

109. Great Gable via Sourmilk Gill

Distance **5.5 miles/8.5km**

Ascent **887 metres**

Start/finish **Seathwaite Farm, CA12 5XJ**

Note: please park considerately and in the farmer's field car park to avoid access issue for tractors and the emergency services.

Take the path to the R of the farm, across the footbridge and up the scrambly path to the L of Sourmilk Gill. Follow the path bearing L in Gillercomb and up to Green Gable at 801m. Continue south-west through Windy Gap to Great Gable at 899m (2.1 miles/3.4km). Turn L and follow the obvious path south-east and downhill to the path junction at Sty Head. Turn L and follow the bridleway down the valley, to the west of Styhead Tarn and down Styhead Gill, crossing on a footbridge and turning R over Greenhow Knott to Stockley Bridge over Grains Gill. Cross then turn L on the path and head north back to the start.

Miles	Km	Directions
0.0	0.0	Take the path to the right of the farm, across the footbridge and up the scrambly path to the left of Sourmilk Gill into Gillercomb.
0.6	1	Follow the path bearing left in Gillercomb and up to Green Gable.
1.8	2.9	Continue south-west through Windy Gap to Great Gable.
2.1	3.4	Turn left and follow the obvious path south-east and downhill to the path junction at Sty Head.
2.9	4.7	Turn left and follow the bridleway down the valley, to the west of Styhead Tarn and down Styhead Gill, crossing on a footbridge and turning right over Greenhow Knott to Stockley Bridge.
4.3	7	Cross then turn left on the path and head north back to the start.