GREAT SWIMRUN

RYDAL WATER

Rydal Road

S4

S5

25KM

LOUGHRIGG FELL

AMBLESIDE

A591

WATERHEAD

S6

20KM

35KM

S3

LOW WRAY

S7

S1

START & FINISH

BROCKHOLE

A591

BLEHAM TRAM

15KM

HIGH WRAY

OUTGATE

10KM

GREAT NORTH SWIM

WINDERMERE

5KM

WINDERMERE TRAIN STATION

S2

BOWNESS ON WINDERMERE

KEY

KM
DISTANCE MARKER (RUN)

FEED STATION

LOW WRAY CAMPSITE

S3 **SWIM SECTION**
S1 - 1170M
S2 - 330M
S3 - 700M
S4 - 270M
S5 - 450M
S6 - 630M
S7 - 760M

ENDURANCE COURSE MAP