

# ROUTE DESCRIPTION - SPRING IN LAKELAND - SUNDAY 14th April 2024

START AND FINISH AT AMBLESIDE PARISH CENTRE

Checkpoint	Grid Ref	Location	Section Miles	Cumulative Miles	Section Ascent	Cumulative Ascent
Start	374044	Parish Centre	0.0	0.0	0	0
C/P1	328047	Elterwater Car Park	4.9	4.9	690	690
C/P2	302977	Coniston Institute	7.5	12.4	1580	2270
C/P3	344031	Skelwith Community Centre	7.6	20.0	170	3630
Finish	374044	Parish Centre	3.0	23.0	710	4340

**08.00 START TIME ALL TO FINISH BY 17.30 CUT OFF AT C/P3 IS AT 15.30**

## KEY:

B/W = Bridleway	TR = Turn Right	LH = Left hand	L = Left
F/P = Footpath	TL = Turn Left	RH = Right hand	R = Right
C/P = Checkpoint	W/M = Waymark	S/P = Sign post	CONT = Continue

- You are reminded that you have agreed to comply with all event rules
- If you need to retire you must do so at C/P's and advise marshals / organisers. They will assist but are unable to provide transport back to Ambleside. Bus times / taxi phone contacts are provided below
- Sorry no dogs on this event, it's lambing time in the Lakes

## NOTES TO HELP YOU ROUND

To be used in conjunction with maps OL 6/7 or OS 90/96

TL out of Parish Centre, down steps and TL sharp onto tarmac road and into Rothay Park, then pass Children's Playground on L. Go straight ahead over small metal bridge then L over narrow stone bridge. TR onto road. Cross cattle grid and after 20m TL at S/P. Uphill on tarmac/concrete path past cottages. CONT ahead on main track through gate, wall on R through next gate. CONT wall on R round RH bend. Track bears L away from wall. CONT through next gate. CONT ahead and descend to cross stream. TL on good track, ahead down hill (wall on L). Ignore track climbing to R, track stays with wall and contours round hill, through B/W gate and CONT down hill through trees to reach 2 gates on R. Go through LH waymarked gate. Ahead over stile (trees on R) to stile, cross track to next gate, which is almost opposite. Keep same line of travel to reach edge of tarn, directly below cottages. Keeping tarn on L, through gate, ahead up field to reach tarmac road above tarn.

TL on tarmac road for 100m. TR on track at F/P sign. Pass cottage on R and at next cottage follow W/M up hill on narrow path. Through small gate (W/M). CONT on track through Neaum Crag (private grounds) pass gravelled car park area. Join tarmac lane at yellow W/M. CONT down through chalets. Ahead at junction, following yellow W/M, between chalets. Follow path down between wooden fences. Through gate then follow path between wall/metal fence. Ahead through field to reach Skelwith Bridge road. TR for 50m, **cross road carefully**, then immediately after derelict stone mason's yard climb bank on L after buildings to reach track. TR on track by river, S/P Elterwater. CONT with river on L, to reach gate. Through gate and CONT on gravelled path, through another gate, all the way to Elterwater.

### **C/P1 (on F/P by car park) GR328047 (4.9 miles) PUBLIC TOILETS ADJACENT (30p coins only)**

From car park TL on road, over bridge then TR. After 400m take F/P on R opposite old cave/mine entrance at F/P sign. CONT with river on R, (don't cross footbridge) bear L at S/P to Little Langdale with wall on R. Track leaves river and climbs steadily through quarry area. CONT bearing L when faced with large spoil heap, to emerge on quarry road. TR (F/P sign), behind large sheds, then at next F/P sign go between wooden fencing and CONT ahead, through / past metal gate, to join metallated lane. TR for a few meters then L at B/W sign Little Langdale (opposite house) climbing steadily, across track, and CONT uphill, eventually descending to T junction. TR through gate. Stay on main track ignoring paths off to L. Go through metal gate, track becomes metallated near farm buildings. At T-junction TL for a few meters, then TR on F/P. Just before buildings TR through gate (S/P Slater bridge). Down through two gates to Slater Bridge.

Cross bridge and ahead to gate. TL on wide track/road. Through gate, ahead (river over on L), ignore track on R, track/road bends R away from river near foot bridge. In 50m track forks S/P Coniston, take R fork, through gate. In approx. ½ mile track forks again, take **R** fork again climbing slightly (quarry spoil

heaps on R) for another ½ mile. Through another gate, gradually descending to reach farm at High Tilberthwaite.

CONT down metalled lane past cottages over river to far end of parking areas. TR up steps into and through old quarry area. CONT ahead up track, ignoring L turn into quarry.

Where the track forks take the L path but stay over the R side of path away from quarry edge. CONT on well defined path up the valley, keeping main stream on R climbing steadily to eventually reach Col, then descend on stony track (Coppermines valley on R). Zig zag down to path behind cottages. Keep L to join main track L down to Coniston, keeping river on your R.

**TL into Coniston Institute C/P2 - GR 302977 (12.4 miles) at Ruskin Museum sign** (triangular wooden shelter)

TL out of Institute, cross road and TR. Bear L at Junction on Hawkshead road. CONT along road and just before Road Bridge TL on road to Ambleside. Pass sports centre on R then TR at F/P sign over bridge, immediately L through kissing gate at W/M. Ahead up field then through kissing gate next to stone barn. CONT up through field gate, then fork L at W/M and up to next kissing gate. Ahead through woods, ignoring new rising track on R. Through gate and keep on main track, bearing L towards end of field. Through gate in facing wall, ahead through kissing gate, bearing L down track to reach bridge. Do not cross bridge but go through kissing gate next to it. Ahead round LH edge of field to go through next kissing gate and ahead with river on L. Approx. 50m after stream, track leaves river and heads up hill.

Cross footbridge, ahead on narrow track, ignoring forestry tracks on R and L. CONT up stony path to top of hill and keep on main gravel path (ignore marked path L in front of cottages). Through gate and onto cottage access road bearing R uphill on tarmac. Then ahead to gate and road, then immediately L down enclosed B/W to eventually reach main road and small parking area. TR to Info board ('Glen Mary').

**Cross road bridge carefully**, then immediately RT (route to Tom Ghyll). Through gate and follow W/M's, climbing steeply up side of waterfalls/stream to reach Tarn Hows. Turn L on broad track along the L side of Tarn. Track veers away from Tarn slightly (ignore new forestry tracks) to reach a junction shortly before the end of the Tarn. TL here (S/P Skelwith Bridge & Langdales (GR330003) ahead through woods. On reaching kissing gate, TR onto enclosed track. At top of hill TL through kissing gate on track (S/P Black Crag & Arnside and NT sign 'Iron Keld'). Ahead up hill (S/P High Arnside), ignore track on R and CONT through next kissing gate, starting to descend. CONT down through two gates. Just after cottage on L, CONT ahead, then fork L downhill to fingerpost TL off B/W onto F/P. Descend wall on L to reach gate with W/M (corner of walls). Go through and descend with wall on R. Path curves L uphill then down through gate to road. **Cross this busy road carefully** (it's a good idea to TL for a few meters first away from corner).

Ahead for a few meters then R at Y junction. TR into woods (FP sign 'Colwith') and drop down to T junction. TR and cross Footbridge and through gate. TL at tarmac road (**care needed**). TR at S/P sign 'Skelwith Bridge 1 mile'. Follow well used W/M path (Cumbria Way) for next mile past several farms / houses, ignoring all farm access roads on R.

At 3-way junction 100m after Park House (new garage), take middle track to L of large tree. Pass through first gate, TR at path junction then through gate to reach road at (GR343033) **cross this busy road carefully** then TL head down road (130m). TR on narrow tarmac lane (S/P Community Centre) head up lane ¼ mile to

**C/P3 - GR344031 (20.0 miles) Skelwith Community Centre**

**PLEASE BE AWARE THAT THERE IS A CUT OFF IN OPERATION AT C/P3 AT 15.30**

From **C/P3** TL back down to main road, ahead across road bridge **take extra care here**. Stay on R side of road on grass verge, as road curves R **cross this busy road carefully** next to bus stop and ahead up narrow lane (*L of bus shelter*). R at T junction, then after 50m TL (*post box in wall on R*). R at F/P sign to Tarn. At junction, ahead through **R hand gate** ahead up hill on stony track, (you will now find yourself on the route you took this morning in reverse). Through gate.

**NOW RETURN TO THE PARISH CENTRE BY MEANS OF THIS MORNING'S OUTWARD ROUTE.**

In case that was too long ago to remember(!) to remind you.....keep to the main stony track (B/W) over the shoulder of Loughrigg with distant view of Windermere on your R. Descend on stony track eventually reaching tarmac/concrete track past cottages, bringing you to tarmac road. Turn R over cattle grid, then TL over 2 small bridges into Rothay Park and back to **Parish Centre** Finish (23.0 miles)

**Well Done!**

*Take care & thank you for entering our event*

## **IMPORTANT SAFETY INFORMATION**

- 1. COURSE SWEEPER;** will follow the course, ensure all participants are accounted for then close down each checkpoint in turn, and give advice as necessary. They will be present at the start so if you think it possible that you may be close to the cut off time at C/P3 then please make yourself known.
- 2. BUS/TAXI DETAILS:**  
Coniston – Ambleside Service no 505 leaves Coniston 11:43 12:43 13:43 14:43 15:43  
Skelwith Br – Ambleside Service no 516 leaves Skelwith 13:28 14:28 15:28 16:28 17:28  
Taxi numbers:  
Amber 015394 42000  
Ambleside Taxis 015394 88285  
Hilltop 07979 664472  
Johns 07759143423
- 3. MANDATORY MINIMUM KIT LIST - AS PER LDWA RULES:**  
We are unable to perform kit checks but you must carry as a minimum:  
Waterproof whole body cover, hat, gloves, map of the route, compass, and emergency food.

**EMERGENCY PHONE NUMBER:  
07889 272422 EVENT ORGANISER**

**Before driving home please make sure you are rested before you start back.**