RYDAL WATER

Rydal Road

S4

S5

25KM

LOUGHRIGG FELL

A591

AMBLESIDE

GREAT SWIMRUN

S6

WATERHEAD

20KM

35KM

S3

S7

LOW WRAY

S1

START & FINISH

BROCKHOLE

A591

BLEHAM TRAM

15KM

GREAT NORTH SWIM

HIGH WRAY

10KM

OUTGATE

WINDERMERE

5KM

WINDERMERE TRAIN STATION

S2

BOWNESS ON WINDERMERE

KEY

KM
DISTANCE MARKER (RUN)

FEED STATION

S3   SWIM SECTION
S1 - 1170M
S2 - 330M
S3 - 450M
S4 - 270M
S5 - 450M
S6 - 630M
S7 - 760M

LONG COURSE MAP