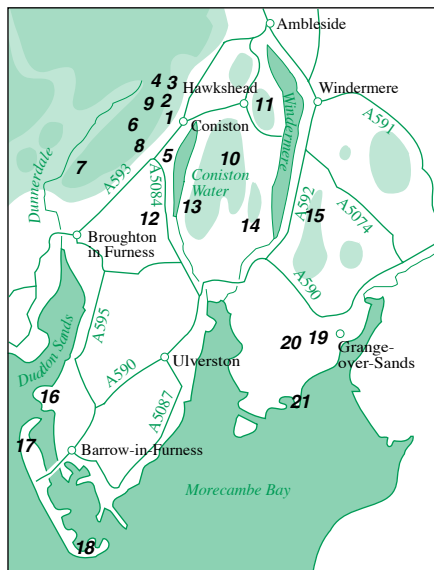


# Walks Coniston & the Southern Lakes



## Grades

**A+** .... Full walking equipment – including map and compass – and previous hill walking experience essential

**A** ..... Full walking equipment required

**B** ..... Strong walking footwear and waterproof clothing required

**C** ..... Comfortable walking footwear recommended

[**B/C**, etc ..... Split grades refer either to multiple route titles or to the fact that the single route described can be walked either in its entirety or in shorter, less gruelling sections.]

**NB:** Assume each walk increases at least one grade in winter conditions. Hill routes can become treacherous.

walk	grade	max.length
1 Coniston Mines .....	A	4 mls/6.5kms
2 Coniston to Tilberthwaite .....	A	6 mls/9.5kms
3 Tilberthwaite Gill .....	C	1½ mls/2.5kms
4 Wetherlam & Swirl How .....	A+	2 mls/2.8kms
5 Coniston Water .....	B/C	up to 10 mls/16kms
6 Walna Scar Road .....	A	4 ½ mls/7kms
7 Seathwaite .....	A	6 ½ mls/10.5kms
8 Torver Loop .....	A	10 mls/16kms
9 The Old Man of Coniston .....	A+	7 mls/11kms
10 Grizedale .....	B/C	up to 10 mls/16kms
11 Latterbarrow .....	B	4½ mls/7kms
12 Beacon Tarn .....	B	5 mls/8kms
13 Dodgson Wood to High Nibthwaite .....	A	6½ mls/10.5kms
14 High Dam .....	C	2 mls/3kms
15 Gummer's How .....	C	1 mls/1.6kms
16 Sandscale Haws .....	C	3 mls/5kms
17 North Walney .....	C	up to 4 mls/6.5kms
18 South Walney .....	C	up to 3 mls/5kms
19 Grange-over-Sands to Cartmel .....	B	up to 5½ mls/9kms
20 Cartmel .....	B	3½ mls/5.5kms
21 Humphrey Head .....	C	3 mls/5kms