

EMERGENCY PHONE NO.

07753 124718

CUMBRIA LDWA
THREE RINGS OF SHAP

13.06.15

RING 1. MOSEDALE & RING 3. ASBY (38 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

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 **1** gate to stepping stones over River **Lowther**.

2. Ahead for **100m** to bear **L** round house on **L** then **800m** heading **S** **2** 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** **3** after letterbox. Cross field heading **W** for **200m** to cross stile. Same direction for **200m** to rejoin road at junction with farm access track.

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)

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**) **31**
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 **32**
(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. **33**
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 **34**
enclosure on **R** (Potrigg). Same direction for **450m** (**160deg**) then bear **35**
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** **36**
(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 **37**
second dip!). When wall turns **L** (**620 111**) keep ahead (**60deg**) on path, **38**
bearing **R** before wall, descend to stile & bear **R** to join road (**700m**). **39**
Cross road **R** to wall then ahead to pass on **E** side of plantation then **S** for **500m**.to road junction (**629 099**). **40**

- 3.** TL uphill, leaving modern C2C route, with wall on **R** for **700m** to **41**
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 42**
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 **43**
then **800m** to join road (SP Coppermines Lane) (**664 115**). Same **44**
direction for **400m** on road, **TR** at FP sign over cattle grid into field. **45**
CHECKPOINT (668 117)
- 4.** Leave checkpoint and return to road for **1400m** passing farm **46**
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. **47**
Leave road after **1000m** at entrance to Halligill Farm. Ahead to stile **48**
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 **49**
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. **50**
TR for **400m** to **TR** again on busy **B6260** road (**CARE**). **51**
TL in **600m** at high point on road (FP sign). **52**

- 5.** **TL** then gradually downhill (**300deg**) on green path for **1200m**. **53**
 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. **54**
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 **55**
50m. Keep on tarmac for **1500m** until end then same direction for
1300m. thru fields to **Oddendale**. Follow track up between buildings to **56**
 cattle grid at top. (**593 134**). **57**
- 7.** **TR** over cattle grid onto road for **100m**. **TL** on unmade road for **500m** **58**
 (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/gate. Ahead downhill with
 wall on **L** for **100m**. At bottom **TR** away from wall on rising track (**320deg**) **59**
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 **60**
 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 **61**
 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**). **62**

WELL DONE

19.3.15