

## 115. Geltsdale

**Distance**      4.5 miles/7km

**Ascent**        297 metres

**Start/finish**    Jockey Shield Cottages, CA8 9NF

Follow the track downhill and across the bridge over the River Gelt, turning R on the path to High Hynam House. Turning right here along the riverside takes you to a lovely waterfall, swimming spot and the Gelt Boulder. Our route stays L of the house, following the bridleway onto the open moor. Stay R at the next couple of path junctions to run around the base of Simmerson Hill, then bear L steeply up to its summit cairn (1.9 miles/3.1km). Continue down the other side, cross a larger path and climb to the trig point on Talkin Fell. Descend the same way but trend R and then turn R onto the bridleway. Follow this around to the R and join a larger track heading west below Talkin Fell to a path junction in Holme Gill. Turn L and take the path down to the bridge over the Gelt, crossed on the outward route. Turn R, cross the bridge and return up the hill to the start.

Miles	Km	Directions
0.0	0.0	Follow the track downhill and across the bridge over the River Gelt, turning right on the path to High Hynam House.
0.3	0.5	Bear left of the house, following the bridleway onto the open moor. Stay right at the next couple of path junctions and continue to a left turn at NY578553 south of Simmerson Hill.
1.4	2.3	Turn left and ascend steeply up to its summit cairn.
1.9	3.1	Continue down the other side, cross a larger path and climb to the trig point on Talkin Fell.
2.4	3.9	Descend the same way but trend right and then turn right onto the bridleway. Follow this around to the right and join a larger track heading west below Talkin Fell to a path junction in Holme Gill.
5.8	3.6	Turn L and take the path down to the bridge over the Gelt.
6.3	3.9	Turn right and cross the bridge heading up hill to the start.