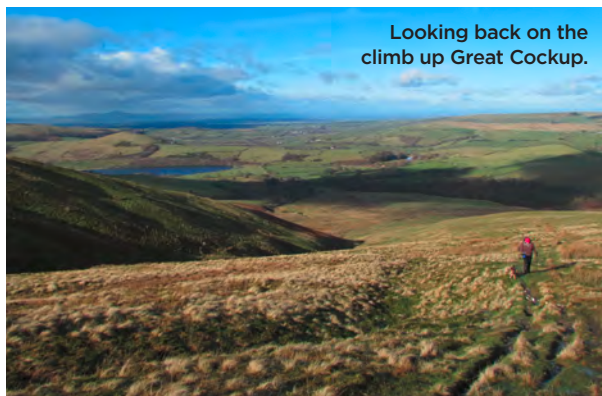




17 CUMBRIA GREAT COCKUP & MEAL FELL

▶ Distance: 5¾ miles/9.15km ▶ Time: 3½ hours ▶ Grade: Challenging



Looking back on the climb up Great Cockup.

PHOTO: STEVE GOODIER



CHOSEN BY... STEVE GOODIER

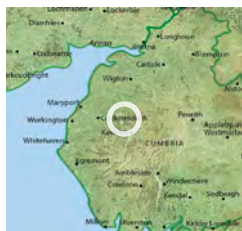
The Uldale Fells offer some of the quietest, remotest walking in Northern Lakeland and little has changed here since Wainwright explored the area, discovering he rarely saw other walkers. This is hauntingly lonely country and you'll need to be confident with map and compass, especially if the mist comes down. Great Cockup rises to 1726ft/526 metres and is separated from Meal Fell (1804ft/550 metres) by the wonderfully named Trusmadoor Pass which Wainwright described as 'The Piccadilly Circus of sheep.' This route takes

in both summits, the pass and some real wilderness county.

1 Start
Pass through the gate with 'Uldale Common' on it. Go immediately R descending over ford. Rise beyond leaving the track shortly at a faint junction R to walk by wall R. Rise by the wall continuing more levelly over two streams. Pass through a gap at a fence end continuing around marshy area. Follow track to descend, curve L and reach a fork.

2 1 mile/1.7km
Take R fork descending over a stream to cross larger stream L of ruined sheepfold. Take rising path ahead (not track going R) to reach

PLAN YOUR WALK



ROUTE

Start/parking Limited parking on either side of bridge over Longlands Beck SW of Longlands. There's a pull-in and space by gate marked 'Uldale Common' on the other. Don't obstruct gate, grid ref NY265358

Is it for me? Tracks/paths/trackless ground. Steep ascents/descents and marshy areas. Some stream crossings – difficult after heavy rain. A remote route – avoid in mist

Stiles None

PLANNING

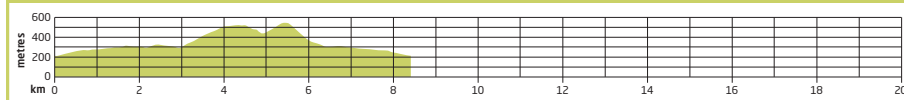
Nearest town Keswick
Refreshments Keswick/Bassenthwaite Village

Public toilets None
Public transport None
Maps OS Explorer OL4; Landranger 90

a path crossroads. Go R descending to ford stream. Follow the track beyond



GRADIENT PROFILE



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► OS Explorer map OL4 ► Buy maps at: ordnancesurvey.co.uk/shop

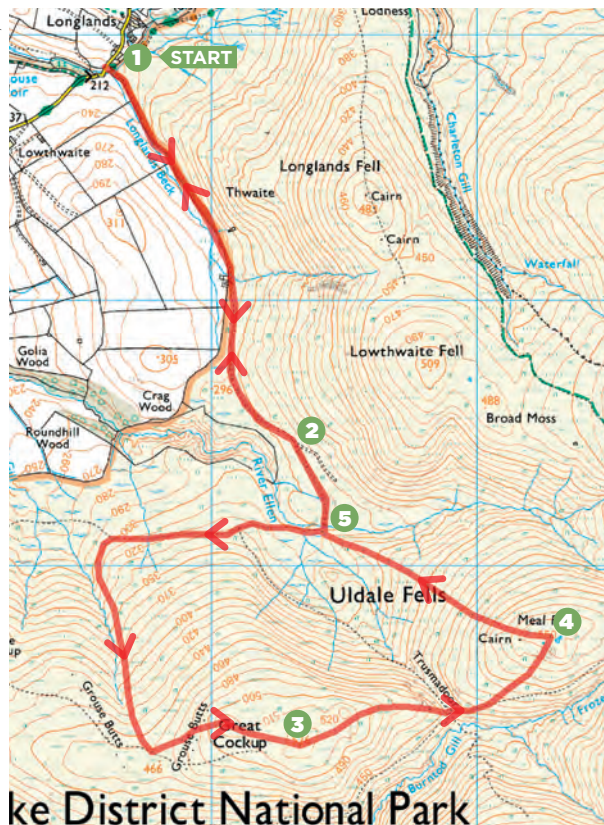
leaving it L shortly at a fork. Head R of a groove to rise and further on descend and reach an area of marsh grass. Follow it soon leaving the track to cut back L on a rising path. Follow this with Dale Gill Ravine R. Continue rising once above the ravine to go L at a path crossroads (Grid ref NY267333). Fork L on a track shortly climbing to a cairn on Great Cockup. Follow path easterly to the cairn/summit of Great Cockup.

3 2¼ miles/4.5km

Take the path northeasterly soon curving R to descend then curve L to reach Trusmador Pass. Cross over the path taking the path uphill to cross a track and continue steeply to Meal Fells West Cairn. Go R following path to the wind shelter on Meal Fells summit.

4 3½ miles/5.8km

Take the path ahead (easterly) towards Great Sca Fell dipping and rising to curve L on a path you reach and reach a cairn (true summit). Walk back along summit edge towards the west cairn. Just before it, by a small tarn in a dip, cut half R heading R of a grassy bump on trackless ground. Descend steeply northwesterly heading R of a line of marsh grass. As a stream starts to develop L cross the marsh grass/stream L continuing downhill aiming for



the L of two tracks below. Descend to pick this up and follow it. Join another track going ahead on it to the crossroad of paths from your outbound route.

5 4½ miles/7km

Go R descending on your outbound route over the stream by the sheepfold. Continue on your outbound route going ahead at a fork

then staying L (main path) at the next fork. Follow the outbound route back to the start. **CW**

**GET THIS WALK
ON YOUR PHONE:**

lfto.com/cwroutes

IN ASSOCIATION WITH



OS MAPS



Ordnance Survey

DATE WALKED

TIME TAKEN

YOUR RATING