Lowfield & Barnskew) downhill for **500m**.....***(Event Day only)***
.....to cross cattle grid onto farm track. Continue further **500m** and descend to skirt Barnskew farmyard and reach River **Lyvennet**. Cross bridge & **TL** into field with river on **L**. Continue for **1200m** thru fields (thru tight squeeze stile in wall near river) eventually reaching road at ford & stepping stones. **40**
41

Please note that the final 300m of this section is not a public ROW and permission has been granted for the Event Day only.

DRINKS STATION (620 201)

8. **TR** and proceed up minor road for **150m** to High Whitber Farm. Pass farm and continue up road for further **50m** to FP sign on **L** at right bend. **TL** (**330deg**) across pasture to footbridge in **150m**. Same general direction for **100m** to gate. Ahead on thin path bearing **R**, wood on **R**, to stile in **250m**. Along river bank for **100m** to next stile then cross footbridge on **L**. ***(N.B. This bridge is PRIVATE and should be used on Event Day only)***. **TR** for **200m**, river now on **R**, then **TR** over bridge. **42**

9. **TL** & follow river bank for **500m** to join road below **Kings Meaburn (619 211)**. Cross road & continue for **900m** on riverside footpath (**SP Morland**) (soon note Jackdaws' Scar – do not climb!). **TL** to cross **Chapel Bridge** and leave **R**. Lyvennet. Uphill on new footpath, buildings on **L**, across corner of field to gate. **TR** on track for **1200m** **L** & **R** to road. **TL** for **150m** down to **Morland**, bear **L** after 30mph sign into Lowergate to cross white bridge over Morland beck in **150m** (**600 224**). **43**
44
45

10. **TR** along Water St. for **150m** to T-junction (Crown Inn on R). **TL** for **50m** then **TR** opp. Mother Croft up steps into lane, **L & R** to enter church yard. Ahead with church on **L** to leave yard by white gate, **TR** down steps to lane then path to rejoin beck. Cross bridge & **TL** into field (SP Glenton). Continue for **700m** with beck on **L** to cross next footbridge. **TR** (beck now **46** on R) for **250m** before bearing **L** uphill away from beck (ignore FP on R). Hedge on **R** for further **300m** to cross stile and **TL** into lane. Follow lane **R & L** to main road in **500m**. **TR** with care on narrow road for **200m** bearing **R** on track at FP sign when road swings sharply **L**. **47**

11. Thru gate in **150m**, further gate in **50m** into field. Downhill fence on **R** for **250m** to next gate. Bear half **L** across field (**290deg**), aim for church & drop down to bridge over River **Leith** in **200m** at **Cliburn** **48** (**589 244**). **DO NOT CROSS BRIDGE** but turn **L** on road then **R** in **200m** over footbridge at signpost. Continue on track, passing black barn in **500m**, turning **L** after **2nd** gate onto footpath along field edge. Continue through **49** three fields to reach road at gate near farm buildings.

12. Cross road and follow minor road for **800m** to junction then bear **R** **50** on road for further **1400m** thru Great Strickland to reach pub on **L**. **51**
This is the **Strickland Arms** and checkpoint is behind the pub.

CHECKPOINT (558 229)

CLOSES 21.00

13. Leave checkpoint and turn **L** for **200m**. Turn **R** on minor road (SP Melkinthorpe) for further **1700m** crossing bridge over River **Leith**.
Turn **L** at gate between pylons on footpath into field (**549 241**).
Thru gate opposite, **TL** to corner then **TR** up field, fence on **L**, to pass thru gate ahead in **150m**. **TL** (ignore gate) & climb stile in **100m**.
TR with wall on **R** to gate in **100m** onto track over railway. Continue on track for **400m**. **TL** then **TR** under motorway then uphill further **300m** to reach **A6** at **Hackthorpe (542 232)**.

14. **TL** & cross road with care passing Lowther Castle pub in **100m**.
TR at FP sign High Knipe into lane alongside pub CP to field, hedge on **L** to opening in **250m**. Cross next field (**200deg**) for **300m** to gate in corner. **TR** between walls for **100m** to next gate (good view of Lowther Park), half **L** downhill for **300m**, deer fence on **R** to estate road at FP signs. **TL** on road for **400m**, **TR** at FP sign uphill for **400m** then bear **L** with fence, field & wood on **R** for **300m** to gate at wood corner (**539 212**). (East Lakeland coming into view). **TR** uphill between fence & wood then same direction for **800m** to next wood corner at 3rd gate. Onto track leaving in **10m** as it bears left, ahead for **100m** between large trees to road. Ahead **20m** to gate, cross field (**220deg**) for **150m** to gate into wood. **TL** for **40m** downhill then **TR** uphill for **100m**, to leave wood at gate.

15. Cross next field (**250deg**) thru dip to gate at fence corner in **250m**
(Village on hillside half right is Helton). Downhill fence on **R** for **150m** **59**
fence corner, **TL** for **100m** along line of large trees (on **R**) to gate. Same
direction for **70m** to double gates, **50m** to next gate, ahead wall on **R** to join
track by barn. Ahead then soon downhill on track for **400m** (phone mast on
right) to High Knipe. Keep wall & fence on **R** thru farmyard then **TR** down **60**
hill on road for **500m** to junction. Checkpoint is behind concrete platform.

CHECKPOINT (**518 194**) **Self clip. Drinks only.**

16. Ahead downhill (**260deg**) for **300m** to suspension bridge over **61**
River **Lowther**. Cross bridge, **TL** thru gate to riverbank. River on **L** for
1200m to join road after gate at end of path. **TL** for **200m** on road then **62**
TL again over bridge into **Bampton Grange (521 180)** to church. **TR**
into churchyard at FP sign opp. Crown & Mitre then gate into field. Ahead
100m to next gate. River on **R** for **1500m** thru field, lane then 3 fields **63**
to gate onto track. Track joins road in **100m** (farm on **L**), **TL** in **200m** **64**
at FP sign by gate when road bends right. Up field (**120deg**) for **100m**
past power pole, same direction for **150m** to stile in wall (corner **30m** to **R**)
then **75m** to gate into road at **Rosgill (537 168)**.
TR on road for **20m** then **TL** at FP sign, passing house (**Midtown**) quietly,
to exit garden at gate then ditch & wall on **R** for **70m** to gate.

17. The next **2500m** passes thru several fields (**110-120deg**) & is followed more easily together with the 1:25000 map but is described in detail as follows).

- **TL (110deg)** uphill for **200m** to gate by lone tree **30m** to **R** of tree stump. **65**
- Ahead for **100m** across corner of next field to stile in wall.
- Ahead (**120deg**) for **200m** to stile next to gateway.
- Same direction for **150m** to stile in wall.
- Further **150m** bearing slightly **R** at top of field to stile **5m** to **L** of wall corner.
- Keep close to wall on **L** in narrow field for **200m** to step stile (after group of trees over wall on **L**).
- Downhill for **500m (110deg)** to stile in corner onto road at FP sign **66 (552 160)**.
- **TR** for **100m** then **TL** over stile into field at FP sign.
- Thru **3** fields (**115deg**) – **200m.** to gate, **200m** to gate in corner, **350m** to gate in corner to road at FP sign. **67**

18. **TL** for **100m** then **TR** into lane before 30 mph sign as road bends right. Along lane parallel to main street for **500m**, becoming back road to West Close and Wasdale. Same direction past The Lynchetts and Peggy Nut Croft. **TL** before gate, up side of Community Library into car park, cross **A6** at zebra crossing to **Memorial Hall** opposite. **68**

CHECKPOINT B (563 151)

CLOSES – 02.00

GREAT ASBY

1. Leave Hall & **TL** onto Main Street for **300m**. **TL** into Moss Grove opp. Kings Arms (SP Coast-to-Coast & Hardendale). **TR** in **100m**. Ahead **50m** onto track as road ends. **TL** to cross railway, keep on track for **500m** to FP sign (C2C) then gate in **50m**. Ahead wall initially on **R** (**135deg**) **69**
thru **3** fields to cross motorway foot bridge. **TR** for **300m**, fence/motorway on **R**, to wall on **L** for **30m**. Uphill away from M'way under power lines **70**
(pole **10m** on **L**) to gate in **250m**. Same direction for **100m** to cross road (Nab House on **L**) SP Oddendale. Same direction (**110deg**) initially for **300m** to wall, swinging **L** up path **20m before** wall to gateway/stile in **100m**. Ahead on path downhill, wall then fence still on **R**, for **150m** to stile in fence corner. **10m** to steps down & up crossing quarry access road. **71**
TL onto unmade road for **500m** to minor road. **TR** for **100m** then **TR** on track (**170deg**) at C2C sign. The hamlet on your **L** is **Oddendale (593 134)**.

2. This section may be confusing in poor visibility.

Ahead for **1000m** on track, wall & wood on **L** initially, to large walled enclosure on **R** (Potrigg). Same direction for **450m (160deg)** then bear half **L** at second post (C2C). Continue for **200m (130deg)** to wood corner. Follow series of marker posts uphill for **400m (100deg)** then, swinging gradually to **S**, descend to cross R.**Lyvennet** in further **600m**.
(after large boulder). Uphill with posts (**160deg**) for **500m** to wall corner. **TL** ,wall on **L**, for **1300m** (Robin Hood's Grave is nearby to the **R** in second dip!). When wall turns **L (620 111)** keep ahead (**60deg**) on path, bearing **R** before wall, descend to stile & bear **R** to join road (**700m**). Cross road **R** to wall then ahead to pass on **E** side of plantation then **S** for **500m** to road junction (**629 099**).

3. **TL** uphill, leaving modern C2C route, with wall on **R** for **700m** to **Beacon Hill** (visit Jubilee Monument of 1887 if you wish). Continue further **400m** to stile/gate on **R** in wall (**50m** before corner). Ahead (**140deg**) to path leading down to gate in **300m (DO NOT GO THRU)**. **TL before** gate on path (**65deg**) for **400m** to gate into **Great Asby Scar** (National Nature Reserve).
(NB. If dark keep wall on your R and follow round to gate into NNR). Head down path (bear **R** in **400m** at bridleway sign) to leave Reserve in **1100m**. Same direction (**NE**) for **500m** to enclosed lane after 2nd.gate then **800m** to join road (SP Coppermines Lane) (**664 115**). Same direction for **400m** on road, **TR** at FP sign over cattle grid into field.

CHECKPOINT 3 (668 117)

CLOSES 05.00

- 4.** Leave checkpoint and return to road for **1400m** passing farm buildings then **TL** over stile (SP to Gaythorne Hall) at **Great Asby** sign. Downhill for **300m** thru gate to road. **TL** for **300m** on road over bridge, now on **Westmorland Way**. Fork **R** after cattle grid up concrete road. Leave road after **1000m** at entrance to Halligill Farm. Ahead to stile then cross next stile in wall on **R** in **100m** just after first gate. Bear **L** for **200m** (**290deg**) to waymarked wooden stile in far corner. Ascend for **10m** to cross stile in wall. Head away from wall (**295deg**) for **900m** with copse on **R** then cross two stiles & stream to meet fence coming in from **R**. Exit field on track thru gate to **Gaythorne Hall (649 133)**. **TL** then **TR** through yard between farm buildings then **TL** onto farm access road. Continue up surfaced drive for **1100m** to reach minor road. **TR** for **400m** to **TR** again on busy **B6260** road (**CARE**). **TL** in **600m** at high point on road (FP sign).
- 5.** **TL** then gradually downhill (**300deg**) on green path for **1200m**. Halfway down path swings **R** (**340deg**) with wall on **L** to join farm access road for further **1000m**. Bear **L** just before **30mph** sign down to footbridge. **TR** into lane then **TL** into back road leading into **Crosby Ravensworth (622 148)**.
- 6.** **TL** into main street near church then **TR** in **200m** over bridge by phone box. **TL** after bridge leaving village by back road swinging **R** in **50m**. Keep on tarmac for **1500m** until end then same direction for **1300m** thru fields to **Oddendale**. Follow track up between buildings to cattle grid at top. (**593 134**).

7. **TR** over cattle grid onto road for **100m**. **TL** on unmade road for **500m**. **96**
(passing several Danger signs). **TR** at green 'NO THROUGH ROAD'
sign, down & up steps across quarry access road. **TR 10m** to stile.
TL for **150m** uphill, fence/wall on **L** to stile/gateway. Ahead downhill with
wall on **L** for **100m**. At bottom **TR** away from wall on rising track (**320deg**) **97**
250m to road. **TR** for **400m** on road leaving it to follow wall as road
swings **R** uphill. Wall on **L** for **50m** to **TL** over stile just after first gate.
Ahead (**W**) **150m** to stile in wall. Same direction for **300m** across rough **98**
pasture to cross Motorway footbridge. **TR** for **600m** thru 3 fields (**320deg**)
to gate in corner. Between walls for **50m** to FP sign **Shap** & down **99**
track **500m** to cross railway. In **30m** swing **R** to join road, **TL** in **50m**,
then **R** in **50m** onto **A6** at Kings Arms. Along Main street for **300m**
to reach **Memorial Hall** on **R** (**563 151**). **100**

WELL DONE

19.3.15