

Triple Spine Lakeland Challenge

A tough three day Lake District challenge that will test the physical and mental strength of any fell walker

Ambleside to Threlkeld, The Hard Way

21 miles

14 Wainwrights

7300 ft



Ambleside > Red Screes > Little Hart Crag > Dove Crag > Hart Crag > Fairfield > Dollywaggon Pike > Nethermost Pike > Helvellyn > White Side > Raise > Stybarrow Dodd > Watson's Dodd > Great Dodd > Clough Head > Threlkeld

Brocavm to Galava, A Roman Highway

25 miles

9 Wainwrights

4800 ft



Brocavm > Tirril > Heughscar Hill > Arthur's Pike > Bonscale Pike > Loadpot Hill > Wether Hill > Red Crag > High Raise > Kidsty Pike > Rampsgill Head > High Street > Thornthwaite Crag > Troutbeck > Robin Lane > Skelghyll Wood > Galava

Ambleside to Keswick, The Bog Hop

20 miles

10 Wainwrights

5200 ft



Ambleside > Loughrigg Fell > Silver How > Blea Rigg > Sergeant Man > High Raise > Greenup Edge > Ullscarf > Standing Crag > High Tove > High Seat > Bleaberry Fell > Walla Crag > Keswick



Total

66 miles : 33 Wainwrights : 17,300 ft