

Location	GR	Distance		Time	Split	Route notes
Portinscale	253 238	0	0	06:31	00:00	
Grange	252 174	5	5	07:30	00:59	lake side paths
Seathwaite	235 121	8.5	3.5	08:27	00:57	river side path
Scafell	206 065	13.5	5	10:15	01:48	Lords Rake and West Wall Traverse
rest		13.5		10:20	00:05	
Scafell Pike	215 072	14.5	1	10:53	00:33	Foxes Tarn and climbers traverse
High Raise	280 095	19.5	5	12:20	01:27	
Wythburn Church	324 136	24	4.5	13:13	00:53	
rest		24		13:39	00:26	
Helvellyn	341 151	26	2	14:35	00:56	
Legburnthwaite	318 189	29.5	3.5	15:23	00:48	
Naddle Bridge	301 239	34.5	5	16:21	00:58	St Johns in the Vale
rest		34.5		16:32	00:11	
Skiddaw	260 290	39.5	5	18:14	01:42	Lattrigg car park
Portinscale	253 238	44	4.5	19:29	01:15	Carl Side