

| Summit | Section Miles | Cumulative miles | Section Ascent | Cumulative Ascent | Ascent in feet | Section Time | Actual Time |
|----------------------|---------------|------------------|----------------|-------------------|----------------|--------------|-------------|
| Troutbeck | 0.00 | 0.00 | 0 | 0 | 0 | 0:00 | 8:46 |
| Sallows | 2.16 | 2.16 | 400 | 400 | 1312 | 0:36 | 9:22 |
| Yoke | 1.90 | 4.06 | 265 | 665 | 2182 | 0:25 | 9:48 |
| Ill Bell | 0.68 | 4.74 | 100 | 765 | 2510 | 0:10 | 9:58 |
| Froswick | 0.56 | 5.30 | 80 | 845 | 2772 | 0:08 | 10:07 |
| Thornythwaite Beacon | 1.03 | 6.33 | 155 | 1000 | 3281 | 0:16 | 10:24 |
| High Street | 1.00 | 7.33 | 75 | 1075 | 3527 | 0:13 | 10:38 |
| Rampsgill Head | 1.24 | 8.57 | 75 | 1150 | 3773 | 0:15 | 10:53 |
| Rest Dodd | 1.04 | 9.61 | 115 | 1265 | 4150 | 0:16 | 11:09 |
| Angle Tarn Pikes | 1.66 | 11.27 | 100 | 1365 | 4479 | 0:22 | 11:32 |
| Glenridding | 2.92 | 14.19 | 0 | 1365 | 4479 | 0:28 | 12:00 |
| REST | 0.00 | 14.19 | 0 | 1365 | 4479 | 0:10 | 12:10 |
| Glenridding Dodd | 1.08 | 15.27 | 300 | 1665 | 5463 | 0:23 | 12:33 |
| Sheffield Pike | 1.11 | 16.38 | 275 | 1940 | 6365 | 0:24 | 12:58 |
| Greenside | 1.19 | 17.57 | 215 | 2155 | 7071 | 0:23 | 13:22 |
| Stybarrow Dodd | 0.67 | 18.24 | 80 | 2235 | 7333 | 0:10 | 13:32 |
| Legburthwaite | 1.97 | 20.21 | 0 | 2235 | 7333 | 0:23 | 13:56 |
| High Rigg | 2.33 | 22.54 | 210 | 2445 | 8022 | 0:38 | 14:34 |
| Keswick | 3.39 | 25.93 | 65 | 2510 | 8235 | 0:39 | 15:14 |
| REST | 0.00 | 25.93 | 0 | 2510 | 8235 | 0:17 | 15:32 |
| Grisedale Pike | 5.20 | 31.13 | 730 | 3240 | 10630 | 1:29 | 17:01 |
| Hobcarton Crag | 0.44 | 31.57 | 30 | 3270 | 10729 | 0:07 | 17:08 |
| Hopegill Head | 0.59 | 32.16 | 100 | 3370 | 11057 | 0:11 | 17:20 |
| Crag Hill | 1.31 | 33.47 | 250 | 3620 | 11877 | 0:31 | 17:51 |
| Wandope | 0.56 | 34.03 | 30 | 3650 | 11976 | 0:07 | 17:58 |
| Whiteless Pike | 0.77 | 34.80 | 40 | 3690 | 12107 | 0:10 | 18:09 |
| Buttermere | 1.81 | 36.61 | 0 | 3690 | 12107 | 0:24 | 18:33 |
| REST | 0.00 | 36.61 | 0 | 3690 | 12107 | 0:11 | 18:45 |
| Red Pike | 1.86 | 38.47 | 655 | 4345 | 14256 | 0:54 | 19:40 |
| High Stile | 0.91 | 39.38 | 90 | 4435 | 14551 | 0:17 | 19:57 |
| High Crag | 1.01 | 40.39 | 55 | 4490 | 14732 | 0:20 | 20:18 |
| Seat | 0.60 | 40.99 | 35 | 4525 | 14847 | 0:11 | 20:29 |
| Haystacks | 0.70 | 41.69 | 155 | 4680 | 15355 | 0:19 | 20:49 |
| REST | 0.00 | 41.69 | 0 | 4680 | 15355 | 0:06 | 20:56 |
| Brandreth | 1.92 | 43.61 | 230 | 4910 | 16110 | 0:40 | 21:36 |
| Green Gable | 0.62 | 44.23 | 150 | 5060 | 16602 | 0:18 | 21:55 |
| Great Gable | 0.42 | 44.65 | 150 | 5210 | 17094 | 0:15 | 22:10 |

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|---------------|------|-------|-----|------|-------|------|-------|
| Sty Head | 0.91 | 45.56 | 0 | 5210 | 17094 | 0:23 | 22:34 |
| REST | 0.00 | 45.56 | 0 | 5210 | 17094 | 0:10 | 22:44 |
| Allen Crags | 1.54 | 47.10 | 335 | 5545 | 18193 | 0:40 | 23:24 |
| Esk Pike | 0.89 | 47.99 | 160 | 5705 | 18718 | 0:24 | 23:49 |
| Bowfell | 1.06 | 49.05 | 125 | 5830 | 19128 | 0:33 | 0:22 |
| Shelter Crags | 1.00 | 50.05 | 110 | 5940 | 19489 | | |
| Long Top | 0.45 | 50.50 | 85 | 6025 | 19768 | | |
| Pt 834m | 0.26 | 50.76 | 35 | 6060 | 19883 | | |
| Cold Pike | 1.15 | 51.91 | 50 | 6110 | 20047 | | |
| Pike O Blisco | 0.98 | 52.89 | 180 | 6290 | 20637 | | |
| Side Pike | 1.85 | 54.74 | 135 | 6425 | 21080 | | |
| Lingmoor | 0.98 | 55.72 | 170 | 6595 | 21638 | | |
| Loughrigg | 4.55 | 60.27 | 300 | 6895 | 22622 | | 6:23 |
| Ambleside | 2.50 | 62.77 | 0 | 6895 | 22622 | | 7:00 |
| Wansfell | 1.70 | 64.47 | 440 | 7335 | 24066 | | 7:53 |
| Troutbeck | 1.90 | 66.37 | 0 | 7335 | 24066 | | 8:31 |