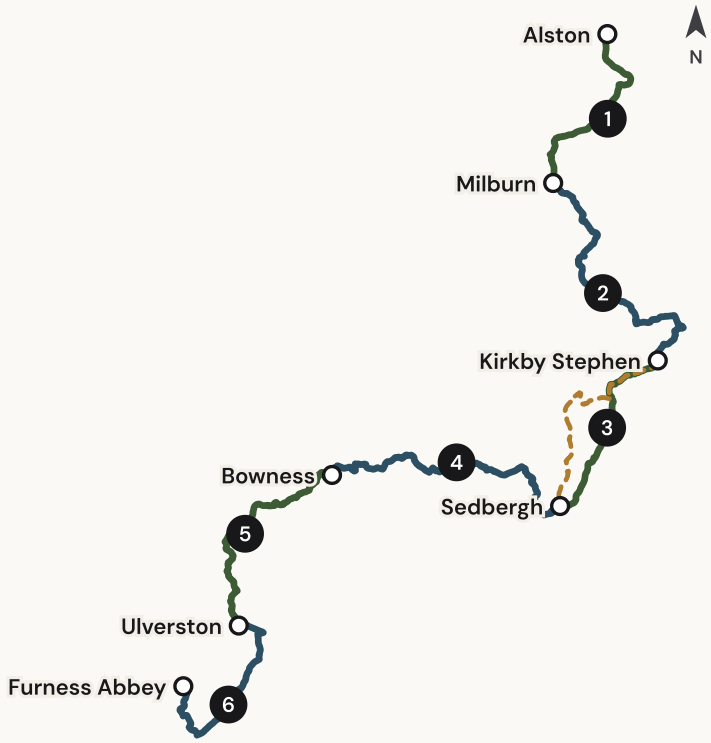
ROUTE MAP

Westmorland & Furness Way **Route Map & Printable Route Card**

The **Westmorland and Furness Way** runs **120 miles (193 km)** south from **Alston** in the North Pennines to **Furness Abbey** near Barrow-in-Furness, in six stages via Milburn, Kirkby Stephen, Sedbergh, Bowness-on-Windermere and Ulverston. Below is an overview map of the whole route and a stage-by-stage route card you can download as a free PDF and print.

Route Overview Map



Schematic only, not to scale for navigation. Dashed line: Stage 3 high route.

Stage-by-Stage Route Card

Distances are the route figures used across this guide; ascent is measured from our GPX files. End to end, the trail is **122.6 miles** by the Stage 3 low route or **125.3 miles** by the high route.

Stage	From → To	Distance	Ascent	Rating	Trail Partners
1	Alston → Milburn	16.5 mi / 26.6 km	≈644 m	High	–
2	Milburn → Kirkby Stephen	24.8 mi / 39.9 km	≈469 m	Moderate	–
3	Kirkby Stephen → Sedbergh	15.7 mi / 25.2 km (low) 18.4 mi / 29.6 km (high)	≈643 m (low) ≈967 m (high)	Moderate	Howgills Accommodation (paid listing)
4	Sedbergh → Bowness-on-Windermere	27 mi / 43.4 km	≈645 m	Challenging	Howgills Accommodation (paid listing)
5	Bowness-on-Windermere → Ulverston	20.9 mi / 33.7 km	≈942 m	Moderate	–
6	Ulverston → Furness Abbey	17.7 mi / 28.5 km	≈62 m	Easy	–

Trail Partners are local businesses that pay for a labelled listing. See Trail Partners.

Using the GPX with an OS Map

The route card gives you the shape of the walk; for navigation you need a proper map. Load our free GPX files (full route or one per stage) into OS Maps, Komoot, Outdooractive or a Garmin, and you'll see the line on 1:25,000 mapping. You can print each section from the app at the scale you want.

Safety: our GPX files are unofficial. We plotted them ourselves to follow the route closely, but paths change and phone batteries fail. Carry a paper map and compass, check the forecast, and see our kit and safety guide. Stage 1 over the North Pennines is remote and high; Stage 4 is the longest day.

Official Sources

The Westmorland and Furness Way is developed and maintained by Westmorland and Furness Council. This site is an independent guide. For official route information, section maps and the council's own GPX files, see the official route website.