

The Charnley Way - Ben Abdelnoor's Schedule (including Angle Tarn Control)

Checkpoint	Grid reference	Elapsed time	Split time	Cumulative distance	Cumulative ascent
		hours	minutes	miles	feet
ELTERWATER YOUTH HOSTEL	327046	-	-	-	-
Path Junction	321045	not recorded	not recorded	0.5	200
Lingmoor Summit	302046	0.36	36	1.9	1350
Pike O'Blisco Summit	271042	1.29	53	4.2	2900
Crinkle Crag Summit	248048	2.05	36	5.9	3950
Three tarns	248060	2.21	16	6.5	3950
Lingcove Bridge	227036	2.48	27	8.6	3950
Sheepfold	219023	2.58	10	9.6	3950
ESKDALE YOUTH HOSTEL arr.	195011	3.16	18	11.7	4000
ESKDALE YOUTH HOSTEL dep.		3.23	(REST) 7		
Large Boulder	208041	4.05	42	14	5100
Slight Side Summit	209050	4.29	24	14.6	6025
Scafell Summit	207065	4.51	22	15.5	6650
Scafell Pike Summit	215072	5.25	34	16.5	7300
EskHause	232081	5.48	23	17.8	7475
Charnley Crag Cairn	236070	6.05	17	18.6	7775
Angle Tarn Outlet	245078	6.21	16	19.4	7775
High House Tarn	241094	6.49	28	20.6	8050
Glaramara Summit	247106	7.09	20	21.7	8625
Capel Crag Summit	244120	7.29	20	22.3	8625
BORROWDALE YOUTH HOSTEL arr.	255142	7.52	23	24.2	8625
BORROWDALE YOUTH HOSTEL dep.		8	(REST) 8		
Blackmoss Pot	267113	8.28	28	26.7	8925
Bridge at Tray Dub	264099	8.38	10	27.6	9025
Tarn	265087	**	**	28.6	9925
Thunacar Knott Summit	279080	9.27	49	29.8	10675
Blea Rigg Summit	301078	9.52	25	31.3	10675
Tarn Outlet	317068	10.1	18	33.1	10775
HIGH CLOSE YOUTH HOSTEL	338053	10.39	29	34.7	10875
ELTERWATER YOUTH HOSTEL	327046	10.47	8	35.5	10875

Notes

Whilst Elterwater YH is not a recognised checkpoint it was a convenient starting point that was on the route. The figures for distance and ascent are taken from Brian Jackson's successful attempt on 16th May 1986. Brian completed the route in 11 hours 3 minutes. I have since measured the distance at around 38 miles with over 12,000 ascent.