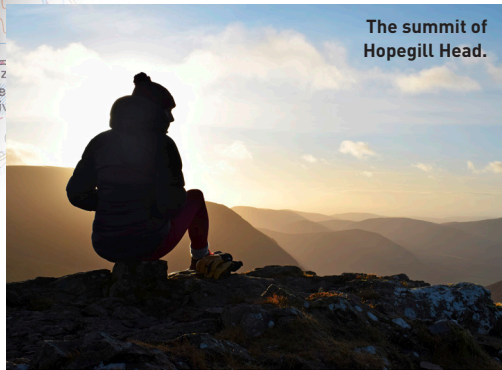


7 Lake District

LONG HORSESHOE

DIFFICULTY	MEDIUM
DISTANCE	21KM
TIME	8 HOURS
TOTAL ASCENT	1693M
PEAK BAGGER STATS	
WAINWRIGHTS	8
TRAIL 100s	1



Coledale Round

1 NY266234 From Moot Hall in Keswick, head north-west on Main Street, cross a small roundabout next to the Co-op and continue north-west. Just beyond the bridge over River Greta, turn left and pick up the popular path

heading west-north-west across fields. Turn left on a minor road and cross the footbridge over River Derwent. Head south-west past The Derwentwater Hotel into Portinscale, turn right and take the road north-west to meet the A66. Turn left, walk on the pavement briefly, and then turn right to carefully cross the A66 and join a minor road on the other side. Follow this road west and north-west to cross Newlands Beck Bridge and rejoin the A66. Cross it again, enter Braithwaite and follow the B5292 Whinlatter Pass west and north-west to reach a small car park on the left.

2 NY227237 From the small car park, take the wooden steps heading north-west, marked 'Public Footpath Grisedale Pike' at a fingerpost sign. Climb on the good, clear path before looping

sharply south over bracken-covered slopes. Go through a gate and continue on a grassy path that climbs west and then south-west to Kinn. Continue south-west on a wide grassy track, remembering to turn around to feast on the excellent views over Keswick and the Skiddaw Massif. Veer west as the ascent steepens, passing the Lanty Well spring to gain the Sleet How ridge. The final push south-west and west for the top is along a rocky, narrowing arête, but there are no technical difficulties. Pass old metal fence posts and arrive at Grisedale Pike's summit.

3 NY198225 Descend south-west following an old, derelict dry stone wall. The path briefly bends left and right before arriving at a col. Climb over rocky terrain – including a short section of easy scrambling – to reach the 739m top of Hobcarton Crag. Descend briefly west and, at a

cairn, fork right to follow a wall to a col. Climb the path ahead, sticking close to the edge of the crags to the north, to reach Hopegill Head's 770m summit. Retrace your steps down south-east briefly, fork right, descend to a mini col, and ascend easily ahead to the summit of Sand Hill. Descend south over loose, stony terrain to Coledale Hause. Directly ahead the ascent is blocked by crags, so fork right and ascend south along a stream. At a four-way junction, turn left and steadily climb north-east to Crag Hill's trig pillar.

4 NY192203 Veer right and descend east along The Scar ridge – including some easy scrambling – to a col. Climb easily ahead to the summit of Sail, which is located slightly to the left off the main path. Descend north-east and east on the winding, zig-zagging switchbacks of a machine-built path to

reach another col. Climb north-east to the cairned summit of Scar Crag. Descend the ridge east-north-east to a col before Causey Pike. Switchback left on a path curving west and then north to High Moss. Climb ahead to the summit of Outerside. Descend easily ahead to the Low Moss, skirt south-east around Stile End on narrow trods to Barrow Door, and ascend gently east and north-east to gain the summit of Barrow.

5 NY227218 From Barrow, re-trace your steps south-west and this time fork left to avoid re-ascending Outerside. Take the good path south-west back to High Moss and pick up the shortcut path to the col between Scar Crag and Causey Pike. Turn left and ascend easily east over a series of undulating lumps to reach Causey Pike's dramatic summit, a rather exposed but delightful spot for a wild camp in clear conditions.

IS IT FOR ME?

FITNESS Good hill fitness is required for this long, strenuous walk with significant ascent.

TERRAIN There are a few rocky sections, requiring some very simple scrambling, but nowhere is this walk technical or exposed. Generally good, well-trodden fell paths and tracks, with a long road section at the beginning.

NAVIGATION Decent navigation skills are required, but generally the route follows paths and clear hill lines.

