

LOUGHRIGG FELL

AMBLESIDE



WATERHEAD

BROCKHOLE

ECCLERIGG

TROUTBECK BRIDGE



WINDERMERE TRAIN STATION

BOWNESS-ON-WINDERMERE

FAR SAWREY

NEAR SAWREY

MOSS ECCLES
TARN

THREE DUBS
TARN

WISE EEN TARN

WILTHOUSE

WINDERMERE

FERRY CROSSING
TO THE START

10
km

5
km

OUTGATE

HIGH WRAY

LOW WRAY

BLEHAM
TARN

LOUGHRIGG FELL

RYDAL WATER

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

