

THE 2019 CHALLENGE: ON THE LAKELAND MOUNTAIN PASSES

NUMBER	PASS/HOUSE/COL	LOCATION (LINEAR WALK)*	LOCATION (FELLS)	PICTORIAL GUIDE PAGE REFERENCE***
THE EASTERN FELLS (EF)				
1	Deepdale Hause	Dunmail Raise - Deepdale	St. Sunday Crag - Fairfield	EF St. Sunday Crag 6; Fairfield 7
2	Dunmail Raise	Grasmere - Thirlmere	Seat Sandal - Steel Fell	EF Seat Sandal 5; CF Steel Fell 6
3	Grisedale Hause	Grasmere - Patterdale	Fairfield - Seat Sandal	EF Fairfield 6; Seat Sandal 4
4	Kirkstone Pass	Ambleside - Patterdale	Red Screens - Caudale Moor	EF Red Screens 5 & 6; FEF Caudale Moor 5
5	Scandale Pass	Ambleside - Patterdale	Red Screens - Little Hart Crag	EF Red Screens 5 & 6; Little Hart Crag 4
6	Sticks Pass	Stanah (Thirlmere) - Glenridding	Stybarrow Dodd - Raise	EF Stybarrow Dodd 3 & 5; Raise 5 & 6
7	Col (unnamed)**		St. Sunday Crag - Birks	EF St. Sunday Crag 5; Birks 4
8	Lanty's Tarn**		Birkhouse Moor - Keldas	EF Birkhouse Moor 4 & 5
THE FAR EASTERN FELLS (FEF); OUTLYING FELLS (OF)				
9	Boardale Hause	Patterdale - Howtown	Place Fell - Beda Fell/Angletarn Pikes	FEF Place Fell 4 & 5; Angletarn Pikes 5
10	Garburn Road	SOCIETY WALK	Yoke - Sallows	FEF Yoke 5 & 6
11	Gatesgarth Pass	Longsleddale - Mardale	Branstree - Harter Fell	FEF Branstree 5; Harter Fell 7 & 8
12	The Mardale Corpse Road	Mardale Head - Swindale	Selside Pike - Hare Shaw (OF)	FEF Selside Pike 3-5
13	Moor Divock	Pooley Bridge - Helton	Loadpot Hill - Heughscar Hill (OF)	FEF Loadpot Hill 3, 7 & 10; OF Heughscar Hill 218
14	The Mosedale Watershed	Longsleddale - Swindale or Wet Sleddale	Branstree - Tarn Crag Howes (OF)	FEF Branstree 3 & 4; OF Howes 230-5
15	Nan Bield	Kentmere - Mardale	Harter Fell - Mardale Ill Bell	FEF Harter Fell 6 & 8; Mardale Ill Bell 5 & 6
16	Stile End	Kentmere - Longsleddale	Shipman Knotts - Green Quarter Fell (OF)	FEF Shipman Knotts 2; OF Green Quarter Fell 14-17
17	The Straits of Riggindale	Patterdale - Mardale Head	High Street - Rampsgill Head	FEF High Street 5; Rampsgill Head 6
18	Threshthwaite Mouth	Troutbeck - Patterdale	Caudale Moor - Thornthwaite Crag	FEF Caudale Moor 7; Thornthwaite Crag 4, 5 & 8
THE CENTRAL FELLS (CF)				
19	Greenup Edge	Grasmere - Borrowdale	High Raise - Ullscarf	CF High Raise 5-7; Ullscarf 8
20	High Tove	Thirlmere - Borrowdale	High Tove	CF High Tove 3
21	Stake Pass	Great Langdale - Borrowdale	Black Crag - Martcrag Moor	CF Pike o' Stickle 6; SF Rossett Pike 2 & 6
22	Bracken Hause**		Gibson Knott - Helm Crag	CF Gibson Knott 2-3; Helm Crag 10
23	Thorn Crag col**		Thorn Crag - Loft Crag	CF Loft Crag 5 & 8; Harrison Stickle 7
24	Col (unnamed)**		Loughrigg Fell - Silver How	CF Loughrigg Fell 12
THE SOUTHERN FELLS (SF); OUTLYING FELLS (OF)				
25	The Burnmoor Corpse Road	Wasdale Head - Eskdale	Illgill Head - Scafell	SF Illgill Head 4-6; Boat How OF 178-181
26	Esk Hause	Eskdale - Borrowdale	Esk Pike - Great End	SF Esk Pike 3, 4, 7, 9 & 10; Great End 9
27	Goats Hause	Coniston - Duddon Valley	Dow Crag - Brim Fell	SF Dow Crag 7-8; Coniston Old Man 9
28	Grassguards	Duddon Valley - Eskdale	Harter Fell	SF Harter Fell 3, 4, 5 & 7
29	Hardknott Pass	Duddon Valley - Eskdale	Hard Knott - Harter Fell	SF Hard Knott 3-5
30	Mickledore	Eskdale - Wasdale	Scafell - Scafell Pike	SF Scafell 10 & 12; Scafell Pike 11, 13, 22 & 30
31	Ore Gap	Eskdale - Borrowdale	Bowfell - Esk Pike	SF Esk Pike 7, 9, & 10; Bowfell 8-9
32	Rossett Pass	Great Langdale - Wasdale Head	Rossett Pike - Bowfell	SF Rossett Pike 3, 4 & 6
33	Sty Head	Borrowdale - Wasdale Head	Great End - Great Gable	SF Great End 5-7; WF Great Gable 16
34	Three Tarns	Great Langdale - Eskdale	Crinkle Crag - Bowfell	SF Crinkle Crag 6, 8 & 18; Bowfell 5, 8 & 15
35	Walna Scar	Coniston - Duddon Valley	Walna Scar - Brown Pike	SF Dow Crag 7 & 8; OF Walna Scar 116-7
36	Wrynose Pass	Little Langdale - Duddon Valley	Cold Pike - Wet Side Edge (Great Carrs)	SF Cold Pike 2; Great Carrs 5; Grey Friar 7; Crinkle Crag 10
37	Col (Fairfield)**		Grey Friar - Great Carrs	SF Grey Friar 6-8; Great Carrs 4
38	Col (Calf Cove)**		Great End - Ill Crag	SF Great End 8-10
39	Broad Crag Col**		Broad Crag - Scafell Pike	SF Scafell Pike 9, 14, 16, 18, 22 & 29
40	Lingmell Col**		Lingmell - Scafell Pike	SF Lingmell 5 & 6; Scafell Pike 13, 14, 16 & 29
41	Swirl Hawse**		Swirl How - Wetherlam	SF Swirl How 4-6; Wetherlam 14
42	Livers Hawse**		Brim Fell - Swirl How	SF Brim Fell 3-4; Swirl How 4 & 6

NOTES:

* Linear walk detailed in *Wainwright on the Lakeland Mountain Passes*

** Pass/hause/col not included in *Wainwright on the Lakeland Mountain Passes*

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THE NORTHERN FELLS (NF)				
43	Carlside Col	Millbeck - Barkbeth	Carl Side - Skiddaw	NF Carl Side 5, 7 & 8; Skiddaw 13, 15, 23 & 24
44	Mouthwaite Comb	Scales - Mungrisdale	Scales Fell - Souther Fell	NF Blencathra 8, 25 & 35; Souther Fell 6
45	Skiddaw Forest	Keswick - Orthwaite or Mosedale	Skiddaw - Great Calva	NF Skiddaw 7, 8 & 21; Great Calva 6
46	Glenderamackin Col**		Blencathra - Bannerdale Crags	NF Blencathra 28 & 36; Bannerdale Crags 7 & 10
47	Col (unnamed)**		Dodd - Carl Side	NF Dodd 4, 9-11 & 13; Carl Side 4
48	Col (unnamed)**		Great Calva - Knott	NF Great Calva 5 & 8; Knott 3, 5 & 12
49	Trusmadoor**		Meal Fell - Great Cockup	NF Meal Fell 3-6; Great Cockup 4 & 6
THE NORTH WESTERN FELLS (NWF)				
50	Coledale Hause	Braithwaite - Lanthwaite	Hopegill Head - Eel Crag	NWF Hopegill Head 6 & 8; Eel Crag 4, 7 & 9; Grasmoor 4 & 11; Grisedale Pike 3-5 & 11
51	Dalehead Tarn	Newlands - Honister Pass	Dale Head - High Spy	NWF Dale Head 3, 6, 8 & 10; High Spy 4, 7 & 11
52	Hause Gate	Newlands - Manesty	Catbells - Maiden Moor	NWF Catbells 4, 6-8; Maiden Moor 3-5 & 8
53	Honister Pass	Borrowdale - Buttermere	Dale Head - Fleetwith Pike	NWF Dale Head 3 & 7; WF Fleetwith Pike 4-5; Grey Knotts 3 & 7
54	Newlands Hause	Newlands - Buttermere	Knott Rigg - Robinson	NWF Knott Rigg 2-3; Robinson 3 & 6
55	Rigg Beck	Newlands - Buttermere	Sail - Ard Crags	NWF Sail 2; Ard Crags 2-3
56	Sail Pass	Newlands - Buttermere	Sail - Scar Crags	NWF Sail 2-5; Scar Crags 2-3
57	Whinlatter Pass	Braithwaite - Lorton	Whinlatter - Grisedale Pike	NWF Whinlatter 2 & 4; Grisedale Pike 5 & 10; Hopegill Head 9; Lord's Seat 6 & 9
58	Barrow Door**		Barrow - Stile End	NWF Barrow 4-7; Outerside 3-5 & 8; Causey Pike 5
59	Col (unnamed)**		Castle Crag - Goat Crag (High Spy)	NWF Castle Crag 5
60	Col (unnamed)**		Grasmoor - Eel Crag	NWF Grasmoor 11; Eel Crag 9-10; Wandope 10
61	Col (unnamed)**		Rannerdale Knotts - Whiteless Pike	NWF Rannerdale Knotts 3; Whiteless Pike 2-3
THE WESTERN FELLS (WF)				
62	Black Sail Pass	Wasdale Head - Ennerdale	Looking Stead - Kirk Fell	WF Pillar 3, 8-9 & 16; Kirk Fell 3, 5 & 8
63	Floutern Pass	Ennerdale - Buttermere	Great Borne - Hen Comb	WF Great Borne 3-4; Hen Comb 2; Starling Dodd 4
64	The Loft Beck Crossing	Ennerdale - Borrowdale	Haystacks - Brandreth	WF Haystacks 4; Brandreth 3-4 & 6; C to C 19-21
65	Scarth Gap	Buttermere - Ennerdale	High Crag - Haystacks	WF High Crag 3-5 & 7; Haystacks 4-5, 8 & 12
66	Wind Gap	Ennerdale - Wasdale Head	Pillar - Scoat Fell	WF Pillar 7, 9, 12 & 16; Scoat Fell 4 & 10
67	Windy Gap	Sty Head - Ennerdale	Great Gable - Green Gable	WF Great Gable 2, 4, 6, 9-10, 15-19 & 27; Green Gable 2-3, 6-8
68	Col (unnamed)**		Green Gable - Base Brown	WF Green Gable 3 & 5; Base Brown 5 & 7
69	Gillercomb Head**		Green Gable - Brandreth	WF Green Gable 4, 7-8; Brandreth 5-8
70	Col (unnamed)**		Middle Fell - Knock Murton (Blake Fell)	WF Blake Fell 3 & 6
71	Col (unnamed)**		Crag Fell - Anglers' Crag	WF Crag Fell 3-4
72	Col (unnamed)**		Lank Rigg - Whoop	WF Lank Rigg 4 & 6
73	Dore Head**		Red Pike (W) - Yewbarrow	WF Red Pike (W) 4-6, 10; Yewbarrow 4, 6-7 & 9
74	Haycock Col**		Haycock - Scoat Fell	WF Haycock 3, 6 & 10; Scoat Fell 3, 5 & 10

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