

111. Blencathra

Distance **4.5 miles/7km**

Ascent **773 metres**

Start/finish **Comb Beck bridge, NE of Scales Farm, CA12 4SY**

Take the path up Comb Beck into Moushwaite Comb, curving R uphill to the path junction on the col at NY 346278. Turn L and follow the path, staying R above the Glenderamackin river to Scales Beck. Turn L to ascend the steep stepped path to the track junction to the east of Scales Tarn. Our route turns L here along the steep path to the south of Scales Tarn and up to the summit of Blencathra. The other option is to turn R and climb the classic grade 1 scramble Sharp Edge – it's an enjoyable challenge but requires care and a cool head, especially if it's wet or windy. Turn L at the top of the scramble and follow the path to the summit (2.4 miles/3.9km). From the summit turn around and head east along the ridge then down the zig-zags to Scales Fell. Continue downhill trending L to join the outbound path in Moushwaite Comb, and turn R to return to the start.

Miles	Km	Directions
0.0	0.0	Take the path up Comb Beck into Moushwaite Comb, curving right uphill to the path junction on the col at NY346278.
0.6	0.9	Turn left and follow the path, staying right above the Glenderamackin river to Scales Beck.
1.5	2.4	Turn left to ascend the steep stepped path to the track junction to the east of Scales Tarn
1.8	2.9	Turn left here along the steep path to the south of Scales Tarn and up to the summit of Blencathra.
2.4	3.9	From the summit turn around and head east along the ridge then down the zig-zags to Scales Fell.
3.4	5.4	Continue downhill trending left to join the outbound path in Moushwaite Comb, and turn right to return to the start.