

# SUNDAY 19th August 2018 Langdale Ramble: Map OL6/7

## 'B' WALK



**Route Leader:** Chris Cox

### Walk Description

Ascend to Stickle Tarn via Stickle Ghyll. Footpath to Blea Rigg, Swinscar Pike and Raven Crag dropping to Oak Howe. Cumbria Way back to New Dungeon Ghyll.

### Walk Stats

7.1 miles 3200 ft total ascent.  
Duration is up to 5.5 hours.

### Difficulty

Moderate (240 point) walk; this should be considered a **HARD B / MED A**. Average pace required is 1.9 mph (assuming a 30 min lunch break).

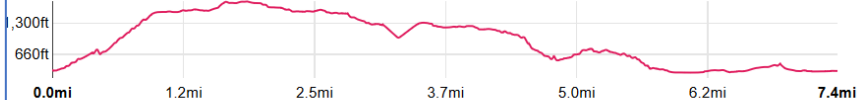
Longest ascent 1500ft in 1 mile (1 in 5 or 20%)

**START:** 10:45  
**FINISH:** 16:15  
**COACH DEPARTS** 17:15

### Route Summary

Total Distance	7.1mi (11.4km)	Walk	4h 35min
Elevation	270ft at lowest point	Run	1h 2min
	1773ft at highest point	Cycle	36min
Total Ascent	3272ft		

### Elevation Profile



ALL WALKERS WISHING TO JOIN THIS WALK SHOULD PRINT NAME BELOW
