

103. Langdale Pikes

Distance **6 miles/9.5km**

Ascent **1087m**

Start/finish **Sticklebarn car park, LA22 9JU**

Follow the path around the back of the pub and up the Stickle Ghyll valley to a bridge over the new hydroelectric dam. Cross and turn L uphill to the south-east corner of Stickle Tarn. Follow the path around to the R then north up to the top of Pavey Ark. Turn R and navigate along vague paths north to Thunacar Knott (or continue north for the amazing views from High Raise). Turn L and head towards Harrison Stickle but turn R before the steep climb to the summit and head west to the rocky spike of the Pike of Stickle. Climb back down the same way and then bear R to Loft Crag before heading north-east over Harrison Stickle and down to the south-western shore of Stickle Tarn. For a change, take the path down the western shore of Stickle Ghyll, turning L onto the Cumbria Way at the bottom and returning to the start.

Miles	Km	Directions
0.0	0.0	Follow the path around the back of the pub and up the Stickle Ghyll valley to a bridge over the new hydroelectric dam. Cross and turn L uphill to the south-east corner of Stickle Tarn.
1	1.6	Follow the path around to the R then north up to the top of Pavey Ark.
1.8	2.9	Turn right and navigate along vague paths north to Thunacar Knott.
2.4	3.9	Head towards Harrison Stickle but turn right before the steep climb to the summit and head west to the rocky spike of the Pike of Stickle.
3.4	5.4	Climb back down the same way and then bear right to Loft Crag before heading north-east up Harrison Stickle.
4.1	6.6	Descend to the south-western shore of Stickle Tarn.
4.7	7.5	Take the path down the western shore of Stickle Ghyll, turning left onto the Cumbria Way at the bottom and returning to the start.