

# **Eight Lakeland Mountain Passes**

**72 km / 45 miles**

**4900 m / 16000 ft of ascent**

The object of the walk is walk from Troutbeck to Buttermere via 8 of Lakeland's mountain passes. There is no set route but a possible route can be downloaded from the LDWA website. While it might be done in one day, two days are suggested with four passes each day. There is no time limit. It is aimed at experienced walkers with good map and compass skills.

		Height		Grid reference
		m	ft	
Start	Troutbeck			NY 414 030
1	Garburn Pass	451	1480	NY 436 043
2	Gatescarth Pass	590	1935	NY 474 092
3	Nan Bield Pass	625	2050	NY 452 096
4	Scandale Pass	519	1700	NY 388 095
5	Sticks Pass	750	2460	NY 342 181
6	Stake Pass	478	1570	NY 265 086
7	Black Sail Pass	548	1800	NY 191 114
8	Scarath Gap	446	1465	NY 189 133
Finish	Buttermere			NY 194 150

Maps required: OS Landranger sheets 89 & 90  
or OS Explorer sheets 4, 5, 6, 7

To receive a badge and certificate please write a brief description of your walk, including the date, time taken, your name as you would like it to appear on the certificate, and the address to which they should be sent. Either post it, with a cheque for £1 payable to 'P H Grayson', to:

Mr P H Grayson  
2 Thirlmere Close  
Millom  
Cumbria  
LA18 4PJ

or email it to 'peterhgrayson@yahoo.co.uk', and you will then be asked to transfer £1 to a PayPal account.