

Western Lakes

Starting from the Carnforth Truck

Stop at 10 o'clock for 10.30 start, the run will be about a 100 mls from the truck stop to Shap Village taking in Corney Fell. If any one has not taken this route before it is a very **NARROW ROAD** with blind crests and bends and the dreaded wooly backs (**SHEEP**) BE VERY AWARE of the locals as they use this road as a race track. From Corney Fell we go on to Ravensglass. Here there will be a Toilet stop and Drink if you wish. From here we will drive to Ennerdale Village across another fell road which is **WINDY WITH SHARP BENDS** we will stop in Ennerdale at the FOX AND HOUNDS PUB for about one hour and a half, those that wish to bring a picnic or eat at the pub may do so if they wish. From Ennerdale we will go on to Ennerdale Water with a group walk of about ten minutes from the car park to the lake. Then it's on to Loweswater, Buttermere, and Braithwaite over the NEWLANDS PASS please be careful at the later end of the pass as it is **very narrow in places** from Braithwaite on to Shap Village and the end of the run. Herta and I hope that you enjoy the run as much as we did planning it (we had a few fall outs but it is our **FIRST**). Have safe journey home.

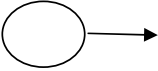
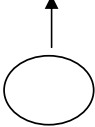
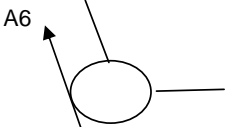
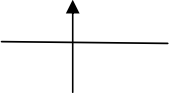
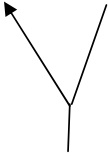


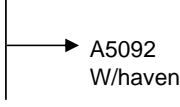
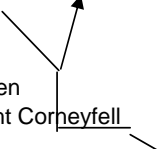
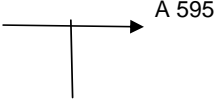
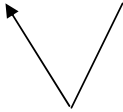
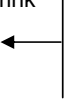

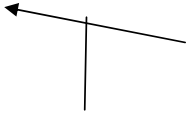


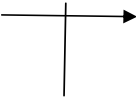

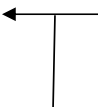
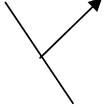
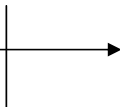
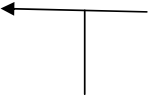
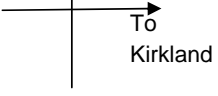
Roy & Herta

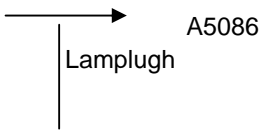
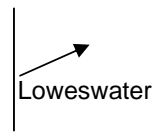
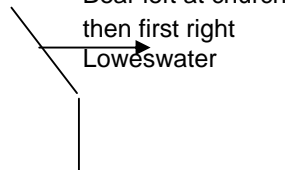


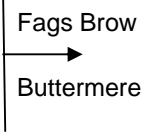
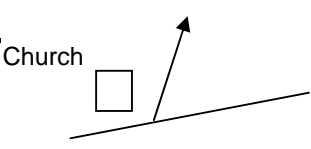
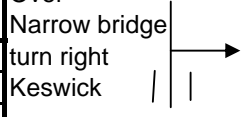
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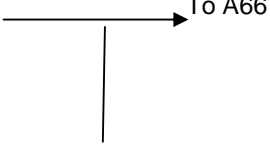
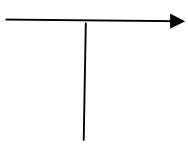
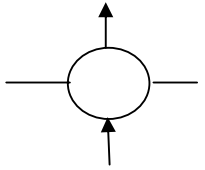
Run Title

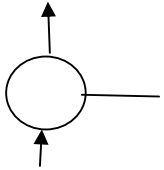
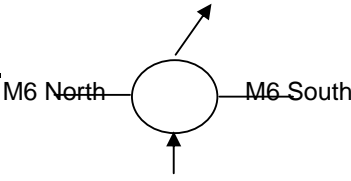
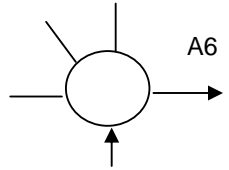
Westen Lakes Ennerdale Lowswater Buttermere

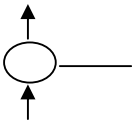
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<p>4</p> <table border="1"> <tr><td>miles</td><td>6.8</td></tr> <tr><td>Km</td><td>10.9</td></tr> <tr><td>Rster</td><td>7.1</td></tr> </table>	miles	6.8	Km	10.9	Rster	7.1	<p>Traffic Lights</p> 	<p>5</p> <table border="1"> <tr><td>miles</td><td>9.4</td></tr> <tr><td>Km</td><td>15.1</td></tr> <tr><td>Rster</td><td>9.8</td></tr> </table>	miles	9.4	Km	15.1	Rster	9.8	<p>A590</p> 	<p>6</p> <table border="1"> <tr><td>miles</td><td>14.1</td></tr> <tr><td>Km</td><td>22.7</td></tr> <tr><td>Rster</td><td>14.6</td></tr> </table>	miles	14.1	Km	22.7	Rster	14.6	
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<p>7</p> <table border="1"> <tr><td>miles</td><td>16.4</td></tr> <tr><td>Km</td><td>26.4</td></tr> <tr><td>Rster</td><td>17.0</td></tr> </table>	miles	16.4	Km	26.4	Rster	17.0	<p>New Bypass High Newton</p> 	<p>8</p> <table border="1"> <tr><td>miles</td><td>25.0</td></tr> <tr><td>Km</td><td>40.2</td></tr> <tr><td>Rster</td><td>25.9</td></tr> </table>	miles	25.0	Km	40.2	Rster	25.9		<p>9</p> <table border="1"> <tr><td>miles</td><td>36.6</td></tr> <tr><td>Km</td><td>58.9</td></tr> <tr><td>Rster</td><td>38.0</td></tr> </table>	miles	36.6	Km	58.9	Rster	38.0	<p>Corney Fell</p> <p>Through Traffic lights on bridge then take first right Corneyfell</p> 
miles	16.4																						
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<p>10</p> <table border="1"> <tr><td>miles</td><td>45.0</td></tr> <tr><td>Km</td><td>72.4</td></tr> <tr><td>Rster</td><td>46.7</td></tr> </table>	miles	45.0	Km	72.4	Rster	46.7		<p>11</p> <table border="1"> <tr><td>miles</td><td>48.1</td></tr> <tr><td>Km</td><td>77.4</td></tr> <tr><td>Rster</td><td>49.9</td></tr> </table>	miles	48.1	Km	77.4	Rster	49.9	<p>Ravensglass</p> 	<p>12</p> <table border="1"> <tr><td>miles</td><td>48.5</td></tr> <tr><td>Km</td><td>78.1</td></tr> <tr><td>Rster</td><td>50.3</td></tr> </table>	miles	48.5	Km	78.1	Rster	50.3	<p>Ravensglass Station Toilet Stop & Drink</p> 
miles	45.0																						
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miles	8.4																						
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<p>19</p> <table border="1"> <tr><td>miles</td><td>15.1</td></tr> <tr><td>Km</td><td>24.3</td></tr> <tr><td>Rster</td><td>15.7</td></tr> </table>	miles	15.1	Km	24.3	Rster	15.7	<p>On two Ennerdale Water</p> 	<p>20</p> <table border="1"> <tr><td>miles</td><td>15.2</td></tr> <tr><td>Km</td><td>24.5</td></tr> <tr><td>Rster</td><td>15.8</td></tr> </table>	miles	15.2	Km	24.5	Rster	15.8	<p>Turn right at School</p> 	<p>21</p> <table border="1"> <tr><td>miles</td><td>15.6</td></tr> <tr><td>Km</td><td>25.1</td></tr> <tr><td>Rster</td><td>16.2</td></tr> </table>	miles	15.6	Km	25.1	Rster	16.2	<p>Broadmoor</p> 
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25		26	Turn right at Tip Inn 	27																			
<table border="1"> <tr><td>miles</td><td>3.6</td></tr> <tr><td>Km</td><td>5.8</td></tr> <tr><td>Rster</td><td>3.7</td></tr> </table>	miles	3.6	Km	5.8	Rster	3.7		<table border="1"> <tr><td>miles</td><td>4.0</td></tr> <tr><td>Km</td><td>6.4</td></tr> <tr><td>Rster</td><td>4.2</td></tr> </table>	miles	4.0	Km	6.4	Rster	4.2		<table border="1"> <tr><td>miles</td><td>5.1</td></tr> <tr><td>Km</td><td>8.2</td></tr> <tr><td>Rster</td><td>5.3</td></tr> </table>	miles	5.1	Km	8.2	Rster	5.3	
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28		29	Newlands Pass 	30	Braithwaite Over Narrow bridge turn right Keswick 																		
<table border="1"> <tr><td>miles</td><td>10.9</td></tr> <tr><td>Km</td><td>17.5</td></tr> <tr><td>Rster</td><td>11.3</td></tr> </table>	miles	10.9	Km	17.5	Rster	11.3		<table border="1"> <tr><td>miles</td><td>15.2</td></tr> <tr><td>Km</td><td>24.5</td></tr> <tr><td>Rster</td><td>15.8</td></tr> </table>	miles	15.2	Km	24.5	Rster	15.8		<table border="1"> <tr><td>miles</td><td>22.1</td></tr> <tr><td>Km</td><td>35.6</td></tr> <tr><td>Rster</td><td>22.9</td></tr> </table>	miles	22.1	Km	35.6	Rster	22.9	
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31		32		33																			
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34		35		36																			
<table border="1"> <tr><td>miles</td><td>40.2</td></tr> <tr><td>Km</td><td>64.7</td></tr> <tr><td>Rster</td><td>41.7</td></tr> </table>	miles	40.2	Km	64.7	Rster	41.7		<table border="1"> <tr><td>miles</td><td>41.4</td></tr> <tr><td>Km</td><td>66.6</td></tr> <tr><td>Rster</td><td>43.0</td></tr> </table>	miles	41.4	Km	66.6	Rster	43.0		<table border="1"> <tr><td>miles</td><td>41.9</td></tr> <tr><td>Km</td><td>67.4</td></tr> <tr><td>Rster</td><td>43.5</td></tr> </table>	miles	41.9	Km	67.4	Rster	43.5	
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37	Mini Roundabout 	38	Shap Village end of run Chip Shop on left open Sunday	39	Village Car Park and Toilet My Mobile Number 0777252642																		
<table border="1"> <tr><td>miles</td><td>42.5</td></tr> <tr><td>Km</td><td>68.4</td></tr> <tr><td>Rster</td><td>44.1</td></tr> </table>	miles	42.5	Km	68.4	Rster	44.1		<table border="1"> <tr><td>miles</td><td>51.4</td></tr> <tr><td>Km</td><td>82.7</td></tr> <tr><td>Rster</td><td>53.3</td></tr> </table>	miles	51.4	Km	82.7	Rster	53.3		<table border="1"> <tr><td>miles</td><td>51.6</td></tr> <tr><td>Km</td><td>83.0</td></tr> <tr><td>Rster</td><td>53.6</td></tr> </table>	miles	51.6	Km	83.0	Rster	53.6	
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