

21 peaks, 46.2 km on map (55km actual), 3700m. ascent, 2 support points
Devised by Dick Courchee and measured by Chris Wales

Start at Village Hall, Broughton Mills, 0607 hrs.

		Height (m)	Actual time
1	Great Stickle	305	0634
2	Stickle Pike	375	0653
3	Caw	529	0738
4	White Maiden	608	0829
5	Brown Pike	682	0848
6	Dow Crag	778	0907
7	Old Man of Coniston	801	0937
8	Swirl How	802	1011
9	Great Carrs	770	1017

Wrynose Pass (support) 1045-1108

10	Cold Pike	680	1153
11	Crinkle Crag	859	1236
12	Bowfell	902	1327
13	Esk Pike	885	1357
14	Great End	910	1430
	Styhead Pass		1510-1516
15	Great Gable	899	1607
16	Green Gable	801	1626
17	Brandreth	715	1648
18	Grey Knotts	697	1700

Honister Pass (support) 1722-1745

19	High Spy	653	1845
20	Maiden Moor	576	1916
21	Cat Bells	451	1940

Finish at Moot Hall, Keswick 2055

At each top the cairn must be touched, by hand or walking stick. Most of the tops are obvious in clear weather; note that on Grey Knotts the top is a rocky tor near the fence. On Great End, the two tops have less than 1 metre of height difference, so either can be counted; purists will of course visit both. On the first traverse, the direct descent to Styhead was taken, which is good fun in good weather.

There are no other rules, but it is highly recommended that contenders be paired up. It will be normal for contenders to have support at Wrynose and Honister, but pacers should not be needed.