



Coniston

Coniston is surrounded by dramatic landscapes. Nestled between Coniston Water and the Coniston Fells, it's a popular destination - early tourists came to marvel at the natural scenery of the area and not much has changed.

There is a lot to explore and if you want to spend a full day on one of the classic routes the Coniston Round (14 miles) is the walk for you. High on ridges with superb views, both out to the coast and into the surrounding mountainous landscape.

For a gentler day the western shore of Coniston Water (3.5 miles) is a delightful place for a walk. Backed by low fells and woodland, a mixture of paths and tracks weave in and out of the trees and across parkland, never straying out of sight of the lake. And, with only a few minor ups and downs, the walking is easy.

Get more information on your mobile:
www.golakes.mobi/coniston



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Think of Polartec® fabrics as the protection nature didn't give you. They can keep you warm when it's cold, keep you dry when you sweat, and even repel wind, rain, and snow to protect you from the elements. Just what you need for a challenging day out in the Lake District's ever changing weather!

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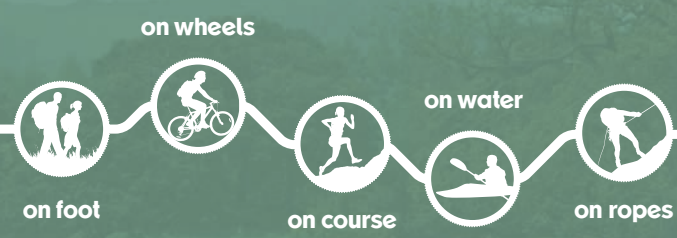
Polartec® routes walking from coniston

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 four walking routes starting from Coniston which vary in length and difficulty so everyone from the novice rambler to the seasoned explorer can get out and enjoy the best of the Adventure Capital.

Whether you are happier on foot or on wheels there is a route for you. Visit www.golakes.co.uk/polartec to download all of the Polartec® routes.

where to get on in the adventure capital



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

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

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Useful information

Coniston by train: The nearest railway stations are at Windermere and Ulverston, connecting with bus services 505 and X12.

Coniston by bus:
Service 505: Windermere – Ambleside – Hawkshead - Coniston
Service X12: Ulverston – Coniston

Visit www.traveline.org.uk or call **0871 200 22 33** for more information on bus and rail timetables before starting the journey.

Accommodation in Coniston:
Visit www.golakes.co.uk/stay to search for local accommodation.

Weather: The weather in the Lake District can change quickly, particularly on the fells where clear morning skies can rapidly give way to rain, sleet or even snow on the summits, so be prepared! Changes in weather can dramatically alter the difficulty of a route so please consider this before you set off. Call **0844 846 2444** or visit www.lake-district.gov.uk/weatherline to check the forecast.

Practical information: Appropriate clothing can make all the difference. It is important to be warm, comfortable and dry when out exploring so have the appropriate kit and plenty of layers. Want advice from the experts, or the latest gear? Polartec stockists in Coniston will be happy to help!

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.

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.

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Western shore of coniston water

Backed by low fells and woodland, the western shore of Coniston Water is a delightful place for a walk. A mixture of paths and tracks weave in and out of the trees and across parkland never straying out of sight of the lake. The walking is easy with little to break your pace other than to stop and take in a view. For a real Swallows and Amazons adventure start from the main jetty at Coniston and take one of the Coniston Launch ferries down to the Sunny Bank Jetty.

This walk is suitable for those new to the Lake District and for children. There are plenty of secluded spots for a picnic either by the lake or amongst the trees, so it is worth planning ahead, packing a lunch and making a day of it.

Grade	Time/Effort 2, Navigation 1, Technicality 1
Start	Sunny Bank Jetty GR SD292929
Finish	Coniston Pier GR SD308969
Distance	3.5 miles (5.7km)
Time	2 hours (ex ferry) Height gain 50m
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 From the Coniston Pier take one of the launches down the lake to Sunny Bank Jetty. Starting just in from the jetty the shore side path hugs the bank and is followed north (back towards Coniston) beside the lake shore to Water Park.
- 2 At Water Park the path leaves the lake shore and joins a track which is followed through Coniston Hall Camp Site.
- 3 At Coniston Hall follow the access track north for 100m to pick-up the cyclepath on the right. Follow the cyclepath north, north west then north east for about 1km to join Lake Road. Turn right onto Lake Road and follow it back to the start at the Coniston Pier car park.

Yewdale and tarn hows

Woodland, dashing becks and tranquil lakes set against a back drop of craggy knolls and distant mountains are the signature of this part of the fells and this walk brings them all together.

Grade	Time/Effort 2, Navigation 2, Technicality 2
Start/Finish	Coniston GR SD303975
Distance	8 miles (12.8km)
Time	4-5 hours Height gain 320m
Maps	OS Landranger 96 or 97, OS Explorer OL6, Harveys' Superwalker (1:25 000) southern Lakeland, British Mountain Maps Lake District (1:40 000)

- 1 Follow the A593 towards Ambleside to a YHA sign by a field with an iron fence. Turn left into the lane; the start of the Yewdale bridleway. Head north west through woodland and past the foot of the waterfall White Gill to the Hodge Close road by High Yewdale Farm.
- 2 Cross the road by Shepherd's Bridge, join the footpath east around High Yewdale Farm to the trees above Yewdale House. Continue north, climb a small hill then drop down to Harry Guards Woods. The path skirts the side of Yew Tarn and heads north east to the side of the A593. Follow the path alongside the A593 to the junction at Oxen Fell High Cross.
- 3 Carefully cross the A593 to the lane that climbs south. Follow the lane uphill, past the gate for High Arnside Tarn, to a bend where a path splits off right. This is the path to Tarn Hows, follow it south to the side of The Tarns.
- 4 Join the access track and loop around the eastern side. On the south side climb slightly to join a road for a short distance west, turn into a car park and join the permissive path at the bottom end that heads south through the trees. Continue 600m to a hairpin bend, cross a gill, and follow the track on the other side south west down the wooded gill. A steep section follows above a beck and the gradient eases as you arrive at a road.

- 5 Join the B5285 for a short way and join the cycle path on the right, follow south west around the top of the lake to Coniston village.

Coppermines valley and the bell

The Coppermines Valley, as its name suggests, has been of interest to miners as far back as Elizabethan times. Deep shaft entrances mark its length and high-walled quarries ring its enclosing slopes. The contrasting high summits and crags are particularly impressive making this walk a fascinating experience.

Grade	Time/Effort 2, Navigation 2, Technicality 2
Start/Finish	Coniston GR SD302976
Distance	5 miles (8km)
Time	3-4 hours Height gain 500m
Maps	OS Landranger 90 & 98, OS Explorer OL6, Harveys' Superwalker (1:25 000) western Lakeland, British Mountain Maps Lake District (1:40 000)

- 1 Follow the lane on the right-hand side of the Black Bull Pub as it skirts the east side of Church Beck for about 1.5km to white walled YHA building at the top of the valley.
- 2 Take the left branch of the track past the hostel and climb up past the entrance to the water works, through a series of steep zigzags to the dam at Levers Water. Cross the weir at the dam and walk along the top of the dam to the other side. The deep shaft entrances are old mine workings; Simon's Nick. They are fenced but watch children near the fences; they are not very substantial and the ground beyond is unstable.
- 3 Take the left hand path just past Simon's Nick (the Boulder Valley path). Follow it up and around the back of Simon's Nick then down a grassy and boulder strewn valley over the footbridge over Cove Beck, the path turns to the southeast and traverses the hillside on a long terrace. This leads to a cross-roads at Crowberry Hawes.
- 4 To reach the summit of The Bell take the vague path that climbs southeast. The summit lies about 400m away - return by the same path.

From Crowberry Hawes the path to Coniston lies to the northeast, below the northern flank of The Bell. Descend through some walled enclosures to the Miners Bridge over Church Beck. Cross the footbridge, turn right on to the track on the other side and follow back to Coniston.

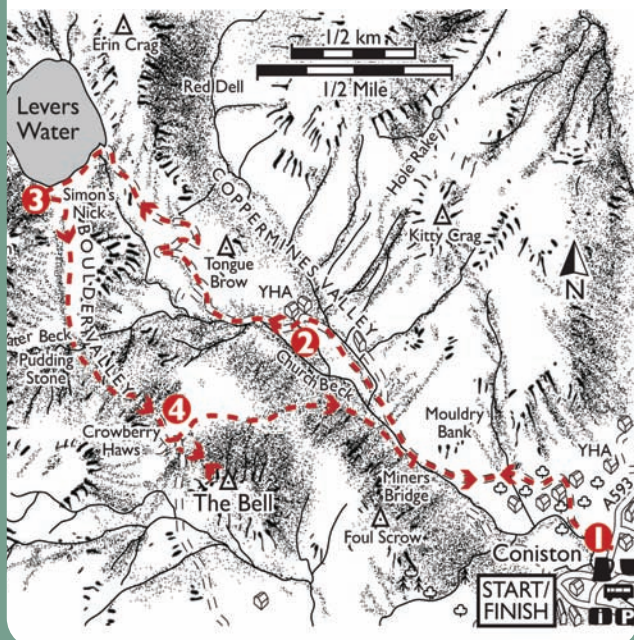
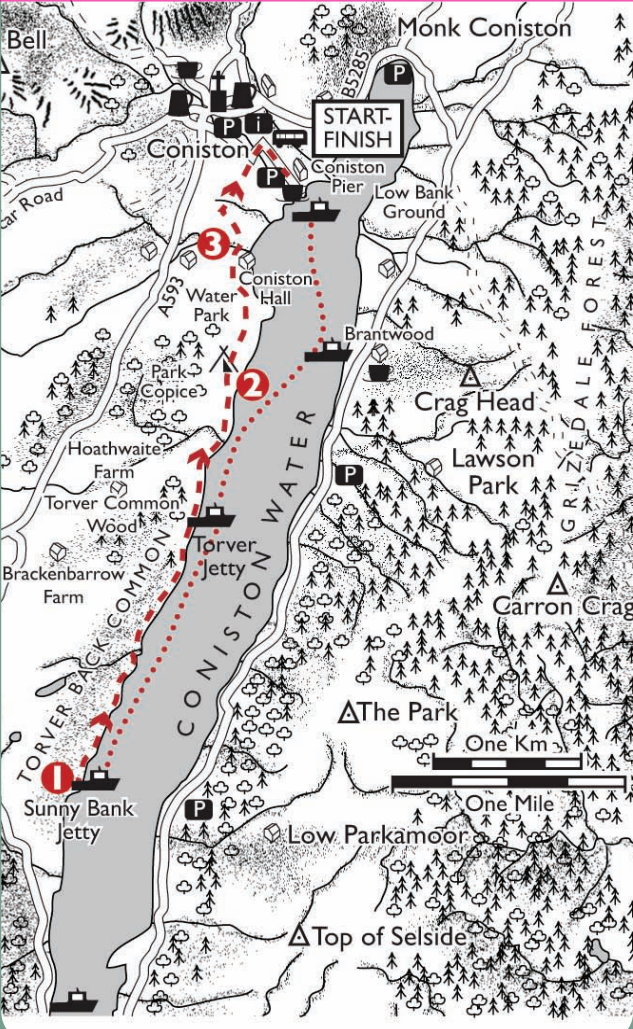
Coniston round

Fronted by the rugged Coniston Old Man and the towering cliffs of Dow Crag, the stunning peaks of the Coniston Fells are a Lake District classic. All day long you are high on ridges with superb views out to the coast and back into the surrounding mountains.

Grade	Time/Effort 2, Navigation 2, Technicality 3
Start/Finish	Coniston GR SD302975
Distance	14 miles (22.5km)
Time	7-8 hours Height gain 1430m
Maps	OS Landranger 90 & 98, OS Explorer OL6, Harveys' Superwalker (1:25 000) Southern Lakeland, British Mountain Maps Lake District (1:40 000)

- 1 Turn left from the main car park, and left again past the Church. Cross the bridge, turn right and follow the narrow road past Sun Hotel to the foot of a steep hill; the Walna Scar Road. Climb the hill to the fell gate and follow the road/track south west past the quarry access track and Boo Tarn. Continue up through a series of rock gates to a junction at a large cairn.
- 2 Turn right and climb north west, first into The Cove, then over rocks into the wild craggy bowl occupied by Goat's Water. Continue past and climb the steep path up the back wall of the corrie to Goat's Hawse, turn right, follow the path east then southeast to Coniston Old Man.
- 3 Head north from the summit cairn up the main ridge. The first summit is Brim Fell, then drop to Levers Hawse and climb to Great How Crag (more a shoulder on the ridge than a summit). Swirl How is a little further on and a short, gentle climb.
- 4 Skirt west then north around the top of the crags above the corrie, Broad Slack, to Great Carrs. Divert off the main ridge and head along a subsidiary ridge to Grey Friar.
- 5 Return to the adjoining col from Grey Friar but don't climb back to the crest of the main ridge. Skirt the western slopes of Great Carrs and Swirl How by the path to Levers Hawse.

- 6 Rejoin the ridge path south to Brim Fell, then leave it, and descend south west, to Goat's Hause. The ascent to Dow Crag's summit is the last climb of the day.
- 7 Leave the summit rocks on the west side and join the intermittent path that heads south down the crest of the ridge. Buck Pike is encountered first followed by Brown Pike. Descend steeply west then south west to the Walna Scar Road, and follow back to Coniston.



please use the recommended map and compass to plot your route

more routes are available from www.golakes.co.uk/polartec