

WALKING GUIDE 14 PEAKS FOR 14 ARCHES CHALLENGE



The 14 Peaks for 14 Arches Challenge takes in some of the most popular fells in the areas surrounding Smardale Gill Viaduct

Start Fundraising

Please click the Start Fundraising button on the below link, set up your page and begin your sponsored adventure

www.justgiving.com/campaign/savesmardalegillviaduct

Be sure to share your adventure with your friends, family and social network so that they can sponsor you.

Our Challenge includes the following fells - in height order:

Smardale Fell
Crosby Garrett Fell
Great Asby Scar
Dufton Pike
Blease Fell
Tailbridge Hill
Little Fell
High Cup Nick
Murton Pike
Green Bell
Nine Standards Rigg
Wild Boar Fell
High Seat, Mallerstang
Cross Fell

Eden Viaducts



If you walk all these fells you will easily cover 90 miles.

People who, for whatever reason, cannot scale the 14 fells can start fundraising by covering 90 miles in 14 stages in their garden or high street, on an exercise bike or however they choose.

Everyone taking part in the **14 Peaks for 14 Arches Challenge** will receive a special T-shirt bearing an image of Smardale Gill Viaduct with the Challenge logo.

The Challenge Walking Guide

This is a short guide to our proposed walk on each fell. However, you may choose any route provided that at least 90 miles is completed. For the ambitious cyclists doing the challenge at home or on the road please attempt to cycle the height as well.

This guide has been compiled with the help of Vivienne Crow [Outdoor Writer & Photographer | Vivienne Crow](#). Vivienne's Guide to Walking in the Eden Valley amplifies most of these walks so you can continue your walking journey in the glorious Eden Valley on your successful completion of the 14 Peaks for 14 Arches Challenge

[Guidebook to walking in Cumbria's Eden Valley | Cicerone Press](#)



Images courtesy of ©Vivienne Crow
except Tailbridge Hill by @desmondie

SMARDALE FELL



On Ash Fell Edge with Mallerstang Edge in the distance

Start/Finish: King's Head pub in Ravenstonedale (NY 721 043)

Distance: 7¾ miles (12.6km)

Total Ascent: 308m (1010ft)

Time: 3½ hrs

Terrain: meadows; low moorland; short section on road

Map: OS Explorer OL19

Smardale Fell is an area of relatively low-lying moorland that rises to 377m (1237ft) on Rasett Hill. Coast to Coast walkers experience it as the last upland area on the way into Kirkby Stephen on their first full day in the Yorkshire Dales National Park. Like neighbouring Crosby Garrett Fell, it provides superb views of the Howgill Fells. The route described in Vivienne Crow's *Walking in Cumbria's Eden Valley* starts from the village of Ravenstonedale and also pays a visit to Ash Fell. The latter remains off the radars of most people even though the limestone ridge that forms its southern edge makes for great walking. Easy underfoot and with views towards Wild Boar Fell, it's an absolute delight to stride out along it and then return to the start point via becksides meadows.



The Howgills from Smardale Fell

CROSBY GARRETT FELL



Wildflower meadow on the descent from Crosby Garrett Fell, with the Howgills behind

Start/Finish: Cumbria Wildlife Trust's new Smardale NNR car park, about 230 metres north-east of the junction of Beck Lane and School Lane (NY 742 083)

Distance: 7 miles (11.4km)

Total Ascent: 342m (1122ft)

Time: 3¾ hrs

Terrain: quiet road; rough tracks; grassy fell; field paths; disused railway

Map: OS Explorer OL19

The rolling limestone grassland of Crosby Garrett Fell (382m/1253ft) with its far-reaching views is only one of the many highlights of this excellent route. Walkers also get to visit a sprawling prehistoric settlement, a National Nature Reserve and, of course, the impressive Smardale Gill Viaduct – the main reason behind the 14 Peaks for 14 Arches Challenge. Starting with a stroll along country lanes, the route gently climbs via walled tracks on to the open moorland, passing about 500 metres west of the trig pillar at Crosby Garrett Fell's highest point. After briefly joining the route of Wainwright's Coast to Coast long-distance path, it drops on to a disused railway through the beautiful Smardale Gill reserve, famed for its rare wildflower and butterfly species, including the northern brown argus and the Scotch argus, found in only two locations in England.



Smardale Gill Viaduct

GREAT ASBY SCAR



On the edge of Great Asby Scar, looking across to the Lake District fells

Start/Finish: Market Hall in Orton (NY 622 082)

Distance: 8¾ miles (14km)

Total Ascent: 324m (1063ft)

Time: 4½ hrs

Terrain: field paths, muddy in places; quiet lanes; tracks; grassy paths across limestone pavement

Map: OS Explorer OL19

Great Asby Scar is one of the most extensive and pristine areas of limestone pavement in Britain. Its clints and grikes, as well as the surrounding grasslands, are home to a diverse range of birds and often rare plants, including Solomon's seal, rigid buckler fern and both black and green spleenwort ferns, although you may have to peer deep into the grikes to see them. Walkers setting out on this route from the lovely village of Orton will also be treated to superb, ever-changing views – one minute, the Howgills, the next the North Pennines and, finally, the eastern Lake District fells. The fell's highest point, marked by a trig pillar at 412m (1351ft) above sea level, is slightly off route.



Crossing Great Asby Scar

DUFTON PIKE



Dufton Pike

Start/Finish: car park in Dufton (NY 689 249)

Distance: 4 miles (6.6km)

Total Ascent: 326m (1070ft)

Time: 2¾ hrs

Terrain: farmland; grassy ridge path; tracks

Map: OS Explorer OL19

Just like its neighbour Murton Pike to the southeast, Dufton Pike seems to tower over its eponymous village. But at just 481m (1578ft) its 'towering' nature is an illusion, and its ridges are nowhere near as steep as they appear from Dufton. This walk follows the route of the famous Pennine Way National Trail north from the village as far as Great Rundale Beck. From here, walkers begin a steady ascent to enjoy a hike along the full length of the pike's mostly grassy spine – a lovely and relatively straightforward excursion.



Looking across to the head of Great Rundale from the top of Dufton Pike

BLEASE FELL



Looking north from the route on to Blease Fell

Start/Finish: narrow lane heading south-east between a white-washed cottage called How Ghyll and the Old School, Tebay (NY 618 044). This is just off the minor road to Gaisgill; opposite the children's playground

Distance: 6 miles (9.7km)

Total ascent: 1,050ft (320m)

Time: 3½ hours

Terrain: mostly open, grassy fell, potentially damp in places

Map: OS Explorer OL19

Blease Fell (474m/1555ft) lies on the north-western edge of the Howgill Fells, the compact group of rounded, grassy hills admired by drivers as they zip through the narrow Lune Gorge on the M6. Although this walk doesn't appear in Vivienne Crow's book *Walking in Cumbria's Eden Valley*, she recommends it as an introduction to the area for those who have never walked the Howgills before. It provides a fleeting glimpse of the main massif and a teasing taste of what it's like to stride out along these broad, grassy ridges. There are trails on the ground for most of the way, although you will need your compass when you reach the top of Blease Fell and again as you make your way from Hare Shaw across to Waskew Head towards the end of the walk.



Hare Shaw forms part of the descent from Blease Fell

TAILBRIDGE HILL aka NATEBY COMMON



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Start/Finish: off the roadside at Tailbridge Neck where the B6270 levels out after a steep climb up from Nateby on the Swaledale Raod

Distance: 1 mile

Total ascent: 1,050ft (320m) but can be driven most of the way (37m from the car park)

Time: 15 minutes

Terrain: open, grassy fell, potentially damp in places

Map: OS Explorer OL19 NY 805 045

Can be walked as part of the walk to Nine Standards Rigg or to High Seat

Nateby Common, also known as Tailbridge Hill, is a grassy fell situated just north of the summit of the B6270. It separates Nine Standard Rigg from High Seat. On the south side there is a lovely area of limestone pavement. The summit can be identified by a small grassy hill. It enjoys lovely views over the Eden Valley



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WILD BOAR FELL, ALSO TAKING IN LITTLE FELL



Cairns on the edge of Wild Boar Fell

Start: Garsdale railway station (SD 788 917)

Finish: Kirkby Stephen railway station (NY 761 067)

Distance: 12¼ miles (19.6km)

Total Ascent: 688m (2257ft)

Time: 7hrs

Terrain: field paths; tracks; open moor, boggy in places

Map: OS Explorer OL19

Mallerstang is a remote valley on the Cumbria–North Yorkshire border; the point at which the River Eden emerges from its peaty source on Black Fell Moss, plummets down through Hell Gill and begins its long journey north to the Solway Firth. This wonderfully wild, linear day on the hills on the western side of the valley is walked in the company of curlews and golden plover. Walls and fences, coupled with some faint trails, aid navigation on lonely Wild Boar Fell (708m/2322ft) and Little Fell (559m/1834ft). Nonetheless, this walk is best saved for a clear day, if only to appreciate the magnificent views of the Howgills, the North Pennines and even the distant Lake District. The start and end points are linked by a short trip on the Settle–Carlisle Railway, a treat in itself.



A trail leads along the escarpment edge on Wild Boar Fell

HIGH CUP NICK



High Cup in the North Pennines

Start/Finish: car park in Dufton (NY 689 249)

Distance: 10 miles (15.9km)

Total Ascent: 674m (2210ft)

Time: 5½ hrs

Terrain: good tracks and boggy, pathless moorland

Map: OS Explorer OL19

High Cup is one of the most famous sights in the Pennines – a line of exposed whin sill rock that forms a spectacular rim around a broad, u-shaped canyon. While many walkers approach it from Dufton on the Pennine way, then returning on the same path, the route in Vivienne Crow's *Walking in Cumbria's Eden Valley* comes at it from the north. It heads up into the once heavily mined valley of Great Rundale before striking out across the bleak but beautiful moorland to the southeast of Great Rundale Tarn. The paths up here are faint at best, but the tarn's outlet stream, which becomes Maize Beck, acts as a reliable guide for much of the way. Any difficulties are then rewarded as High Cup is revealed – its magnificence greatly enhanced by the suddenness of its appearance. We return to Dufton with everyone else on the Pennine Way.



Great Rundale Tarn

MURTON PIKE



The wide, open spaces to the east of Murton Pike, part of the MoD's Warcop range

Start/Finish: car park on north-east edge of Murton, near Appleby (NY 729 220). If you're approaching Murton from the south, turn right along the dead-end lane just before leaving the village. There is a gated car park at the far end of the lane

Distance: 4 miles (6.6km)

Total Ascent: 378m (1240ft)

Time: 2¾ hrs

Terrain: open fell; pathless and damp in places

Map: OS Explorer OL19

Murton Pike is a conical peak that towers over the tiny fellside village of Murton at the base of the North Pennines. A great vantage point, with views across the Eden Valley to the Lake District fells, it reaches the respectable height of 594m (1948ft). By approaching the fell in a roundabout way via Trundale Gill, this walk also samples the remote moorland to the north and east. Part of this section is on permissive routes across access land and, although well waymarked, there isn't always a path on the ground. It can be rough going at times. From the trig pillar, the descent is easier: a chance to really relax and enjoy the views that slowly open out ahead.



The return track winds its way around the southern flanks of Murton Pike

Eden Viaducts



GREEN BELL



Looking north along the ridge to Green Bell

Start/Finish: parking triangle at road junction outside Ravenstonedale school (NY 722 041)

Distance: 8¼ miles (13.4km)

Total ascent: 1630ft (497m)

Time: 4½ hours

Terrain: village road; track; then mostly open, grassy fell; paths rough and very faint in places

Map: OS Explorer OL19

At 605m (1984ft), Green Bell is one of the higher tops in the Howgills. It's typical of this gorgeous range of hills: grassy, rounded and linked to its neighbours by broad ridges that are an absolute joy for walkers. It also benefits from excellent views and from being relatively quiet. Vivienne Crow doesn't cover the Howgills in her book *Walking in Cumbria's Eden Valley*, but she recommends approaching Green Bell from Ravenstonedale via Wyegarath Gill and Knoutberry, and then adding the higher summit of Randygill Top (624m/(2047ft) to your outing. Return via Stwarth, Wythe Mire and Tailor Mire.



Trig pillar on Green Bell

NINE STANDARDS RIGG



The Nine Standards above Kirkby Stephen

Start/finish: large layby on Cumbria's border with North Yorkshire on the B6270 (NY 811 040)

Distance: 7 miles (11.3km)

Total Ascent: 384m (1260ft)

Time: 3¾ hrs

Terrain: open moorland, boggy in places; section on road

Map: OS Explorer OL19

Nine Standards Rigg, high above the Upper Eden Valley, is crowned by a group of mysterious 'stone men'. Located close to the 662m (2171ft) summit of the hill, these tall cairns can be seen for miles around. Likewise, the view from this windswept spot is extensive in all directions. Nine Standards is usually climbed from Kirkby Stephen in the valley below, but the walk in Vivienne Crow's book *Walking in Cumbria's Eden Valley* makes use of a substantial layby located more than 500m above sea level to reduce the amount of climbing. It passes through attractive limestone country before climbing to the summit, where a toposcope provides details of the hills that can be seen. A peaty path, part of Wainwright's popular Coast to Coast route, then heads south across this vast area of moorland.



On the descent from Nine Standards

HIGH SEAT ON MALLERSTANG



Ingleborough, left, and Whernside in the distance seen from near High Seat

Start/Finish: roadside parking beside Thrang Beck, about 135m south of The Thrang on the B6259 through Mallerstang (NY 783 005)

Distance: 10 miles (16.1km)

Total Ascent: 579m (1900ft)

Time: 5¾ hrs

Terrain: ascent largely pathless; open moorland, boggy in places; good track on return

Map: OS Explorer OL19

This grand day out on the moorland on the eastern side of Mallerstang, reaching a high point of 709m (2325ft) on High Seat, is the stuff of which memories are made. It's not just the open expanses of these high, windswept moors that make it such a special outing – it's the off-piste route up through the wild country at the base of Mallerstang Edge; it's the stupendous views from the airy edge of the craggy escarpment; it's the haunting call of the elusive golden plovers on High Pike Hill; and the long, easy descent into a magnificent dale at the end of the outing.



A gently descending track drops back to the valley at the end of the walk

CROSS FELL



The distinctive Cross Fell looms over the Eden Valley

Start/Finish: Parish Council noticeboards and recycling point in Blencarn (NY 638 312)

Distance: 10¼ miles (16.6km)

Total Ascent: 762m (2500ft)

Time: 5¾ hrs

Terrain: good paths and tracks on open moorland, wet in places

Map: OS Explorer OL31

Looming ominously over the Eden Valley, Cross Fell (893m/2929ft) is the highest point along the entire Pennine chain. There are several ways to reach this wild, windswept top, and none of them is short; the route described in Vivienne Crow's book *Walking in Cumbria's Eden Valley* is one of the shortest and most straightforward. It starts from Blencarn and ascends a mostly clear, grassy bridleway that gradually climbs all the way to the source of the River Tees. From here, the Pennine Way is joined as walkers cross the large, flat summit, enjoying some pretty impressive views. The return route is via an old corpse road once used by villagers in Garrigill to transport their dead to the nearest consecrated churchyard – on the other side of the Pennines in Kirkland.



From Cross Fell's summit plateau, looking back towards Great Dun Fell as a shower rolls in