

FOUNTAINS FELL, PENNINE WAY

Distance: 8½ miles (14km)
 Start/finish: Malham Tarn Field Centre, BD24 9PU
 Terrain: Track, trail, rough moorland
 Toughness: Challenging
 Ascent: 395 metres
 Navigation: Moderate - sparsely waymarked
 Good for: Ascents, national trail, families
 Route info: wildrunning.net/87

A hugely enjoyable, varied run starting at the great silver expanse of Malham Tarn, with breathtaking views from the ridge. From start follow track SE towards Malham Tarn. Turn L onto Pennine Way and continue for 4 miles, ascending to Fountains Fell ridge. At cairn turn L leaving Pennine Way and follow waymarks along ridge. At third wall turn L following waymarks and wall SE on exhilarating descent to valley. Run through three gates to reach bridleway. At road turn R to return to start. Nearby Malham Cove and fascinating limestone pavement are within easy and enjoyable running distance, or great to take the family exploring. In August, there is a NT campsite at the Tarn, providing a perfect base for running here.

Miles	Km	Directions
0.0	0.0	From field centre car park follow main track south east towards Malham Tarn
0.2	0.3	Turn left at Pennine Way sign into field, heading north along Pennine Way
1.4	2.3	Cross road and follow farm track north to Tennant Gill Farm
1.7	2.7	At Tennant Gill Farm continue on Pennine Way, skirting farm to left hand side
3.9	6.3	At Fountains Fell ridge cairn turn left, leaving Pennine Way and following path and waymarkers south west
4.3	7.0	Head south east , continuing to follow paths towards Fountains Fell summit
5.0	8.0	Arrive Fountains Fell summit 662 metres. Head south along ridge following wall and old electric fence and crossing two walls
6.1	9.8	Turn left , following wall south east and descending into valley
6.8	11	Turn right on bridleway, heading south west
7.1	11.5	Turn left , heading south east across Chapel Fell, descending to road
7.9	12.7	At road turn right
8.0	12.9	Turn sharp left , following track north east to return to start/finish at field centre and car park