

LOUHRIGG FELL

AMBLESIDE



WATERHEAD

BROCKHOLE

ECCLERIGG

TROUTBECK BRIDGE



KEY

- R1** RUN 1 (6.4KM)
- S1** SWIM 1 (800M)
- R2** RUN 2 (1.5KM)
- S2** SWIM 2 (630M)
- R3** RUN 3 (2.3KM)
- S3** SWIM 3 (800M)

TOTAL SWIM	2090M
TOTAL RUN	10.2KM
TOTAL DISTANCE	12.90KM





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WATERHEAD

FINISH
BROCKHOLE

ECCLERIGG



START

LOW WRAY

BLEHAM TARN

TROUTBECK BRIDGE

HIGH WRAY

OUTGATE

WINDERMERE



COLTHOUSE

WISE EEN TARN

THREE DUBS TARN

MOSS ECCLES TARN

BOWNESS-ON-WINDERMERE

NEAR SAWREY

FAR SAWREY