



YHA Dufton [Book your stay now](#)

High Cup Nick

Moorland walk

Distance: 9.7 miles (15.6km)

Ascent: 529m (1,736ft)

Time: Allow 5h to 8h



Map: OS Explorer 1:25k (OL19) Howgill Fells & Upper Eden Valley

Start/Finish: OS Locate NY 688 250 **what3words** ///cassettes.bricks.forge

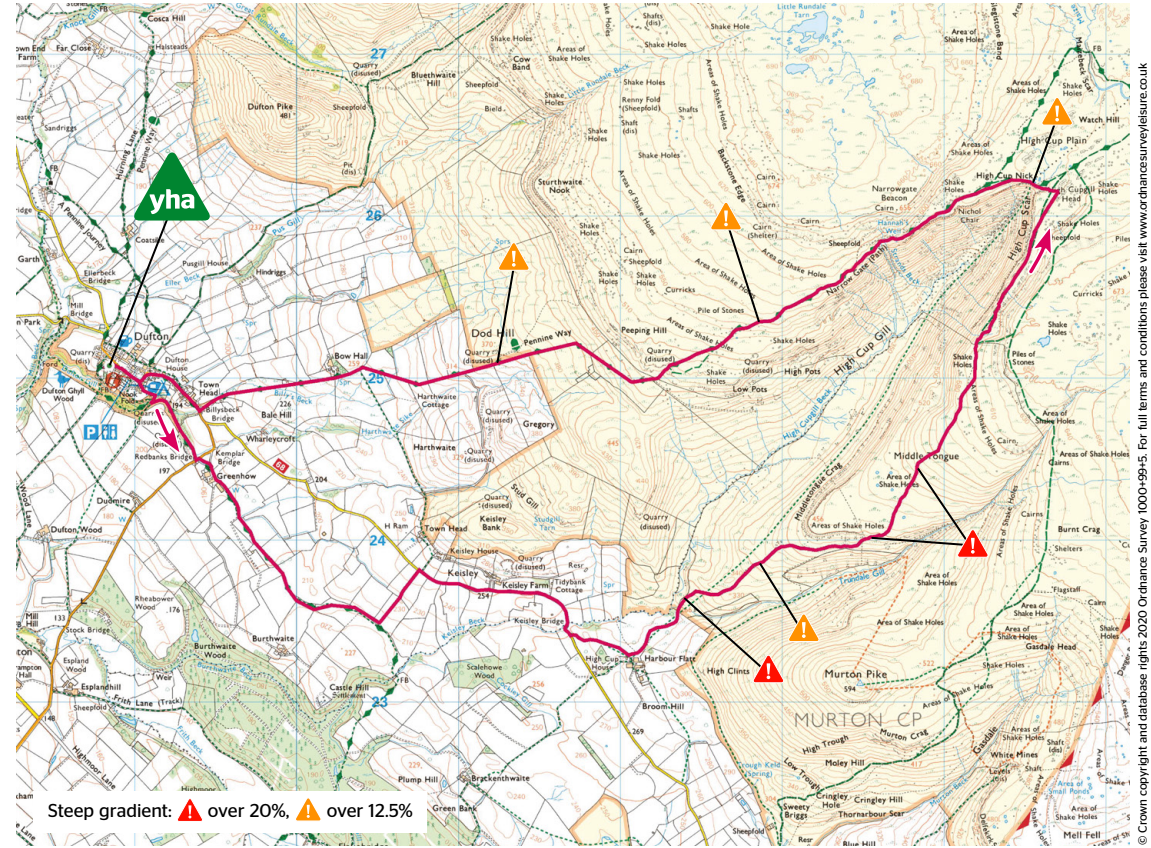
A great route on the edge of the North Pennines AONB. From the hostel turn right, pass the public car park and after the caravan site bear right onto the lane. Head into the trees, cross the stream, turn left and follow the stream to the road at Redbanks Bridge. Cross the bridge and turn right into a field. Join a farm track, pass alongside farm buildings and continue through fields. Turn left to cross a stile and continue to the road at Keisley. Turn right, pass Keisley Farm and Keisley Bridge. Cross a stile on the left signposted to Harbour Flatt. Follow the footpath to the farm, bear left onto the farm track which merges into a distinct footpath. Follow the path as it bears right around some crags and then over Middle Tongue. Continue to a stile and gate, then head along the footpath above High Cup Scar to High Cupgill Head. Turn left and follow the clear path around the crags to High Cup Nick. Join the Pennine Way and follow it downhill on improving tracks. At the road near Town Head turn right into Dufton and to the hostel.

Hazards

This is a reasonably high-level route so proper preparation and equipment is necessary. The higher parts of the route regularly have low visibility, make sure you know where you are at all times and have a map and compass for navigation. In winter conditions the route will become slippery and dangerous, especially when covered in snow and ice – winter clothing and footwear will be required. The moor from Middle Tongue over High Cup Nick to Dod Hill is exposed to winds and storms with limited shelter. Take care near the steep crags around the High Cup Gill valley. Caution on the roads without footpaths.

This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.

Scan or click to view this route on the OS Maps App – also a route profile and GPX



Accessibility

There are stiles, steps and gates and paths less than one metre wide in places. Many good paths and tracks, some rough ground with ruts or stones greater than 10cm. Lower sections of the route are on rights of way across fields and pasture.

Points of interest

Stunning views of High Cup Nick and from the top, the surrounding Eden Valley and the fells of the north and eastern Lake District. Interesting displays about the local area, the Pennine Way, local nature and wildlife and the warship HMS Dufton. Old water fountain in Dufton.

Facilities

Toilets, pub and café in Dufton.

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Route: Matt Overd, Alan Platt, Andrew Turnbull & Simon Lightowler



Thank you for choosing to walk from our hostel.
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

Before you go:

- Check the local weather forecast (mwis.org.uk).
- Check the tide times for coastal routes (tidetimes.org.uk).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) (relayuk.bt.com/emergencysms).
- Plan your walk by completing the YHA route notification card it helps Emergency Services if you get into difficulties or fail to return from your walk when anticipated (yha.org.uk/route-card).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit adventuresmart.uk

For more walks or information on route grading and timings go to yha.org.uk/walks

If you encounter problems with this route contact walking@yha.org.uk



Scan or click to shop
for OS maps online
osmaps.com/yha

Share your walks



What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

You might also want to take

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or what3words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.