

112. High Cup

Distance **8.5 miles/13.5km**

Ascent **570 metres**

Start/finish **Billysbeck Bridge, CA16 6DB**

Pick up the Pennine Way east out of Dufton and past Bow Hall before climbing up south of Dod Hill to reach the steep ground to the ridge north of High Cup Gill. Follow the edge of this along Narrow Gate to High Cup Nick at the top of the gill (3.6 miles/5.8km). Turn R and enjoy the descent down High Cup Gill to the road at Harbour Flatt. Turn R and stay on the road back to Dufton and the start of the route. This route is also excellent and quite different in reverse – turn around at the road by Harbour Flatt to reverse it for a 12.5 mile/20km day.

Miles	Km	Directions
0.0	0.0	Follow the Pennine Way east out of Dufton and past Bow Hall before climbing up onto the open moorland south of Dod Hill.
1.1	1.8	Continue on the Pennine Way up the steep ground to the ridge north of High Cup Gill. Follow the edge of this along Narrow Gate to High Cup Nick at the top of the gill.
3.6	5.8	Turn right and enjoy the descent down High Cup Gill to the road at Harbour Flatt.
6.2	9.9	Turn R and stay on the road back to Dufton.