



on foot



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Family Walks near Coniston

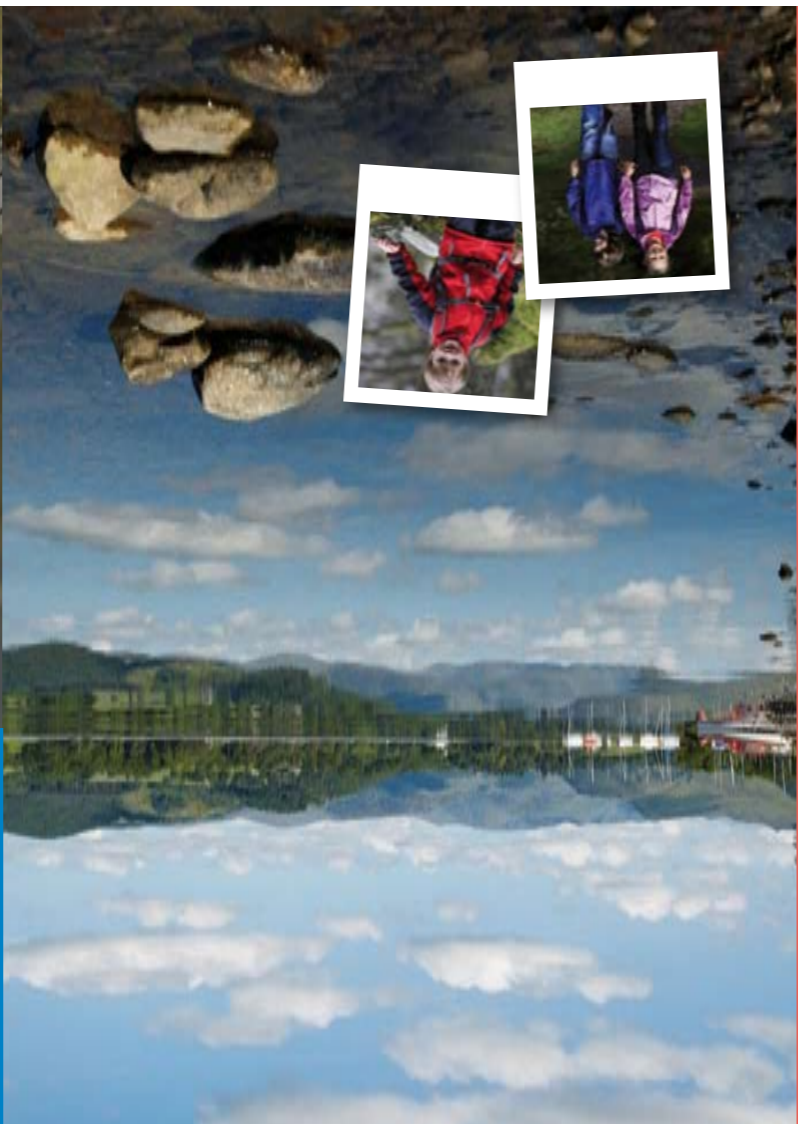


Family Walks near Coniston



Welcome to the Adventure Capital, the Lake District, Cumbria. Famous for its stunning landscapes of lakes and fells the country's biggest adventure playground is breathtaking, in every sense of the word!

This leaflet contains two walking routes around Coniston, perfect for families. There is a shorter route for little ones and a longer one for the more adventurous, so the whole family can get out and enjoy the best of the Adventure Capital. Children are not essential to complete these walks, so families of all ages can enjoy them.



Sprayway - for all walks of life.

Whatever puts the 'great' into the outdoors for you and your family, Sprayway has the right gear to keep you all comfortable. Our clothing and equipment has been designed to keep you warm and dry in the winter, cool and happy in the summer. So, whether your visit to the Lake District takes you up in the fells or for a lakeside walk, Sprayway has everything you need for a day out in our ever changing weather!

Get the latest news at www.sprayway.com

Mobile phone reception isn't always good in the Lake District. Leave details of your route and expected finish time with a buddy. If you are delayed please contact your buddy to let them know. This will prevent mountain rescue, a team of volunteers, being called out unnecessarily. If there is an emergency call 999. Ask for Cumbria Police and give your location; an accurate grid reference is ideal.

Your rucksack should hold everything needed and be carried comfortably. Have extra layers, a hat and gloves, enough food and drink, and a first aid kit. A compass, map and the knowledge to use them is invaluable.

Practical information: Appropriate clothing can make all the difference. It is important to be warm, comfortable and dry when out exploring so make sure you have the appropriate Sprayway kit and plenty of layers.

Weather: The weather in the Lake District can change quickly, clear morning skies can rapidly give way to rain, sleet or even snow so be prepared! Changes in weather can dramatically alter the difficulty of a route so please consider this before setting off. Call **0844 846 2444** to check the forecast.

Accommodation and tourist information: The website www.golakes.co.uk/stay shows a range of serviced and self catering accommodation in the Coniston area. The nearest tourist information centre is located in Coniston, telephone **015394 41533**

Visit www.traveline.org.uk or call **0871 200 22 33** to check public transport information before you travel.

Getting there: Bus service 505 (The Coniston Rambler) runs between Kendal and Coniston. To go by car follow the A591 from Kendal to Ambleside then follow the signs for Coniston. The walks start from Sunny Bank Jetty (GR SD 292 929).

Useful information



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for more information visit
www.golakes.co.uk/adventure

pedal or paddle, hike or climb, conquer your
competitive spirit or just get out there and enjoy



Where to get on in the adventure capital

About Coniston

Coniston Water is 5 miles long and is one of the largest lakes in Cumbria.

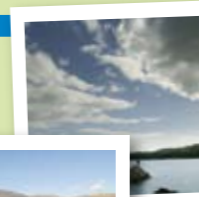
Lots of people visit to go on boat trips on the lake and to admire the scenery.

Look out for the steam yacht called 'Gondola'.

In 1930 Arthur Ransome published a children's book called Swallows and Amazons. The children in the book have adventures sailing on a lake and camping on an island. In the book the island is called Wild Cat Island but he got the idea from Peel Island in Coniston.

There are two walks through this quiet corner of the Coniston Fells, both of which start at Sunny Bank Jetty, halfway along the lake.

The Coniston launch is a ferry service on the lake and can be used as an exciting way to get to the start of the walks.



great things to see and do on the walks...

Coniston Water – Torver Back Common

The western shore at the southern end of Coniston Water is overlooked by a little group of hills called Torver Back Common.

The slopes of the hills sweep right down to the lake where a mixture of fast running becks, old gnarled trees and secretive gravel beaches make the perfect backdrop for fun and adventure.

There are a number of path junctions that are easier to identify with the aid of a compass. Picking the right route will boost any young navigators' confidence.

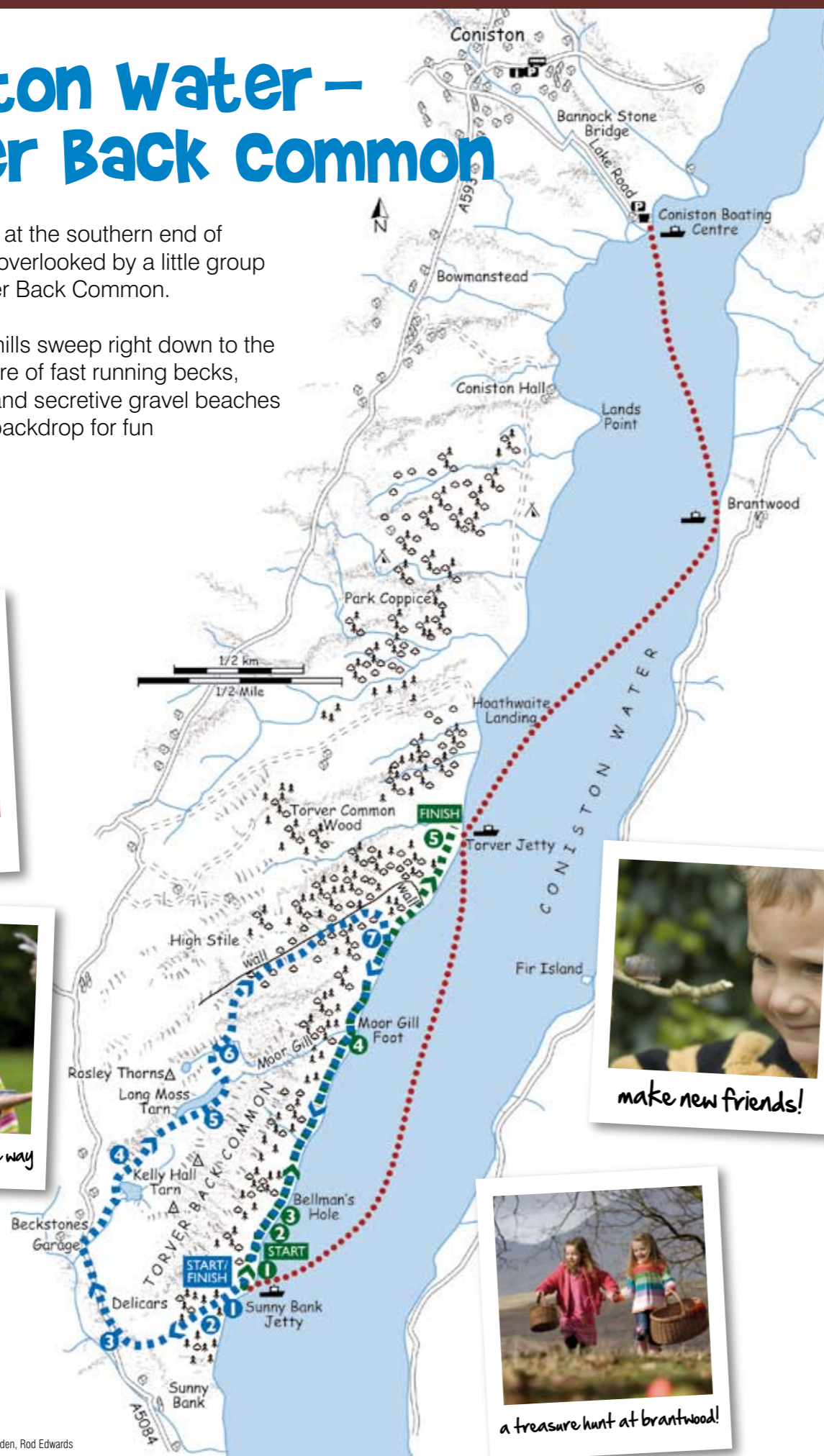
take a compass bearing



see for miles!



a compass to help find the way



make new friends!



a treasure hunt at brantwood!

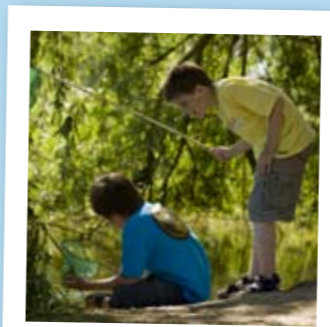
lets go fly a kite!

There is almost always a breeze across the top of Torver Back Common so it is worth packing a pocket kite for a bit of aerial antics.

Blue Route (Long)

Start/Finish Sunny Bank Jetty (GR SD 292 929)
Distance 3.1 miles (5km) **Time** 2-3 hours
Height gain 170m
Terrain Narrow road, fell track, open fell, small rocky summits, lake side path, woodland and gravel beaches
Maps OS Landranger 96 & 97, OS Explorer OL 6, Harveys' Superwalker (1:25 000) Lakeland South, British Mountain Maps Lake District (1:40 000)

- 1 Catch the Southern Launch from the Coniston Boating Centre and take it down the lake to Sunny Bank Jetty.
- 2 From the jetty turn left on to the footpath and follow it in a south-westerly direction up hill to join the road (A5084).
- 3 Turn right on to the road and follow it towards Torver (take care - there is no footpath). After 500m you come to a Land Rover garage. Opposite the garage on the right hand side of the road is a track. Follow this up through the garage car park to a gate. Go through and follow the path as it climbs east to Kelly Hall Tarn.
- 4 Follow the path around the north side of the tarn over the rise to Long Moss Tarn.
- 5 Skirt around the south-eastern side of Long Moss Tarn, then at the end head north across the undulating rises for 350m until the vague path enters a gill.
- 6 Follow the vague path all the way down the gill until you reach the side of Coniston Water.
- 7 Beside Coniston Water turn right on to the lake side path and follow it all the way back to Sunny Bank Jetty.



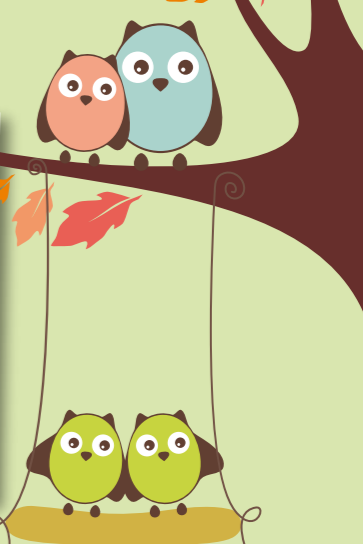
a new discovery in the river!



a nice place for our picnic



coniston water and the mountains



Green Route (Short)

Start/Finish Sunny Bank Jetty (GR SD 292 929)
Distance 1.25 miles (2km) **Time** 1-2 hours
Height gain 40m
Terrain Lake side, woodland and gravel beaches
Maps OS Landranger 96 & 97, OS Explorer OL 6, Harveys' Superwalker (1:25 000) Lakeland South, British Mountain Maps Lake District (1:40 000)

- 1 Catch the Southern Launch from the Coniston Boating Centre and take it down the lake to Sunny Bank Jetty.
- 2 From the Jetty turn right on to the footpath and follow it in a northerly direction along the lake shore. The path is narrow in parts and is crossed by numerous small becks (very young children might need their hands holding in a couple of places as there are some steepish banks).
- 3 Just before Bellman's Hole there is a pleasant little beach where you get a clear view up and down the lake.
- 4 Moor Gill Foot makes an ideal picnic spot. There is a pleasant grass bank with a gravel beach and a beck with stepping stones.
- 5 Just before you reach Torver Jetty, there is an amazing stand of tall trees. Pass through a gate into the stand which has an open peaty floor. Some of the trees here are well over 100ft high!

Remember your wellies!

There are a number of beaches and becks by the lake shore so wellies are handy to save wet feet if splashing in the water and searching under rocks for beasties!

take a magnifying glass

There are lots of stones, twigs and branches to lift to find out what bugs dwell beneath - a magnifying glass makes them much more exciting!

Bring your Binoculars

There is always lots of boating activity on Coniston Water, a pair of binoculars brings it so much closer.

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