

LOUGHRIGG FELL

AMBLESIDE



WATERHEAD

BROCKHOLE

ECCLERIGG

TROUTBECK BRIDGE



BOWNESS-ON-WINDERMERE

FAR SAWREY

NEAR SAWREY

MOSS ECCLES TARN

THREE DUBS TARN

WISE EEN TARN

WINDERMERE

OUTGATE

HIGH WRAY

BLEHAM TARN

LOW WRAY

FERRY CROSSING TO THE START

START

FINISH

10 km

5 km

KEY

R1 RUN 1

S1 SWIM 1

R2 RUN 2

S2 SWIM 2

R3 RUN 3

S3 SWIM 3

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

