

- **Distance** 12.5km/7¾ miles ● **Time** 6-7hrs ● **Grade** Challenging

BOB ATKINS



Walk in sheer mountain glory with spectacular views.

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Explore five of the most epic and distinctive summits in Lakeland with this magnificent route from Great Langdale. It's sheer mountain glory, taking in the summits of Pavey Ark, Harrison Stickle, Thorn Crag, Loft Crag and Pike o'Stickle, with spectacular views across to Crinkle Crag, Bowfell and Scafell Pike. There are two alternative descents depending on time (and good navigation skills!). *By Nick Hallissey.*

1 START

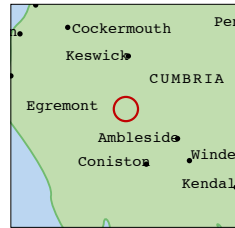
Walk up access road to New Dungeon Ghyll Hotel. Pass hotel and continue through gate, taking path across meadow and through gap in wall. Follow path across next meadow, passing through gap between two fencelines. Take L-hand path at fork, keeping wall L. Continue uphill to reach wall running down fellside. Pass through gate and turn sharp R at fork,

climbing with wall, R. At next wall, cross stile. Do not cross stream but take R fork, climbing R of crag. Path soon veers L away from wall on to clear path beneath Pike How. Follow path until it levels out just above Pike How. Proceed uphill for 450m then locate grassy traverse branching R across hillside, bringing you to Stickle Tarn.

2 1.8km/1 mile

Cross dam and proceed on path, keeping tarn L. Do not follow any path leading directly to cliff face of Pavey Ark. At far end of tarn, follow path heading round eastern side of cliff, crossing two streams and climbing sharply towards north-east side of cliff. Path veers L to North Rake, a stony channel leading directly upwards. Climb North Rake. At top, turn L at cairn and continue upwards on rough ground to reach summit. ➤

PLAN YOUR WALK



ROUTE

Terrain Steep paths, exposed fells, some short rocky sections

Stiles 1

Suitable for Fit walkers

START/PARKING

Car park near New Dungeon Ghyll Hotel, Great Langdale, grid ref NY295064

Nearest town Ambleside

Refreshments Two pubs, the Old and New Dungeon Ghyll Hotels

Public toilets None

Public transport Bus service 516 connects Ambleside with Great Langdale

MAPS

Ordnance Survey Explorer OL6; Landranger 90

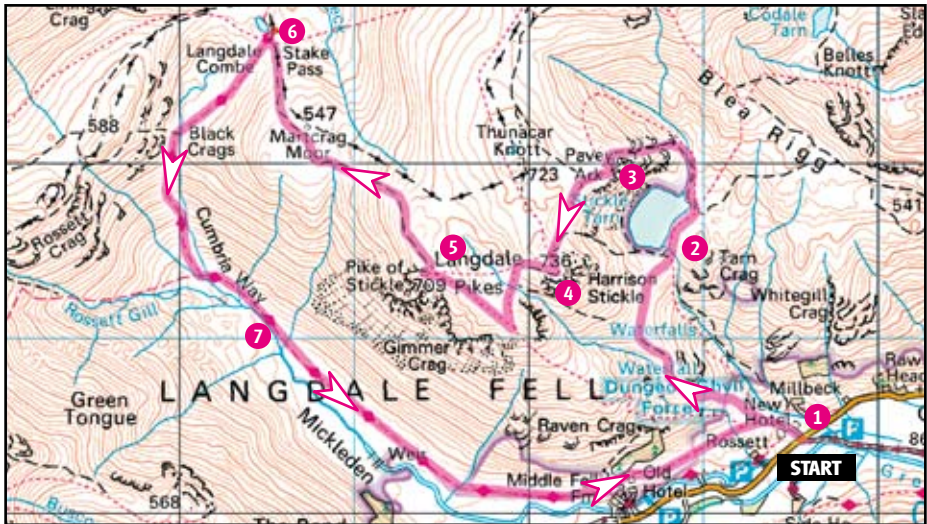


Cumbria

The Langdale Pikes

COUNTRY WALKING

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➤ 3 3.1km/2 miles

Bear south-west from summit to pick up path to Harrison Stickle. Path descends (ignore fork heading L back down to Stickle Tarn) before climbing L of summit crags and reaching summit of Harrison Stickle.

➤ 4 3.8km/2¼ miles

Head briefly north from summit to locate path descending west into depression between pikes. A path L will take you across Thorn Crag and Loft Crag summits before reaching Pike o'Stickle, the domed summit at farthest end of depression. Alternatively, you can continue across depression to reach Pike o'Stickle direct (includes stepping stones across bog).

➤ 5 4.9km/3 miles

Descend from summit and regain path heading north-east. After 1.3km, if a swift descent is desired, branch L at cairn and cross boggy ground to locate top of Troughton Beck. Cross beck and locate steep zig-zag path descending on beck's western side into Mickleden. Path is easy and direct, but is not shown on Ordnance Survey map, so if in doubt, revert to main route. At valley floor, join Mickleden path and turn L – see Point 7. Path off Pike o'Stickle veers north across Martcrag Moor, eventually reaching a pile of stones at a crossroads of paths. This is the head of Stake Pass.

➤ 6 6.7km/4¼ miles

Branch sharp L to pick up Cumbria Way, descending on wide, clear path beside Stake Gill, down into Mickleden.

➤ 7 8.4km/5¼ miles

Follow clear path along bottom of Mickleden, heading south-east and passing Old Dungeon Ghyll Hotel. Continue on path to New Dungeon Ghyll Hotel and retrace steps to start.

Route created using

Memory-Map V5 Northern England – OS 1:50,000

Contact

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