
Running Notes

These notes are intended to provide a short summary of the best line to take in terms of time and effort. If you wish to use them, it is best to copy the whole page and paste it into a word processor and have each section printable on an A5 sheet.

The notes are meant to be read in conjunction with the OS Explorer OL series of maps:- OL4, OL5, OL6 & OL7. However there is a new (as of 2005) map at 1:40,000 scale of the whole Lake District on one sheet. The map is produced by the BMC in association with Harveys maps. The map is printed on plastic so it is tear resistant and completely waterproof! Someone at the BMC must have known about the Bob Graham Round as, although the main map finishes just to the north of Skiddaw, Great Calva appears on an "insert" on the back.

Grid references are in parentheses and are preceded with GR: (GR123456). Summits are not generally given grid references in these notes. Also some spellings may be different to those in common use: particularly the use of the correct "gill" as opposed to the pretentious "ghyll" introduced by Wordsworth and Southey.

Bearings are also in parentheses but are preceded by MB-: (MB-256). All bearings are magnetic rather than grid. The magnetic variation is taken as 3 degrees.

To download a set of route notes taken from mapping software here (21Kb) This contains five text files of grid references and an ".mmo" file which may be imported into Memory Map software. Note that I have no connection with Memory Map other than as a customer.

If anyone has any corrections or additions to make to these notes then please send them in.

The notes that appear here depend on the direction chosen in the calculator. By default the notes are for the clockwise direction. If you change the direction in the calculator during the current session then you will have to force your browser to refresh this page to see the new notes.

There are several points on the round where there are alternative routes. These are indicated by the word (alternative) in the text. Hold your mouse over the word to see the variation.

Section Times

The table below shows expected times for each section for a number of schedules.

Anticlockwise

Schedule (hrs)	23	22	21	20	19	18	
Keswick - Honister	2:52		2:43	2:35	2:26	2:20	2:13
Honister - Wasdale	5:14	4:55	4:41	4:29	4:14	4:00	
Wasdale - Dunmail	7:00	6:33	6:15	5:57	5:38	5:21	
Dunmail - Threlkeld	4:40	4:21	4:09	3:57	3:46	3:32	
Threlkeld - Keswick	4:05	3:52	3:41	3:31	3:20	3:09	

Section 1 Keswick to Honister Pass

Leave the Moot Hall head down the street towards the River Greta. Immediately you cross the river there is a footpath on the left. Take this and cross the playing fields to the footbridge over the river Greta. Swing left along the lane and into Portinscale.

Turn Left and follow the road through the village and continue on passing through Stair and Little Town to the chapel at (GR229193). Take the lane leading to the left and out on to the open fell.(alternative) Follow the track as it contours above Scope Beck to the reservoir. Now follow the tourist route to gain the ridge around 400m from the summit of Robinson.

Aim for the col of Littledale Edge but do not go onto the main path that runs along it, rather

take a fainter track that parallels it before rising in a broad curve to the summit of Hindscarth.

Almost double back on yourself to take the improving path back to the main ridge. When the path splits take the left branch. This leads to the narrow ridge leading to Dale Head. Head on a bearing of (MB-065) and follow the fence down to Honister Pass.

Section 2 Honister Pass to Wasdale

Follow the fence up the fellside, keeping to its left side at first, and continue following it to a stile just before the summit of Grey Knotts. Cross over the fence again to gain the summit and again to continue. Now follow the new fence line until it turns right just before Brandreth. Cross the fence and continue in the same line to the summit of Brandreth

Continue to follow the old fence line across easier ground until it rises to the summit of Green Gable. The path now bears round to the left and drops to Windy Gap. The pull up to Great Gable is rocky and steep. At the summit of Gable bear (MB-321) and take the path that follows the NW ridge. This descends to Beck Head. Straight ahead is the path up Kirkfell. Follow this until it levels out when a vague path leads leftwards to skirt Kirkfell Tarn on the left and then straight on to the summit.

Again follow the fence posts: these lead to the top of the rocky ridge that drops to Black Sail Pass. Either take the ridge or the gully to the right. Once at the pass, the easy path straight ahead leads to Pillar. There is the occasional rocky section but in general it is easy going. From Pillar drop down to Wind Gap and go over the first rise to follow the edge of the drop into Ennerdale. Eventually a stone wall is gained, follow this until the obvious path out to Steeple is reached. Go out to Steeple and back, then strike out at right-angles to the wall to skirt Scoat Fell.

The summit of Red Pike is not far from the col but it is to the left (north) of the main path. From here follow the increasingly visible path down to Dore Head (GR174095). Do not climb the crags straight ahead but aim to the right to pick up a path that skirts beneath the outcrops and slowly rises to gain the summit ridge of Yewbarrow between its two summits. At the cairn bear right and easy ground leads to the summit of Yewbarrow.

Continue along the ridge to the next small col and bear left over a flattish area. As the ground steepens pick your way down the screes, aiming for a small beck on the right of the promontory ahead. There is a small track on the left of this stream. Eventually climb over the field wall and down to the road. Note that the NT carpark is locked between the hours of 2000 & 0730.

Section 3 Wasdale to Dunmail Raise

From Brackenclose (GR186070) follow the old corpse road south through one gate, then head () to a stile in the intake wall at (GR187067). From here gain the skyline and bear leftwards across unmarked ground to gain the path leading up the stony bowl to the summit area of Scafell. When the path levels out, bear right and the summit is only a few metres away.

For Broad Stand head (MB-040) until after around 400m you gain a ramp that descends to the right. There is a path marked by the passage of feet that leads to Broad Stand. This is a couple of tricky steps down between good platforms, finally squeeze out through "fat man's agony" to Mickledore.

If you decide that Broad Stand is not for you then drop down right on a renovated path to Foxes Tarn (a very small pool). From the tarn there is a path (used by climbers) that skirts underneath the East Buttress and avoids losing too much height. Once on the scree head up left to Mickledore.

The path up to the summit of Scafell Pike is well worn and easy to follow even in mist. At the

summit the path to Broad Crag is on (MB-028) and soon descends sharply to a col. The next section is very rough. The summit of Broad Crag is straight ahead. From the summit of this cross the main tourist path and aim for Ill Crag (MB-086 approx), then rejoin the main path. At the next col bear left and follow easier ground to the summit of Great End.

Descend over rocky ground to Esk Hause and go straight ahead to take the path leading to Esk Pike. This takes in a couple of rocky steps but is generally easy going to a gully just before the summit. From the summit continue in the same line and follow an increasingly rocky path down to Ore Gap. The path from here to Bowfell is well marked with cairns but is very rocky.

From the summit of Bowfell return almost by the way of ascent but keep the Langdale edge just to your right. About two hundred metres after passing the summit of Bowfell Buttress there is a curious large groove in the fell top. This is the upper end of the descent ramp and is marked by a cairn. Follow the first ramp and cross the scree to take the second ramp (there are two - it doesn't matter which is used). At the foot of this ramp drop down right and bear left under a knoll to join the main path at the head of Rossett Gill. The summit of Rossett Pike is a short distance away on the far side.

Continue in the same line as the approach to the summit until a path leading leftwards along a shelf is reached. Follow this path to to the col (GR 255080) between Rossett Pike and Mansey Pike. Drop down right to gain the top of a shelf that leads towards Langdale Combe (GR262084) at the top of Stake Pass.

Cross the beck and head straight on to pull up onto Martcrag Moor and take a direct line (MB-099 (approx)) across this to gain the path leading to Pike O' Stickle. Scramble to the summit and return by the same route. Continue on the path until it drops down to the stream at the head of Dungeon Gill. Take the stepping stones and follow the well worn path to the summit of Harrison Stickle.

Drop off the summit area and head north through rocky outcrops to gain the summit of Thunacar Knott. Continue on improving paths to High Raise. From here follow the well defined path (MB-145) over boggy ground to Sergeant Man.

Cross the boggy ground to the east to pick up the track that leads down to the col at the head of Far Easedale. Continue straight over the crossroads and gain the summit of Calf Crag. Turn to the left and follow the improving path over soft ground to gain a fence that leads to the summit of Steel Fell. The fence turns to the left at the summit, continue to follow it for around 500m to a level area. To the right is a gully, head down this, eventually picking up a path through the bracken to the road at Dunmail Raise.

Section 4 Dunmail Raise to Threlkeld

Cross the road (care), and take the path up the ridge that can be seen through the bracken. At the top is an area of reeds. Take a line (MB-113) towards the summit of Seat Sandal. Follow the old wall that leads down to Hause. Now climb the scree slope to Fairfield.

From the summit of Fairfield retrace your steps until the ground begins to steepen. Head right to gain the top of an area of scree that drops down towards the outlet of Grizedale Tarn. Descend the scree, trackless and rocky at first, until a path is joined and the outflow reached. Head towards the zig-zags up Dollywaggon Pike and make the long pull up these. When they level out head along the edge of the precipice on the right to gain the summit of the Pike.

Keeping the edge of the crags to your right head (MB-270) back to the motorway that leads towards Helvellyn. After the col bear right to the summit area of Nethermost Pike. This is very flat but the summit is the closer of two cairns. Return to the motorway and continue to Helvellyn.

Continue on good paths to Helvellyn Lower Man and take the path down the prominent ridge and continue to White Side where the path makes a sharp turn to the right. It continues to the rocky summit of Raise where it makes a sharp turn to the left. After passing over a very rocky section the path improves as it descends to Sticks Pass and then rises up towards Stybarrow Dodd.

The summit of Stybarrow Dodd is the furthest cairn. Return to the main path and descend to a level area. There is a path leading (MB-292) to the summit of Watson Dodd. From here return to the main path (MB_071) and climb up to Great Dodd. Now head towards Calhow Pike (MB-257 to Little Dodd then MB-323) and continue on good grassy going (MB-014) to the summit of Clough Head.

Descend the ridge that lies almost straight ahead until you feel that you can descend the steep slope down to the old coach road that traverses the Northern slopes of Clough Head. Cross the road and fence and head towards Newsham house (GR331247), go through the gate and follow the lane down and across the River Greta to the A66 main road just outside Threlkeld.
Section 5 Threlkeld to Keswick

Cross the A66 into the village and take the road heading up to the right. Just after the council depot on the right take the rough track heading up to the farm. Keep to the left of the yard and follow the path through the wooded gill to open ground. Cross the beck and begin climbing up Halls Fell. This is broad at first but the last 500m or so is narrow and rocky. The ridge leads directly to the summit of Blencathra.

Head north to a small pool in the depression then head (MB-345) across the slope on the left which becomes scree. There is a vague path if you can find it about 50m higher than the foot of the screes. At the sheepfold head (MB-291) across Mungrisedale Common, you should pick up a vague track that improves and swings left to a small cairn. From this cairn head (MB-321) down the hillside to the River Caldew. Cross this and thrash through the tall heather to the bridleway/track. If the river is in spate, then head upstream until the fence crosses the river and use this. Continue (MB-310) to gain the south ridge of Great Calva. Once this is reached follow it past the south summit to the true summit 100m further back.

Retrace your steps down the south ridge until a solitary wooden post is reached. At this point turn to the right (MB-259) to pick up small tracks that lead to the Skiddaw House road at (GR-283303). Cross the road and follow a small track over marshy ground to Hare Crag. Head straight up the slope (MB-255) to the summit ridge of Skiddaw. Cross the fence and gain the main footpath and follow this leftwards to the summit.

Follow the wide path down past Skiddaw Little Man to reach the car park at Lattrigg (GR-280253). Go down the road for 100m then take the bridleway to the left. This leads down through woods to cross over the A66 and emerge on the outskirts of Keswick. Turn right and in 200m turn left through a gate into parkland (Fitz Parks). Go through this heading for the footbridge over the River Greta. Go over the bridge and follow the path leftwards and down a short slope. Turn right and head towards the main road. Cross this and the car-park beyond to go through one of the ginnels to the market square. Trot up to the Moot Hall. Well Done!