

**EMERGENCY PHONE NO.**

**07753 124718**

**CUMBRIA LDWA**  
**THREE RINGS OF SHAP**

**13.06.15**

**RING 1. MOSEDALE (18 miles)**

**ROUTE DESCRIPTION**

**Abbreviations**

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

**KM**

**1.** Leave 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. **2**

Same direction for **200m** to rejoin road at junction with farm access track. **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**

**WELL DONE**