# **CUMBRIA LDWA**

# **MARDALE MAGIC 2018: ROUTE DESCRIPTION**

Saturday 22 September 2018: Shap Memorial Hall (NY 564151)

**EMERGENCY PHONE NO. 07753 124718**

**MAP: OL5 - ENGLISH LAKES (NORTH-EASTERN AREA)**

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| ***Abbreviations*** |
| TR | Turn Right | TL | Turn Left | BR | Bear Right |
| BL | Bear Left | N | North | E | East |
| S | South | W | West | SP | Signpost |

1. From Shap Memorial Hall TR and cross road at zebra crossing. TL then TR into Community Library Car Park leaving at far side of building. Ahead (Joggle L/R) 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 green lane. Through gate in 200m (house on R) then along unmade access road for 500m, crossing stream to minor road. TR for 300m through gate to stepping stones over River Lowther.

GRID REF: NY 560137 TOTAL DISTANCE: 1.7 KM

1. 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. Ahead, river on L for 250m to minor road, TR on road for 350m then TL down small grassy path to gate and then cross footbridge over River Lowther to reach minor road. TR on road. After the second cattle grid, at road junction in front of dam, BL up road to reach **Checkpoint** at Wet Sleddale Reservoir Car Park.

GRID REF: NY 554114 TOTAL DISTANCE: 4.3 KM

1. Join footpath, initially 230° with Wet Sleddale Reservoir on R, for 1,500m on meandering path. Latterly, beyond the end of the reservoir the path becomes permissive and eventually drops down through boggy area to cross Sleddale Beck at stone bridge (NY 540110). Ahead with fence on R (310°) for 70m, cross stile and TR on path (20°) for 250m. At junction with track, TL for 100m then with track swing R and zigzag uphill to gate. Go through and in 1,400m reach final gate onto open fell.

GRID REF: NY 522107 TOTAL DISTANCE: 8.5 KM

1. Ahead for 1,250m (250°) on path crossing watershed ignoring early R forking wheel tracks; path is indistinct in boggy areas. At path junction, BL joining path coming from right. Shortly swing R with path through open metal gate following braided path which drops down towards sleeper-bridge crossing Mosedale Beck, visible ahead in the valley bottom in further 500m.

GRID REF: NY 506100 TOTAL DISTANCE: 10.6 KM

1. Cross bridge and immediately ahead on narrow grass path (310°) for 300m to TR onto footpath coming from Mosedale Cottage. Follow boggy path N for a total of 2,400m. En route, the path passes a ruined stone sheep fold on the R and then through a small metal gate into area of tree planting. Shortly ignore path forking to right. Continue on main path, which bears left dropping down rather wetly into hummocky area. Where path forks, keep left (NY 503117). Cross Hobgrumble Gill on sleeper-bridge. Continue on track, passing through wooden gates onto enclosed track to reach Swindale Head Farm.

GRID REF: NY 504125 TOTAL DISTANCE: 13.6 KM

1. At waymark post by the farmhouse TL (300°) onto footpath (SP; Mardale via Old Corpse Road) rising uphill. After 300m at path junction, ignore path to right and continue ahead (270°). Keep on main path, ignoring all side tracks. Ahead at cross track by wooden post (NY 495123) and cross the watershed to drop down a zig zag path, past two stone ruins to reach gate onto road next to Haweswater Reservoir.

GRID REF: NY 479118 TOTAL DISTANCE: 16.8 KM

1. TL and follow road for 1,700m to reach **Checkpoint** at Mardale Head.

GRID REF: NY 469107 TOTAL DISTANCE: 18.6 KM

1. Pass through gate then ahead for 50m, TR at junction of paths then ahead for 200m to cross footbridge over Mardale Beck. TR onto footpath next to Haweswater Reservoir. Ahead on path for 900m passing to the left of the wood at The Rigg. Keep on main path next to Reservoir for 6,850m past the northern end of the dam to reach a gate entering the wood above Burnbanks. The gate is marked ‘FP C to C’.

GRID REF: NY 505161 TOTAL DISTANCE: 26.9 KM

1. Follow path through wood for 100m to reach gate. TL through gate to start of road. Ahead for 300m to reach minor cark park at T junction. Go ahead through gate (SP; Naddle Bridge, Coast to Coast), ahead for 300m (110°) to reach road at Naddle Bridge. Cross road to go over stile opposite which leads to a stone bridge then TL to cross second bridge and ahead on winding permissive footpath for 500m on south side of Haweswater Beck to reach Park Bridge. CARE! Low hanging branches. DO NOT cross bridge but carry on permissive beckside path. Ignore track forking to R. After 250m cross stile and continue on beckside path for 300m when path bears right up to stile in wire fence. Cross stile and TR uphill (110°) with fence on R to pass Highpark Buildings (stone barns). Then continue following grassy path (initially 70°) through 3 fields accessed by stiles to reach stile to the right of house at Rawhead. Ahead for 200m to reach road.

GRID REF: NY 530162 TOTAL DISTANCE: 29.8 KM

1. Cross road and follow rough grassy path (SP Rosgill Bridge) for 550m to pass through gate to reach road just before it turns L to cross River Lowther. DO NOT cross river but TR through gate and take footpath signed ‘C To C and Shap’. At next gate, go through and immediately BL off the track onto footpath following ‘C2C/Shap’ signs. After 300m cross packhorse bridge, up steps then a further 300m (110°) to reach old ruins. Enter grounds over stone stile (waymark post propped against the wall) and ahead to exit through waymarked gate. Ahead to road and TL on road. In 150m TL (SP: Shap Abbey, Coast to Coast), cross stile and ahead on rough grassy path for 100m to cross a second stile. Ahead for 600m (90°) to reach gate in far corner of field (ignore gate on R after 300m, continuing with wall on R). Through gate and BR (125°) following faint grassy path to river edge then swing right following path to descend bank and TL through gate to cross wooden-sided Abbey Bridge (the nearest of the two bridges).

GRID REF: NY 547153 TOTAL DISTANCE: 32.4 KM

1. Ahead for a further 100m on road. At T junction keep ahead (70°) up grass bank for 200m to return to road, which curves round on left. Ahead (E) for 550m on road. At junction with road coming from L (Bampton, Rosgill) keep ahead (90°) towards Shap for 400m. At junction with road coming from R (Keld) keep ahead on road heading to Shap. Just after road bends R, TR into green lane before 30 mph sign. Along lane parallel to main street for 500m; cross minor road to pass into West Close and pass Wasdale sheltered housing. Continue in same direction past The Lynchetts and Peggy Nut Croft. TL just before gate ahead, up side of Community Library into car park. TL and cross A6 at zebra crossing to Shap Memorial Hall opposite.

GRID REF: NY 564151 TOTAL DISTANCE: 34.5 KM

WELL DONE!!