

WP Miles	OSGB	Elev %	C2C Description	-1-
C001 0.0	NX9615 1168	8	St Bees - Start of C2C	
H001	NX9743 1181	53	Fleatham House, St Bees	
C002 1.6	NX9455 1335	23 1%	Fleswick	
P003	NX9412 1437	89	St Bees Lighthouse	
C003 2.6	NX9410 1478	57 2%	Bear R, follow coastline	
C004 3.8	NX9565 1540	97 2%	Quarry bungalows, head S	
C005 4.1	NX9579 1493	105 2%	Bear L, head E	
C006 4.6	NX9643 1475	77 -4%	Sandwith, L on Main, NE	
C007 4.7	NX9655 1493	81 2%	Turn R, head E	
C008 4.9	NX9685 1494	87 2%	Head SE at Lanehead junction	
C009 5.1	NX9694 1474	85 -1%	Turn L, head E	
C010 5.2	NX9713 1477	78 -4%	Bear R, head SE	
C011 5.4	NX9729 1450	82 1%	Skirt around Demesne Farm	
C012 5.5	NX9740 1435	87 3%	Turn L then cross B5345, E	
C013 5.8	NX9777 1429	81 -2%	Bell House, continue	
C014 6.2	NX9831 1400	18 -10%	Thru rail tunnel, bear L, NE	
C015 6.4	NX9850 1419	14 -2%	Turn R at Stanley Pond, E	
C016 6.9	NX9928 1432	49 4%	Disused railway tunnel, head E	
C017 7.2	NX9958 1434	70 7%	Cross A595 to Scalegill Rd, E	
C018 7.8	NY0047 1424	81 1%	Turn L on Church St, NE	
C019 7.9	NY0057 1433	79 -1%	Moor Row village, turn R, SE	
C020 8.2	NY0076 1391	82 1%	Turn L, head E	
C021 8.2	NY0084 1393	80 2%	Turn R, head SE	
C022 8.8	NY0151 1346	64 -2%	L on A5086 in Cleator, NE	

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WP Miles	OSGB	Elev %	C2C Description	-3-
H044	NY0699 1588	105	Shepard Arms, Ennerdale Bridge	
C045 15.4	NY0772 1584	122 2%	Fork R, head SE	
C046 15.8	NY0808 1552	117 -1%	Turn L, head NE	
C047 16.0	NY0832 1566	125 3%	Turn R, head SE	
C048 16.3	NY0853 1528	117 -2%	Turn L onto gravel path, E	
C049 16.4	NY0882 1526	116 -0%	Bear R to Ennerdale Water	
C050 16.6	NY0904 1510	122 2%	Follow south shore around lake	
C051 17.3	NY1006 1514	129 1%	Robin Hood's chair	
C052 19.2	NY1250 1387	116 -0%	Head of lake, continue E	
C053 19.7	NY1313 1384	134 3%	Over stile, L, NE across field	
C054 19.9	NY1337 1415	126 -2%	Footbridge over River Liza	
C055 20.0	NY1339 1421	142 24%	R along forest road	
A055 0.0	NY1455 1413	154	ALT path, L to High Stile	
A056 0.6	NY1501 1486	336 21%	Bear R at cairn, NE	
A057 1.5	NY1607 1546	714 30%	Sharp R at Pile of Stones, S	
A058 1.7	NY1600 1517	719 2%	Bear L, SE	
A059 2.0	NY1639 1490	716 -1%	Bear L, ESE	
A060 2.3	NY1682 1474	785 15%	R at High Stile, SE	
A061 2.5	NY1695 1458	756 -14%	Bear L at Eagle Crag	
A062 3.3	NY1799 1405	719 -3%	High Crag, continue ahead, SE	
A063 3.9	NY1861 1341	533 -21%	Bear L, E	
A064 4.1	NY1886 1336	460 -27%	Scarth Gap, continue ahead	
A065 4.4	NY1934 1319	575 22%	Haystacks	
A066 4.7	NY1971 1299	531 -10%	Innominate Tarn	

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WP Miles	OSGB	Elev %	C2C Description	-5-
C075 29.9	NY2563 1434	98 2%	Turn L on footpath, head N	
H076	NY2589 1481	94	Shafell Hotel	
C076 30.3	NY2586 1486	91 -1%	Turn L at B5289, Rothswaite	
C077 30.4	NY2581 1493	91 0%	Turn R, ENE	
C078 30.4	NY2590 1497	91 0%	After bridge turn R, head S	
C079 32.1	NY2743 1301	144 2%	Passing Smithymire Island, SE	
C080 33.0	NY2813 1196	350 16%	Shallow R, SSE	
C081 34.0	NY2858 1055	609 17%	Half L, ESE, Greenup Edge	
C082 34.6	NY2939 1031	476 -15%	Cross Mere Beck	
A082 0.0	NY2955 1028	488	ALT: Half L for Calf Crag	
A083 0.3	NY2991 1042	497 2%	Slight R	
A084 0.5	NY3020 1043	516 7%	Slight L	
A085 0.5	NY3031 1048	512 -3%	Bear R at Calf Crag	
A086 0.9	NY3078 1030	467 -9%	Half L just past Pike of Carrs	
A087 1.1	NY3101 1038	429 -15%	Half R	
A088 1.9	NY3206 0983	376 -4%	Passing Gibson Knott	
A089 2.4	NY3262 0933	396 3%	R at Helm Crag	
A090 2.7	NY3282 0901	339 -15%	Turn R	
A091 2.8	NY3258 0898	262 -31%	Turn L, winding descend	
A092 3.2	NY3269 0856	269 -31%	Rejoin main route, turn L	
C083 35.1	NY2988 0994	379 -16%	Eastdale Gill walk, bear L, E	
C084 35.2	NY3008 0994	337 -20%	Cross Far Eastdale Gill	
C085 35.7	NY3074 0981	264 -11%	Ahead, E	
C086 36.1	NY3140 0968	212 -8%	Bear R, SE	

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WP Miles	OSGB	Elev %	C2C Description	-7-
A101 0.1	NY3509 1227	552 5%	Curve gentle R	
A102 0.2	NY3487 1231	582 13%	Turn R, zigzags, N	
A103 0.5	NY3482 1273	760 39%	Turn L, NW	
A104 1.0	NY3431 1309	807 7%	Bear R at Dollywagon Pike	
A105 2.3	NY3426 1509	923 6%	Sharp R, Helvellyn Shelter	
A106 2.5	NY3441 1499	913 -6%	Striding Edge, bear north side	
A107 2.9	NY3509 1493	800 -16%	Ahead, N side of Striding Edge	
A108 3.6	NY3593 1550	696 -10%	Bear R, E, at Hole in Wall	
A109 5.2	NY3815 1594	246 -20%	Turn R, SE	
A110 5.4	NY3830 1567	198 -15%	Rejoin main route, turn L	
B100 0.0	NY3516 1216	545	Bear R for St Sunday Crag	
B101 0.3	NY3563 1231	613 14%	Bear R path	
B102 0.6	NY3596 1243	663 14%	Bear L, NE	
B103 1.5	NY3690 1338	818 12%	The Cape, R/L paths will join	
B104 2.0	NY3729 1398	662 -21%	Ahead NE (joined R/L paths)	
B105 3.1	NY3830 1509	476 -12%	Ahead, NE	
B106 3.3	NY3853 1527	386 -30%	Over stone wall, head NE	
B107 3.6	NY3868 1571	213 -35%	Sharp R, SSE, rejoin main path	
C101 42.2	NY3554 1355	381 -12%	Ruthwaite Lodge, bear R, NE	
C102 42.4	NY3575 1373	321 -21%	Bear R, NE	
C103 42.5	NY3593 1381	302 -10%	Cross bridge, Grisedale Beck	
C104 43.9	NY3734 1511	216 -4%	Ahead, Lovely Bridge on left	
C105 44.4	NY3797 1552	199 -2%	Ahead onto hardtop	
C106 44.9	NY3866 1580	202 0%	Turn R, S or ahead to Grisedale Lodge	

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WP Miles	OSGB	Elev %	C2C Description	-9-
A125 1.9	NY4829 2272	315 10%	Turn R, S, for stone circle	
A126 2.2	NY4824 2225	322 1%	Turn L, E, at stone circle	
P126	NY4827 2224	322	Stone circle	
A127 2.4	NY4852 2227	319 -1%	Bear R, E, on foot track	
A128 2.8	NY4909 2224	322 1%	Half R, SE, on dirt road	
A129 3.5	NY4972 2144	306 -2%	Ahead at road T, SE	
A130 3.7	NY4996 2132	286 -7%	Follow cart track, E then SE	
A131 4.2	NY5066 2108	223 -8%	Turn R on paved road, S	
A132 4.9	NY5102 2020	183 -4%	Ahead past Beckfoot Guesthouse	
A133 6.3	NY5149 1820	182 -0%	Bear L to E, w/ Cawdale Beck to S	
A134 6.7	NY5203 1797	178 -1%	Head NE, cross River Lowther to Crown/Mitre	
C110 45.9	NY3980 1581	154 0%	Cross Goldrill Beck bridge	
C111 46.1	NY4003 1601	167 4%	Bear L	
C112 46.1	NY4000 1610	176 9%	Turn R	
C113 46.2	NY4006 1614	195 27%	Turn R, SE	
C114 46.7	NY4065 1564	341 19%	Bear L at Boarddale House	
C115 46.8	NY4079 1560	379 24%	Bear R, SE	
C116 47.3	NY4107 1494	475 13%	Bear L around Stony Rigg	
C117 47.3	NY4110 1494	483 25%	Take either fork, they join	
C118 47.7	NY4150 1457	504 4%	Paths join, Angletarn Pikes	
C119 47.9	NY4174 1457	486 -8%	Curve R around Angle Tarn	
C120 48.5	NY4222 1379	544 6%	Thru gate, head SE	
C121 48.9	NY4274 1357	556 2%	Bear R, SE	
C122 49.6	NY4347 1282	647 9%	Bear L, head E	

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WP Miles	OSGB	Elev %	C2C Description	-11-
C141 58.1	NY5222 1615	226 12%	Half L	
C142 58.4	NY5270 1634	236 2%	Bear R approaching Rawhead	
C143 58.7	NY5314 1626	220 -4%	L at Goodcroft, NE	
C144 58.9	NY5336 1646	197 -8%	Turn R, head SE	
C145 59.0	NY5346 1638	197 0%	Thru gate, follow left wall	
C146 59.3	NY5353 1593	206 2%	Bear L at Parish Crag Bridge	
C147 59.6	NY5382 1576	236 9%	Half R, head SSE	
C148 59.7	NY5386 1562	245 6%	Turn L, head E	
C149 59.9	NY5412 1560	252 3%	Bear R along stone wall	
C150 60.1	NY5453 1559	225 -7%	Bear R, SSE	
C151 60.4	NY5472 1533	226 0%	L, over Abbey Bridge	
C152 60.5	NY5484 1546	234 5%	Bear R, head E	
P152	NY5479 1534	226	R to Shap Abby	
C153 61.2	NY5584 1545	256 2%	Bear L, head NE	
C154 61.3	NY5601 1563	252 -2%	Bear R on Keld Lane	
C155 61.5	NY5620 1554	256 2%	R along A6 in Shap	
C156 62.0	NY5642 1478	258 0%	Kings Arms, L on Moss Grove	
C157 62.1	NY5652 1480	261 3%	Turn R on Gayle Ave, SSE	
C158 62.2	NY5655 1471	262 1%	L, then over railway bridge	
C159 62.5	NY5702 1465	284 5%	Ahead, SE	
C160 62.9	NY5745 1419	301 3%	Footbridge over M6, then R	
C161 63.4	NY5802 1380	330 4%	SE, follow sign to Oddendale	
C162 63.8	NY5857 1357	329 -0%	Cross quarry road, head E	
C163 64.2	NY5918 1346	326 -0%	Bear R, near Oddendale	

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WP Miles	OSGB	Elev %	C2C Description	-13-
A181 1.2	NY6379 0853	261 -1%	Leave road, ahead, SE	
A182 1.4	NY6398 0829	268 2%	Rejoin main route, turn L to E	
C177 69.2	NY6274 0940	274 -14%	Broadfell, follow wall S	
C178 69.9	NY6240 0841	238 -3%	Orton, bear L, S to B6261	
H178	NY6222 0817	237	George Hotel, Orton (15396-26046)	
C179 70.2	NY6241 0799	234 -1%	L, E on Raisbeck Rd, B6261	
C180 71.3	NY6390 0795	250 1%	Turn L, head N	
P181	NY6400 0816	266	Stone circle	
C181 71.5	NY6399 0829	268 5%	Turn R, head E	
C182 72.4	NY6533 0826	263 -0%	L along road at Acres Farm	
C183 72.8	NY6578 0861	279 3%	Half R at Sunbiggin Farm	
C184 73.2	NY6628 0855	273 -1%	Half R at Stony Head	
C185 73.6	NY6689 0826	274 0%	R, S, at crossways	
C186 73.8	NY6703 0806	274 0%	Bear L, head SE	
C187 73.9	NY6719 0796	269 -3%	Bear R, S	
C188 74.4	NY6713 0733	253 -3%	Bear L, S, off road	
C189 74.6	NY6709 0699	260 2%	Bear L, SE	
C190 74.7	NY6721 0690	262 1%	Bear L, E	
C191 74.9	NY6748 0688	263 0%	Bear L, then cross footbridge	
C192 74.9	NY6755 0694	257 -6%	R at wall corner, head ESE	
C193 76.1	NY6910 0649	283 2%	Bear L to E	
C194 76.2	NY6934 0650	295 5%	Turn R, E, keep fence on right	
C195 76.8	NY7022 0667	307 1%	Bear R, E	
C196 77.2	NY7080 0666	302 -1%	Half L w/ wall on right	

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WP Miles	OSGB	Elev %	C2C Description	-15-
C214 83.3	NY7763 0872	170 -4%	Cross Frank's Bridge, head E	
C215 83.6	NY7809 0864	184 3%	Ahead, but other side of wall	
C216 83.7	NY7827 0862	189 3%	Zigzag 10m L/R to bridge	
C217 83.8	NY7828 0862	189 0%	Cross Hartley Bridge, then R	
C218 83.9	NY7846 0841	210 8%	Cross old railway, then half L	
C219 84.5	NY7918 0861	264 7%	Bear R at Hartley Quarries, SE	
C220 85.0	NY7979 0820	319 7%	Bear R at Fell House	
C221 85.1	NY7991 0797	317 -1%	Cross bridge, head S on road	
C222 85.4	NY7988 0757	342 6%	Bear L on road, head SE	
C223 85.8	NY8014 0704	392 8%	Bear L alongside wall	
C224 86.4	NY8088 0688	459 9%	Bear R, head SE	
C225 86.5	NY8104 0673	479 9%	L, E, for Red/Blue Routes	
A225 0.0	NY8104 0672	480	Ahead for Green Route	
A226 0.1	NY8113 0664	494 12%	Bear R, head S	
A227 0.3	NY8118 0633	497 1%	Half L, head SE	
A228 0.7	NY8159 0595	562 11%	Half L	
A229 0.8	NY8174 0578	575 6%	Turn R, head ESE	
A230 1.0	NY8155 0573	543 -17%	Turn L, head S	
A231 1.0	NY8157 0564	538 -5%	Half R, head SW	
A232 1.1	NY8151 0559	525 -17%	Half L at Rollinson Gill	
A233 1.3	NY8138 0528	516 -3%	Half R, head SW	
A234 1.7	NY8098 0500	508 -2%	Half L, head SSW	
A235 2.2	NY8084 0406	508 0%	Turn L, follow B6270 3km SE	
A236 4.1	NY8314 0269	460 -2%	Turn sharp L on dirt road	

WP Miles	OSGB	Elev %	C2C Description	-8-
D106 0.0	NY3867 1582	200	Ahead to Grisedale Lodge	
D107 0.2	NY3898 1595	164 -10%	Turn L, N, to hotel	
D108 0.4	NY3904 1613	156 -4%	Turn L, NW, on A592	
D109 0.4	NY3903 1614	157 4%	Turn R to hotel OR ahead to Ullswater Steamer	
H109	NY3909 1617	155	Grisdale Lodge (17684-82155)	
P109	NY3899 1692	105	Glenridding Steamer Landing	
C107 45.2	NY3897 1547	221 4%	Turn L, NE	
C108 45.5	NY3925 1571	198 -6%	Ahead thru stone wall gate, E	
C109 45.8	NY3969 1584	154 -10%	R at A592, Patterdale	
B120 0.0	NY4430 1991	146	How Town Steamer Landing	
B121 0.1	NY4440 1986	153 7%	Turn R, head up hill	
B122 0.2	NY4453 1994	176 14%	Bear L, head NE	
B123 0.7	NY4500 2044	218 6%	Ahead, NE	
B124 1.4	NY4575 2123	224 1%	Ahead, NE	
B125 2.6	NY4731 2198	334 6%	ENE, Join path at stone circle	
A117 0.0	NY4665 2420	148	Pooley Bridge Steamer Landing	
A118 0.1	NY4670 2426	157 11%	Turn R along B5320	
A119 0.3	NY4695 2444	159 1%	Bear R, then over inlet bridge	
A120 0.3	NY4704 2441	150 -9%	Bear L into Pooley Bridge	
P120	NY4704 2442	150	Granny Dowbekins Tearooms	
A121 0.5	NY4727 2447	154 2%	Bear R, ESE, on High St	
A122 0.7	NY4756 2425	169 4%	Bear R, SE	
A123 1.0	NY4768 2397	189 7%	Ahead, then zigzag L/R	
A124 1.3	NY4788 2358	223 8%	Bear R on gravel road	

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WP Miles	OSGB	Elev %	C2C Description	-6-
C087 36.5	NY3177 0935	164 -10%	Bear L onto dirt road	
C088 36.5	NY3184 0937	157 -10%	Over bridge, follow dirt road	
C089 37.4	NY3271 0854	113 -4%	Turn R on slate track, head S	
C090 37.4	NY3270 0844	98 -16%	Turn L on Easedale Rd	
C091 37.7	NY3307 0815	92 -1%	Bear L, follow Easedale Rd	
C092 37.9	NY3325 0809	82 -5%	C2C turn L, Grasmere ahead	
D092 0.0	NY3326 0808	82	Ahead on Easedale Rd, 0.4m to Grasmere	
D093 0.4	NY3369 0763	73 -1%	L on Broadgate, 0.1m to Oak Bank Hotel	
P093	NY3373 0738	70	St Oswald's Church, Grasmere	
H093	NY3377 0772	74	Oak Bank Hotel (15394-35217)	
C093 38.6	NY3342 0915	95 1%	Turn R at Low Mill Bridge	
P094	NY3419 0702	77	Dove Cottage, Grasmere	
C094 38.7	NY3360 0917	103 4%	Cross A591, head NE	
C095 39.2	NY3395 0982	204 14%	Fork L for Little Tongue Gill	
A095 0.0	NY3397 0980	203	Fork R for Tongue Gill	
A096 0.2	NY3423 0986	245 16%	Ahead - right of stone wall	
A097 0.9	NY3480 1081	378 12%	Ahead, N	
C096 39.9	NY3422 1076	399 20%	Ahead, N	
C097 40.1	NY3425 1093	463 34%	Half R, NE	
C098 40.5	NY3484 1118	504 6%	Link up with ALT route, head N	
C099 40.8	NY3490 1167	581 15%	Half L, N to Grisedale Tarn	
C100 41.3	NY3516 1222	542 -6%	Ahead, N, for Grisedale	
P100	NY3522 1234	537	Brother's Parting Stone	
A100 0.0	NY3517 1232	547	Hairpin L for Helvellyn	

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WP Miles	OSGB	Elev %	C2C Description	-4-
A067 5.0	NY2011 1292	492 -10%	BlackbeckTarn, head NE	
A068 5.7	NY2100 1341	485 -1%	Follow old tramway, E	
C056 21.8	NY1598 1378	172 1%	Continue ahead, ESE	
C057 24.4	NY1947 1238	292 3%	Black Sail Hut, continue ESE	
C058 24.8	NY2007 1207	332 6%	Ahead ESE	
C059 25.0	NY2028 1203	359 12%	Turn L, on Loft Beck east bank	
C060 25.3	NY2056 1234	512 35%	R near top of Loft Beck, ENE	
C061 25.5	NY2082 1242	580 24%	Brandreth fence, head ENE	
C062 25.7	NY2117 1247	598 5%	Bear L, head NE	
C063 26.1	NY2153 1282	591 -1%	Bear L, head N	
C064 26.5	NY2158 1347	528 -10%	R at old tramway, head E	
P065	NY2254 1357	362	Honister Hause YH	
C065 27.1	NY2245 1355	361 -19%	B5289-State Mine Visitor's Ctr	
C066 27.4	NY2283 1372	330 -7%	Leave road north of B5289	
C067 27.7	NY2319 1367	300 -8%	Rejoin B5289, head E	
C068 27.7	NY2330 1368	296 -4%	Leave road for northside path	
C069 28.4	NY2414 1411	228 -7%	Half R, head E	
C070 28.8	NY2465 1402	169 -11%	Hairpin R to SW	
C071 28.9	NY2442 1387	142 -10%	Turn L on B5289	
P071	NY2448 1378	127	Seatoller Farm	
C072 29.1	NY2453 1376	121 -14%	Turn L, NE to Johnny's Wood	
C073 29.2	NY2477 1388	131 4%	Ahead, E	
P074	NY2550 1426	108	Longthwaite YH	
C074 29.9	NY2557 1434	97 -4%	Cross River Derwent	

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WP Miles	OSGB	Elev %	C2C Description	-2-
C023 8.8	NY0155 1350	64 0%	Turn R at Kiln Brow, E	
C024 8.9	NY0167 1347	61 -2%	L at Chapel Nook, S	
C025 9.0	NY0167 1339	60 -1%	Black How Bridge, then L and R	
C026 9.2	NY0196 1322	68 2%	L, follow road	
C027 9.4	NY0225 1339	90 7%	Turn R opposite Black How Farm	
C028 9.5	NY0232 1334	100 12%	U-turn L, head NE	
C029 9.8	NY0268 1352	153 13%	Turn L, go 50m, then turn R	
C030 10.1	NY0308 1331	215 14%	Open countryside, head ESE	
C031 10.3	NY0414 1289	344 11%	Dent summit, head ESE	
C032 11.2	NY0453 1267	296 -11%	R thru wood, L for scenic	
A033 0.0	NY0500 1282	255	Curve R downhill	
A034 0.2	NY0530 1265	153 -29%	L, rejoin main route	
C033 11.5	NY0427 1235	199 -23%	Meander down, then head E	
C034 11.9	NY0494 1238	138 -9%	Leave wood, head ENE	
C035 12.2	NY0524 1250	142 1%	Bear L near fords, NE	
C036 12.4	NY0551 1281	159 4%	Ford before Nannycatch Gate	
C037 12.6	NY0552 1299	157 -1%	Bear R, then curve N	
C038 13.2	NY0571 1382	199 5%	Bear R	
C039 13.3	NY0589 1396	213 6%	Bear L on trail, head N	
C040 13.5	NY0602 1429	212 -0%	Bear R, then L along road	
C041 13.7	NY0616 1439	215 2%	Follow footpath N on west side	
C042 14.4	NY0636 1539	130 -8%	Cross road to east side path	
C043 14.5	NY0646 1561	125 -2%	Bear R, follow road	
C044 14.9	NY0696 1581	105 -4%	Ennerdale Bridge, continue E	

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WP Miles	OSGB	Elev %	C2C Description	-16-
A237 4.4	NY8353 0277	500 10%	Rejoin Red Route, ahead E	
C226 87.5	NY8249 0654	643 11%	R, S, at Nine Standards Stones	
C227 88.1	NY8273 0567	646 0%	Ahead, S, for Red Route	
B227 0.0	NY8273 0572	645	Turn R, E, for Blue Route	
B228 0.9	NY8399 0558	578 -5%	Ahead, E	
B229 1.2	NY8447 0546	516 -12%	Bear R, SE	
B230 1.5	NY8465 0517	475 -12%	Half R, head S	
B231 1.7	NY8456 0479	467 -2%	Ahead, w/Whitsundale Beck on L	
B232 2.3	NY8477 0395	447 -2%	Ahead S along river	
B233 3.0	NY8553 0326	417 -3%	Bear R, S, to rejoin	
B234 3.2	NY8557 0299	418 0%	Rejoin main route, turn L	
C228 88.4	NY8289 0531	656 3%	White Mossy Hill, head S	
C229 89.1	NY8282 0437	618 -4%	Slight L at pile of stones	
C230 89.5	NY8307 0384	571 -8%	Head SSE, more pile of stones	
C231 89.7	NY8330 0360	554 -5%	Slight R	
C232 90.3	NY8353 0277	501 -6%	Turn L, head E	
C233 91.2	NY8490 0298	436 -5%	Ahead, E	
C234 91.7	NY8559 0299	417 -3%	Cross Ney Gill, head E	
C235 92.1	NY8619 0303	407 -2%	Bear L at road, head N	
C236 92.3	NY8625 0329	399 -3%	Over 1st bridge, then bear R	
C237 92.3	NY8628 0331	400 4%	Over 2nd bridge, bear R again to S	
C238 93.1	NY8682 0226	394 -1%	Slight R	
C239 93.9	NY8770 0162	351 -4%	Bear L, E, follow foot path	
C240 94.5	NY8856 0155	332 -2%	Turn R, head down hill on road	

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WP Miles	OSGB	Elev %	C2C Description	-14-
P196	NY7086 0645	299	Bents Farm	
C197 77.6	NY7132 0688	300 -0%	Bear R w/wall on right	
C198 77.8	NY7160 0673	296 -1%	Over stile, go w/wall on left	
C199 78.3	NY7219 0647	280 -2%	Bear R w/wall on left	
C200 78.5	NY7225 0621	242 -14%	Cross bridge over old railway	
C201 78.7	NY7205 0595	226 -5%	Turn L, head E	
C202 78.7	NY7206 0595	225 -5%	Cross Smardale Bridge, head E	
C203 79.0	NY7249 0594	272 11%	Bear L, NE	
C204 80.2	NY7382 0700	338 4%	Half R, head E	
C205 80.8	NY7470 0727	276 -7%	R at road, head SE	
C206 80.9	NY7480 0715	276 0%	L at junction, head NE	
C207 81.0	NY7487 0730	263 -8%	Turn R off road, head E	
C208 81.2	NY7519 0730	250 -4%	Half L, head NE	
C209 81.4	NY7537 0741	245 -2%	Railway underpass, head ENE	
C210 82.1	NY7641 0777	198 -4%	Cross former railway	
P210	NY7647 0777	196	Green Riggs Farm	
C211 82.3	NY7659 0783	199 1%	Follow Croglam Ln, mostly NE	
C212 82.9	NY7740 0838	177 -2%	Zigzag on Brougham Ln to A685	
H212	NY7750 0864	175	Black Bull Hotel	
P213	NY7751 0871	175	Market Square, Kirkby Stephen	
P214	NY7754 0850	176	Temperance Hall	
P215	NY7755 0882	175	Kirkby Stephen Parish Church	
P216	NY7692 0751	200	Stainmore Railway Company	
C213 83.2	NY7749 0874	175 -1%	Turn R, follow Stoneshot	

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WP Miles	OSGB	Elev %	C2C Description	-12-
C164 64.4	NY5933 1318	326 0%	Leave Oddendale, bear L to S	
P165	NY5920 1290	336	Oddendale Stone Circle	
C165 65.5	NY5996 1182	336 1%	Bear L after evergreen plantation	
C166 65.9	NY6050 1168	352 3%	R, SSE, at Wicker Street	
P166	NY6072 1159	339	Another stone circle	
C167 66.5	NY6083 1078	329 -2%	L, follow sheep field wall	
C168 66.8	NY6117 1067	307 -6%	Half L at Kings Well Spring	
C169 66.9	NY6132 1076	294 -8%	Half R, E	
C170 67.1	NY6165 1075	310 5%	Bear L up far side of gully	
P170	NY6172 1069	319	Robin Hood's Grave	
C171 67.4	NY6199 1106	339 6%	Continue ahead, ENE	
C172 67.7	NY6235 1115	319 -5%	Ahead, ESE, past wall corner	
C173 68.1	NY6291 1092	312 -1%	Curve R, near Dina Gill	
A173 0.0	NY6264 1105	306	Walk road S, else dull grass	
A174 0.8	NY6286 0993	344 3%	Join ALT at B6260	
C174 68.4	NY6307 1049	330 4%	Continue curving R	
C175 68.9	NY6281 0989	344 2%	Cross B6260 after cattle grid	
C176 68.9	NY6276 0982	333 -13%	Head S with wall on right	
P176	NY6281 0979	327	Preserved limekilm	
A176 0.0	NY6277 0958	295	ALT, bypass Orton, bear L	
A177 0.1	NY6284 0938	277 -9%	Bear L, follow road SE	
A178 0.5	NY6313 0904	271 -1%	Turn L	
A179 0.5	NY6318 0911	276 6%	Turn R, travel E	
A180 0.8	NY6362 0912	270 -1%	R, S, at Friar Biggins	

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WP Miles	OSGB	Elev %	C2C Description	-10-
C123 49.7	NY4361 1284	679 22%	Curve R around The Knott	
C124 49.9	NY4379 1277	714 18%	More curve R to the SSE	
C125 50.2	NY4392 1225	711 -1%	Hairpin L, head NE	
C126 50.4	NY4401 1245	747 16%	Half R, NE	
C127 50.7	NY4444 1271	772 5%	Bear R towards Kidsty Pike	
C128 50.9	NY4618 1245	507 -15%	Approaching Kidsty Howes	
C129 52.6	NY4683 1189	258 -28%	Over bridge, then bear L	
C130 52.6	NY4686 1190	256 -7%	Through gates of stone walls	
C131 52.8	NY4711 1217	255 -0%	Bear L	
C132 53.5	NY4702 1311	264 1%	Bear R after footbridge	
C133 55.1	NY4826 1516	279 1%	Cross stream	
C134 55.5	NY4867 1547	260 -4%	Measand Bridge/fine waterfalls	
C135 56.8	NY5047 1614	254 -0%	Bear R, head E	
C136 56.9	NY5056 1612	241 -14%	Zigzag R/L to Burnbanks	
C137 57.0	NY5080 1611	221 -8%	Off road SE to wood track OR Ahead to BB	
B137 0.0	NY5085 1613	219	Head NE 2km to Bampton	
B138 1.1	NY5168 1746	190 -2%	Ahead N 3/4km to Bampton	
B140 1.4	NY5208 1781	176 -3%	Head SE to rejoin track OR N to Pub	
H140	NY5216 1817	179	Crown and Mitre Pub (1931-713225)	
B141 2.2	NY5295 1706	198 2%	Ahead at Rawfoot farm	
B142 2.7	NY5336 1647	195 -0%	Rejoin C2C, ahead SE	
C138 57.2	NY5101 1597	213 -3%	Cross Naddle Bridge, then E	
C139 57.6	NY5150 1606	197 -3%	Ahead, on left is Park Bridge	
C140 57.9	NY5201 1622	200 1%	Turn R, follow north side	

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WP Miles	OSGB	Elev %	C2C Description	-17-
C241 94.6	NY8859 0145	327 -5%	Turn L on B6270 to Keld	
C242 95.0	NY8914 0103	338 2%	Turn L for Keld	
H242	NY8921 0095	335	Keld Lodge	
C243 95.2	NY8929 0116	320 -9%	Keld, turn R (path to Muker)	
C244 95.3	NY8950 0103	311 -4%	Bear L to footbridge	
C245 95.4	NY8959 0105	304 -8%	Footbridge over River Swale	
C246 95.5	NY8964 0112	315 13%	Over bridge, East Gill Force	
C247 95.9	NY9024 0089	340 4%	Zigzag L/R along road	
C248 96.1	NY9046 0086	359 8%	Bear L for Mines	
P248	NY9062 0086	377	Ruins of Crackpot Hall	
A248 0.0	NY9046 0085	357	Bear R for low moors route	
A249 0.4	NY9091 0052	293 -11%	Curve R, head S	
A250 1.1	SD9085 9941	264 -3%	Ahead, S	
A251 1.7	SD9101 9868	260 -1%	Bear R on footpath	
A252 1.7	SD9104 9860	260 0%	Ahead SSE or L across bridge to Muker	
P252	SD9092 9788	251	Muker, Swaledale Woollens	
A253 2.3	SD9152 9794	239 -3%	Curve L, follow river E	
A254 3.5	SD9330 9782	235 -0%	Ahead at Ivelet Bridge	
A255 3.7	SD9360 9798	242 2%	Turn R, head E at Ivelet township	
A256 4.3	SD9438 9810	238 -1%	Ahead E across fields	
A257 4.8	SD9511 9820	234 -1%	Kings Head, Gunnerside	
B257 0.0	SD9531 9821	246	ALT: Bear L for Steadman high route	
B258 0.7	SD9635 9828	381 13%	Bear R, head E	
B259 1.4	SD9738 9816	372 -1%	Ahead E along farm road	

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WP Miles	OSGB	Elev %	C2C Description	-19-
C253 98.5	NY9367 0168	438 -16%	Turn L on meeting track	
C254 98.6	NY9369 0176	434 -5%	Cross bec, then head uphill	
C255 98.6	NY9378 0175	453 22%	R, S, along green path	
C256 98.7	NY9384 0164	426 6%	Hairpin L, head N	
C257 98.8	NY9385 0178	493 15%	Bear R	
C258 98.9	NY9396 0194	514 16%	Bear R again, E then SE	
C259 99.1	NY9417 0176	547 12%	Follow road, head SE	
C260 99.6	NY9469 0142	564 3%	Continue ahead on road E	
C261 99.9	NY9513 0136	551 -3%	Bear L	
C262 100.3	NY9576 0142	521 -5%	Ahead E	
P261	NY9533 0129	444	Old Gang Mines	
P262	NY9574 0127	444	Moor House	
C263 100.7	NY9639 0132	459 -10%	R after Level House Bridge	
P263	NY9726 0068	414	Pillar stones	
C264 101.6	NY9743 0051	397 -5%	Ahead, Old Gang Smelting Mill	
C265 102.7	SD9891 9994	352 -3%	Tiny L/R off road to footpath	
P265	SD9905 9990	345	Surrender Smelt Mill	
C266 102.9	SD9909 9995	347 -3%	Bear L, NE, across heather	
C267 103.2	NY9949 0016	357 2%	Decend north side of landslide	
C268 103.3	NY9961 0019	361 3%	Over wall, head E	
C269 103.9	SE0045 9996	372 1%	Bear L, head ESE	
C270 104.4	SE0119 9954	314 -7%	Bear L at Thims, head ENE	
C271 105.5	SE0271 9973	312 -0%	Ahead E on footpath	
C272 105.7	SE0293 9981	299 -6%	Thru gate, follow walled track	

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WP Miles	OSGB	Elev %	C2C Description	-21-
P291	NZ1039 0033	168	Marske Hall	
C291 112.3	NZ1039 0044	165 -11%	Over Marske Bridge	
C292 112.4	NZ1054 0058	174 4%	Turn R, head E	
C293 112.7	NZ1090 0091	173 -0%	Bear R onto footpath, head NE	
C294 113.2	NZ1138 0133	159 -2%	Over Paddy's Bridge, head NE	
C295 113.5	NZ1176 0151	201 10%	R along cart track, E	
C296 114.3	NZ1297 0168	184 -1%	Cross farm road, head E	
C297 114.6	NZ1337 0174	188 1%	Bear L on track after fence	
C298 115.0	NZ1400 0184	211 4%	Edge of wood, meander SE	
C299 115.6	NZ1464 0141	227 2%	Exit wood, follow track E	
C300 116.5	NZ1599 0152	199 -2%	Ahead SE into Richmond	
C301 117.1	NZ1673 0104	143 -6%	Turn L on Victoria Road	
C302 117.3	NZ1702 0101	138 -2%	Turn R on Newbiggin	
C303 117.4	NZ1694 0093	136 -2%	Turn L on Bargate	
H303	NZ1704 0095	137	Black Lion Hotel, Richmond	
A303 0.0	NZ1722 0088	128	ALT: Via Easby Abby, N on Frenchgate at Square Rd	
A304 0.1	NZ1729 0096	137 R	meander E on Station Rd	
A305 0.2	NZ1750 0104	105 -14%	L, head NE on Lombards Wynd	
A306 0.3	NZ1754 0108	109 7%	R, meander E on Easby Low Rd to field	
A307 0.7	NZ1812 0072	98 -2%	Ahead SE from field to field thru hedge	
A308 1.2	NZ1860 0030	98 0%	Turn L, S, at Easby Abby ruins on Love Ln	
P308	NZ1847 0029	91	Easby Castle Ruins	
A309 1.5	SE1841 9985	95 -1%	Turn R to NW, cross River Swale Bridge	
A310 1.7	NZ1820 0012	97 1%	Rejoin: U turn to SW after water plant	

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WP Miles	OSGB	Elev %	C2C Description	-23-
H321	SE2279 9930	61	Bridge House Hotel	
P322	SE2267 9959	63	Farmers Arms	
C322 122.5	SE2262 9929	60 -4%	Cross old RR bridge, then head E	
C323 122.6	SE2273 9941	60 0%	Under Catterick bridge, then head E	
C324 123.6	SE2418 9957	56 -0%	Follow footpath near B6271, E	
C325 123.8	SE2456 9959	57 0%	Sharp R, head S	
C326 124.0	SE2448 9931	55 -1%	Turn L, then zigzag R/L	
C327 124.4	SE2508 9929	54 -0%	Turn R on B6271	
C328 124.5	SE2511 9923	54 0%	Turn L, go 100m, bear L	
C329 124.7	SE2535 9916	53 -0%	Over stile, w/beck on left	
C330 124.9	SE2570 9914	51 -1%	Bear R, w/beck on left	
C331 125.2	SE2581 9870	49 -0%	Cross bridge, w/beck on right	
C332 125.6	SE2616 9822	47 -0%	L 2km on road, head NE	
C333 127.0	SE2810 9892	46 -0%	R 1km on road, head SE	
C334 127.8	SE2893 9830	43 -0%	R 100m then R 1.2km on road	
C335 128.5	SE2996 9877	41 -0%	Zigzag 1km E after Rawcar Beck	
C336 129.3	SE3102 9889	45 0%	Footpath E OR easy signed road	
C337 130.5	SE3277 9885	43 -0%	Rejoin road, turn R, SE	
C338 131.0	SE3355 9857	39 -0%	Enter Danby Wiske	
H338	SE3373 9863	36	Ashfield House, Danby Wiske	
C339 131.2	SE3376 9870	36 -1%	River Wiske bridge, head NE	
C340 131.6	SE3434 9892	41 R	Railway bridge, then bear R	
C341 132.1	SE3487 9855	54 2%	Turn L, follow fields perimeter to E	
C342 132.9	SE3603 9872	63 1%	L along A167, N	

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WP Miles	OSGB	Elev %	C2C Description	-25-
C366 139.5	NZ4386 0136	79 1%	R at Grinkle Carr, head SE	
C367 139.8	NZ4425 0114	78 -0%	CAUTION-Cross busy A17 w/care	
C368 140.1	NZ4463 0085	87 2%	Tiny zigzag L/R, Ingleby Cross	
H369	NZ4497 0061	76	Blue Bell Inn, Ingleby Cross	
C369 140.5	NZ4507 0053	74 -2%	Cross A172, head SE	
C370 140.9	NZ4540 0012	103 6%	Bear L thru field gate, SE	
C371 141.0	SE4551 9997	129 14%	Enter wood, turn R, meander S	
P371	SE4531 9875	186	Spur R to Mount Grace Priory	
P372	SE4490 9850	100	Mount Grace Priory	
C372 141.9	SE4540 9859	214 6%	Hairpin L at wood edge	
A372 0.0	SE4539 9858	213	Ahead S for Osmotherley	
A373 0.4	SE4523 9803	199 -2%	Curve L, head S, then E	
A374 0.8	SE4570 9764	192 -1%	R for Osmotherley, L to rejoin	
H374	SE4564 9722	165	Osmotherley, Three Tuns Inn (1609-883301)	
A375 0.9	SE4575 9772	193 1%	Ahead on hardtop, head NNE	
A376 1.0	SE4583 9787	187 -3%	Bear L to N on Quarry Ln	
A377 1.5	SE4612 9852	199 2%	Slight R thru gate NE at Cod Beck Reservoir	
A378 2.2	SE4678 9925	199 0%	Exit Cod Beck Reservoir footpath, head N	
A379 2.4	SE4711 9945	209 3%	Bear L to N on Quarry Ln	
A380 3.1	NZ4731 0034	211	Rejoin: Turn R to E along Cleveland Way	
C373 143.0	SE4611 9991	282 5%	Bear R, cross Scarth Wood Moor	
C374 143.7	NZ4706 0027	230 -5%	Bear L at signpost, head E	
C375 143.9	NZ4733 0035	201 -10%	Cross road, enter wood, head E on Cleveland Way	
C376 144.3	NZ4795 0061	195 -1%	Bear L, NE, in Clain Wood	

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WP Miles	OSGB	Elev %	C2C Description	-27-
A397 0.0	NZ5584 0356	348	Hairpin L, easier forest path	
A398 0.1	NZ5567 0361	316 -18%	Sharp R on road, head E	
A399 0.8	NZ5668 0387	323 1%	Curve R to S, then SE	
A400 1.1	NZ5689 0359	336 4%	Head SE (past stile)	
C398 151.9	NZ5666 0370	375 3%	White Hill, bear R, SE	
C399 152.0	NZ5680 0354	371 -2%	Ahead or R to forest path	
C400 152.1	NZ5684 0346	365 6%	Bear L downhill	
C401 152.3	NZ5715 0338	288 -23%	Bear R of wood downhill	
C402 152.4	NZ5728 0331	268 -14%	Cross B1257 at Clay Bank Top	
P402	NZ5721 0355	249	Clay Bank Top Carpark	
H402	SE5586 9963	168	The Buck Inn (1642-778334), 2.7mi	
C403 152.5	NZ5746 0333	283 8%	Bear R on footpath, E	
C404 152.8	NZ5783 0319	350 17%	Bear R again, head SE	
C405 153.7	NZ5861 0223	384 3%	Ahead, head SSE	
C406 153.9	NZ5871 0190	404 6%	Bear L, head SE	
C407 154.7	NZ5969 0143	447 4%	Bear L, head E	
C408 155.1	NZ6026 0150	440 -1%	Ahead, head E	
C409 155.6	NZ6100 0165	403 -5%	Ahead on footpath, head E	
C410 155.7	NZ6120 0166	403 0%	Bear R on dismantled railway	
C411 156.0	NZ6158 0148	397 -1%	Ahead, Bloworth Crossing	
C412 156.3	NZ6196 0133	398 0%	Curves L, then R/L/R	
C413 156.7	NZ6224 0180	386 -2%	Curve R	
C414 157.0	NZ6275 0171	386 0%	Curve L, Middle Moor	
C415 157.3	NZ6300 0195	379 -2%	Curve R	

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WP Miles	OSGB	Elev %	C2C Description	-29-
C435 168.5	NZ7400 0403	321 2%	Bear R onto track, head NE	
C436 168.9	NZ7445 0432	296 -5%	Ahead NE	
C437 169.5	NZ7525 0472	265 -4%	Continue ahead ENE	
C438 170.4	NZ7653 0497	231 -3%	Bear L, head NE	
C439 170.7	NZ7687 0536	213 -3%	Thru gate, onto paved road	
C440 171.2	NZ7736 0571	166 -8%	R on High St at The Green	
C441 171.4	NZ7752 0546	140 -9%	Ahead S on Carr Ln, Glaisdale	
C442 171.5	NZ7748 0524	126 -6%	Bear L, E, on Carr Ln	
P442	NZ7820 0543	88	Arncliffe Arms Free House	
H443	NZ7838 0553	82	Beggars Bridge B and B	
C443 172.2	NZ7839 0547	85 -4%	R into East Arncliffe Wood	
C444 172.5	NZ7855 0508	98 3%	Over weir, East Arncliffe Wood	
C445 172.6	NZ7864 0495	111 9%	Bear L in wood, E	
C446 172.7	NZ7888 0493	112 0%	Bear R in wood, SE	
C447 173.0	NZ7915 0468	105 -2%	Bear L curve R to leave wood	
C448 173.1	NZ7930 0464	93 -8%	Join road, turn L, head NE	
C449 173.4	NZ7956 0484	57 -9%	Bear L on road, head NE	
C450 173.6	NZ7989 0507	48 -3%	Bear R, cross small stream	
C451 173.9	NZ8038 0511	45 -1%	Turn L, N, after bridge	
C452 174.0	NZ8044 0525	50 R	on dirt path to Grosmont	
C453 174.9	NZ8168 0510	37 -1%	Thru rail tunnel, head NE	
C454 175.5	NZ8237 0553	28 -1%	Curve R, head SSE	
C455 175.5	NZ8242 0543	27 -1%	Turn L over River Esk	
C456 175.7	NZ8267 0525	34 2%	Under rail bridge to Grosmont	

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WP Miles	OSGB	Elev %	C2C Description	-31-
C475 180.8	NZ8859 0406	134 5%	Bear L after Hermitage shelter	
C476 180.8	NZ8861 0399	138 6%	Now bear R, S	
P477	NZ8882 0345	132	Falling Foss / Midge Hall	
C477 181.2	NZ8885 0345	132 -1%	Bear L then R across 2 bridges	
C478 181.6	NZ8921 0307	142 2%	Bear R, S	
C479 182.0	NZ8928 0246	151 1%	Hairpin L on road, head N	
C480 182.6	NZ8955 0328	189 4%	Turn R, head E	
C481 182.7	NZ8970 0323	201 8%	Bear L, head N	
C482 182.8	NZ8974 0338	207 4%	R across Sneaton Low Moor	
C483 183.2	NZ9011 0371	215 2%	Bear L by tree, head N	
C484 183.4	NZ9012 0407	212 -1%	R along B1416, head ESE	
C485 183.6	NZ9045 0393	206 -2%	Bear L along road, head ENE	
C486 183.8	NZ9071 0399	206 0%	L, NE, thru Graystone Hills	
C487 184.1	NZ9096 0422	203 -1%	Ahead, NE, FOLLOW SIGNPOSTS	
C488 184.4	NZ9140 0446	190 -3%	Ahead again, NE	
C489 184.6	NZ9159 0457	192 1%	Slight R, FOLLOW SIGNPOSTS	
C490 184.7	NZ9178 0465	196 2%	Ahead at crosspaths, NE	
C491 184.9	NZ9199 0490	195 -0%	Ahead, NE, FOLLOW SIGNPOSTS	
C492 185.1	NZ9209 0507	191 -2%	Bear L, head N	
C493 185.3	NZ9208 0549	189 -0%	Head N, C2C SIGN WRONG	
C494 185.5	NZ9205 0578	177 -4%	Bear L, head NW	
C495 185.6	NZ9194 0587	169 -6%	Over stile, head NW	
C496 185.8	NZ9177 0598	154 -7%	Bear R, head NNW	
C497 186.0	NZ9169 0624	139 -5%	Onto tarmac road, head NNW	
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WP Miles	OSGB	Elev %	C2C Description	-24-
C343 133.2	SE3614 9917	58 -1%	Turn R on carpath, SE	
C344 133.5	SE3650 9903	57 -0%	Bear L, head E	
C345 133.9	SE3713 9916	65 -1%	L, N, along Deighton Ln	
C346 134.0	SE3718 9928	64 -1%	Turn R along carpath, E	
C347 134.2	SE3754 9933	58 -2%	Half L near Moor House	
C348 134.5	SE3784 9943	56 -1%	Cross bride hidden by hedge	
C349 134.6	SE3808 9950	54 -1%	Cross 2nd bridge, head ENE	
C350 134.9	SE3846 9963	59 1%	Join carpath, zigzag L/R E	
C351 135.2	SE3888 9977	57 -0%	Turn R at road, head S	
C352 135.4	SE3892 9954	56 -0%	Turn L towards Wray House	
C353 135.7	SE3940 9968	59 1%	Cross railway, head E	
C354 135.8	SE3958 9969	57 -1%	Cross Ing Beck footbridge, NE	
C355 136.1	SE3985 9991	60 1%	Turn R, head SE	
C356 136.3	SE3997 9965	62 1%	Sharp L on road, zigzag NE	
C357 136.7	NZ4022 0021	64 0%	Bear R at Harlsey Grove Farm	
C358 137.3	NZ4105 0061	69 1%	Bear L, head NE	
C359 137.9	NZ4176 0102	74 1%	Zigzag L/R to brick gateposts	
C360 138.4	NZ4252 0129	75 0%	Pass Sydal Lodge, head E	
C361 138.7	NZ4283 0133	69 -2%	Cross River Wiske bridge, E	
P362 139.2	NZ4312 0138	75 0%	Brecken Hill Farm ruin	
C362 138.9	NZ4318 0141	75 2%	Turn R on carpath, SE	
C363 139.1	NZ4340 0124	75 0%	Turn L, head NE	
C364 139.3	NZ4358 0138	78 1%	Turn R, head SE	
C365 139.4	NZ4373 0128	78 0%	Turn L at Longlands, NE	

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WP Miles	OSGB	Elev %	C2C Description	-22-
C304 117.6	NZ1695 0059	108 -8%	Cross Richmond Bridge	
P304 117.7	NZ1713 0077	131	Richmond Castle	
F304 117.8	NZ1765 0087	100	The Station	
P305 117.9	NZ1710 0099	137	Georgian Theatre Royal, 1748-825252	
P306 118.0	NZ1713 0088	135	Green Howards Museum	
P307 118.1	NZ1725 0098	128	Richmondshire Museum	
C305 117.7	NZ1698 0054	112 7%	L off bridge to play field	
C306 117.9	NZ1737 0053	115 1%	Bear L at fork in footpath	
C307 118.2	NZ1769 0072	103 -3%	Turn R on A6136	
C308 118.6	NZ1805 0020	107 1%	Turn L towards sewage works	
C309 118.7	NZ1818 0016	98 -7%	Meander around water filter beds	
C310 119.0	SE1825 9976	90 -2%	Follow River Swale path	
C311 119.3	SE1860 9945	101 2%	Bear R, head SE	
C312 119.4	SE1869 9929	109 4%	L at path past Hagg Farm	
C313 119.5	SE1886 9927	103 -4%	Bear R head SE	
C314 119.8	SE1918 9906	111 2%	Bear L, head E	
C315 120.0	SE1949 9905	96 -5%	L at beck, then on road	
P315 120.6	SE1964 9922	93	Colborn Hall	
C316 120.3	SE1993 9910	90 -1%	Follow cart track, ENE	
C317 120.6	SE2031 9924	86 -1%	Turn L, head N	
C318 120.8	SE2028 9949	85 -0%	Turn R, head E	
C319 121.4	SE2123 9943	80 -1%	Bear L alongside trees, SE	
C320 122.1	SE2207 9911	74 -1%	Continue, head E	
C321 122.3	SE2245 9923	67 -2%	Cross under A1	

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WP Miles	OSGB	Elev %	C2C Description	-20-
C273 106.0	SE0327 9949	259 -8%	Follow paved path to B6270	
C274 106.1	SE0333 9928	231 -13%	L, E, along B6270	
C275 106.5	SE0380 9933	205 -6%	Reeth, turn hard R	
P275 106.6	SE0393 9924	185	Swaledale Museum	
P276 106.9	SE0380 9921	200	Ice Cream Parlor	
H276 107.1	SE0397 9915	187	Hackney House BB, Reeth (1748-884302)	
P277 107.3	SE0365 9941	217	Graculus Sculptures	
C276 106.6	SE0398 9914	186 -7%	Turn L, E, follow B6270	
C277 106.7	SE0413 9917	184 -1%	R after Reeth Bridge	
C278 106.9	SE0427 9907	182 -1%	Bear R, Arkle Beck path	
C279 107.1	SE0439 9870	178 -1%	Curve L	
C280 107.3	SE0463 9856	176 -1%	Cross road, stay N river bank	
C281 107.9	SE0543 9860	181 1%	Turn R onto road, head SE	
P282 109.0	SE0672 9780	185	Marrick Priory	
C282 109.0	SE0680 9782	193 1%	Half L, then thru wood	
C283 109.4	SE0743 9790	278 13%	Ahead, NE, for Marrick	
C284 109.7	SE0775 9826	303 6%	Turn R, Marrick	
C285 109.8	SE0785 9829	305 2%	Turn R again	
C286 109.9	SE0796 9819	300 -3%	Turn L behind house, head N	
C287 110.1	SE0802 9851	314 4%	Bear R, NE, after fence	
P287 110.4	SE0808 9887	295	Elaine's Teas	
C288 110.4	SE0829 9883	283 -7%	Zigzag R/L, NE, at road	
C289 110.8	SE0872 9927	231 -8%	Ellers Beck bridge, head NE	
C290 111.7	NZ0961 0011	257 2%	Bear R on Reeth/Marske Rd	

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WP Miles	OSGB	Elev %	C2C Description	-18-
B260 1.9	SD9802 9841	338 -5%	Turn L to NE at junction	
B261 2.6	SD9897 9889	317 -2%	Ahead ENE across road	
B262 3.0	SD9950 9901	303 -3%	Turn L at tree to N, then curve R	
B263 3.2	SD9968 9922	333 11%	Merge R onto Morley Gate road, head E	
B264 4.4	SE0130 9887	213 -7%	Curve L to E onto High Ln	
B265 4.6	SE0165 9895	201 -3%	Turn L onto B6270 in Healaugh	
B266 4.8	SE0194 9905	199 -1%	Bear R onto dirt track downhill	
B267 5.0	SE0206 9879	185 -5%	Rejoin, turn L to E along River Swale	
A258 0.0	SD9597 9794	232	Follow track along river, head ESE	
A259 0.6	SD9671 9758	220 -1%	Slight curve R, follow river ESE	
A260 1.3	SD9776 9757	210 -1%	Cross road near Isles Bridge, head E	
A261 1.9	SD9866 9786	202 -1%	Continue along river, head ENE	
A262 3.3	SE0061 9834	193 -0%	Ahead past bridge, parallel Low Ln	
A263 3.8	SE0131 9850	190 -0%	Bear R along river	
A264 4.4	SE0207 9877	185 -1%	Ahead E along river	
A265 5.1	SE0319 9893	183 -0%	Slight L after foot bridge to E	
A266 5.4	SE0346 9912	202 6%	Turn R on Back Ln	
A267 5.5	SE0370 9914	200 -1%	Ahead, E, on Back Ln	
A268 5.7	SE0397 9913	187 -5%	Rejoin, head E from Reeth	
C249 96.4	NY9097 0089	396 7%	L, NE, towards Swinner Gill	
C250 96.7	NY9116 0124	422 7%	Bear R, E, Swinner Gill	
P250 97.2	NY9124 0121	422	Smelting Mill Swinnergill ruin	
C251 97.2	NY9193 0135	457 5%	Ahead, E, on gravel path	
C252 98.1	NY9319 0131	538 6%	L, NE, at footpath to bec	

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WP Miles	OSGB	Elev %	C2C Description	-32-
C498 186.3	NZ9160 0664	117 -5%	Turn R, curve to the NE	
C499 186.6	NZ9201 0701	111 -1%	Bear L then curve R	
C500 186.7	NZ9209 0714	107 -3%	Bear R, head ENE	
C501 187.2	NZ9278 0739	112 1%	Cross A171	
C502 187.3	NZ9284 0743	113 1%	Bear L, then turn R on B1447	
P502 187.6	NZ9275 0756	112	Hare and Hounds, Hawsker	
C503 187.6	NZ9321 0755	126 3%	Leave B1447, continue ahead NE	
C504 187.9	NZ9355 0796	114 -2%	Bear R, head E	
C505 188.1	NZ9387 0792	109 -2%	In Caravan Park, turn R, NE	
C506 188.3	NZ9406 0814	74 -12%	Exit Caravan Park, head NE	
C507 188.4	NZ9415 0824	48 -19%	Turn R along cliff, head SE	
C508 190.0	NZ9589 0673	33 -1%	Curve R, follow cliff	
C509 190.9	NZ9532 0560	55 2%	End cliff walk	
C510 191.1	NZ9508 0548	64 3%	Turn L on Station Rd, head S	
C511 191.3	NZ9515 0522	45 -7%	Bear L at car park, head S	
H511 191.6	NZ9528 0487	14	Boat House B and B	
C512 191.6	NZ9534 0485	7 -9%	North Sea - THE END	

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WP Miles	OSGB	Elev %	C2C Description	-30-
P457 176.0	NZ8279 0526	35	Grosmont Rail Station	
C457 176.0	NZ8308 0521	68 8%	Bear R, head uphill	
C458 176.2	NZ8327 0519	106 19%	Turn R, more uphill	
C459 176.4	NZ8359 0506	150 13%	Curve L, E (same road)	
C460 176.7	NZ8404 0519	194 9%	Curve R	
C461 177.1	NZ8453 0505	240 9%	Continue ahead SE	
A461 0.0	NZ8462 0499	252	R to Low/High Bride Stones	
A462 0.1	NZ8460 0481	257 3%	Curve L	
A463 0.3	NZ8482 0462	267 3%	Curve L again back to road	
A464 0.5	NZ8509 0467	277 4%	Rejoin main route, turn L, SE	
C462 178.0	NZ8552 0424	283 3%	Turn L 40m past car park	
C463 178.3	NZ8600 0435	259 -5%	Over stile, then L on A169	
C464 178.6	NZ8620 0477	242 -4%	R on public bridleway, E	
C465 179.0	NZ8677 0481	201 -7%	Bear R, SE	
C466 179.1	NZ8693 0471	183 -10%	Bear L, curve L to NE	
C467 179.2	NZ8704 0481	163 -14%	Bear R, head ENE	
C468 179.5	NZ8734 0488	121 -13%	Continue ahead on paved road	
C469 179.8	NZ8782 0505	71 -10%	Curve R, head S	
C470 179.9	NZ8786 0496	64 -7%	L for footbridge over beck	
C471 179.9	NZ8791 0490	67 4%	Curve L or Intake Farm turn R	
H471 180.0	NZ8779 0419	133	Intake Farm B and B, 0.8km	
C472 180.0	NZ8792 0495	64 -6%	Hairpin R, head SE	
C473 180.0	NZ8794 0492	67 9%	Turn R to Little Beck Wood	
C474 180.2	NZ8820 0484	91 9%	Turn R over beck	

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WP Miles	OSGB	Elev %	C2C Description	-28-
C416 157.6	NZ6341 0173	373 -1%	Ahead, meander SE	
C417 158.3	NZ6435 0132	362 -1%	Continue on dismantled railway	
C418 159.1	NZ6540 0073	348 -1%	Ahead SE, Farndale Moor	
C419 159.8	SE6586 9981	359 1%	Curve L	
C420 160.4	SE6657 9945	370 1%	Curve L, High Blakey Moor	
C421 160.8	SE6700 9990	371 0%	Curve R	
C422 160.9	SE6720 9996	369 -1%	Curve R, Blakey Gill	
C423 161.2	SE6749 9974	368 -0%	Turn L, leave old railway	
H424 161.5	SE6790 9971	393	Lion Inn, Blakey Ridge	
C424 161.5	SE6792 9973	393 6%	Turn L on road, head N	
P425 161.8	NZ6751 0128	414	Margery Bradley Stone	
C425 163.0	NZ6768 0192	418 1%	Turn R, towards Rosedale Abby	
P426 163.1	NZ6772 0209	418	Young Ralph's Cross	
C426 163.1	NZ6788 0201	412 -3%	Bear R along road	
P427 163.2	NZ6822 0199	409	Fat Betty Cross	
C427 163.9	NZ6885 0140	401 -1%	Curve L, E	
C428 164.5	NZ6968 0128	413 1%	Turn L, N	
C429 164.7	NZ6967 0148	414 0%	L again, head NE	
C430 165.0	NZ6999 0192	420 1%	Turn R, head E	
P430 165.4	NZ7034 0196	408	Trough House	
C431 165.4	NZ7056 0193	399 -4%	Curve R, then L, then head E	
C432 166.3	NZ7176 0167	361 -3%	Bear L, head NE	
C433 167.4	NZ7296 0285	342 -1%	Join road, turn L, head N	
C434 168.0	NZ7342 0357	308 -4%	Ahead 60m, then bear R	

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WP Miles	OSGB	Elev %	C2C Description	-26-
C377 144.6	NZ4816 0087	136 -18%	Turn R, go 50m, turn R again	
P377	NZ4821 0089	131	Follow Cleveland Way sign	
C378 145.2	NZ4895 0027	154 2%	L thru gate, head ENE	
C379 145.5	NZ4923 0044	133 -6%	Cross Scugdale Beck, meander N	
C380 145.7	NZ4928 0073	143 3%	Cross road, go thru gate, NE	
C381 145.8	NZ4944 0087	163 9%	Bear L, head N, skirt wood	
C382 146.1	NZ4934 0124	186 6%	Turn R, E, thru wood	
C383 146.4	NZ4982 0135	262 15%	Meander E in Live Moor	
C384 147.6	NZ5151 0165	353 5%	Bear L on footpath, NE	
C385 148.3	NZ5193 0258	392 4%	Trig Point, half R, NE	
C386 148.5	NZ5215 0268	343 -20%	Skirt old quarry, head NE	
C387 148.6	NZ5228 0287	308 -15%	Cross road, head NE	
C388 148.7	NZ5234 0297	297 -9%	Cross 2nd road, head NE	
P388	NZ5244 0300	291	Lord Stone's Cafe	
C389 148.9	NZ5253 0312	291 -3%	Bear R, head E	
C390 149.2	NZ5298 0312	301 2%	Slight L, head ENE	
C391 149.6	NZ5349 0336	382 14%	R at viewpoint, head SE	
C392 149.8	NZ5372 0314	418 11%	Curve L at Cringle Moor	
C393 150.2	NZ5433 0334	306 -17%	Ahead, E	
C394 150.4	NZ5458 0339	306 0%	Bear R, SE	
C395 150.5	NZ5462 0335	309 5%	Turn L, head E	
C396 150.8	NZ5506 0345	380 16%	Top of Cold Moor, head E	
P397	NZ5583 0361	343	The Wainstones	
C397 151.3	NZ5586 0357	351 -4%	Head E, steeper ridge path	