



Wast Water

The lake is approximately 3 miles long and more than a third of a mile wide and is located in the Wasdale valley. It is the deepest lake in England at 258ft deep. The surface of the lake is about 200ft above sea level while its bottom is 50ft below sea level.

The head of the valley is surrounded by some of the highest mountains in England including Scafell pike, Great Gable and Lingmell.

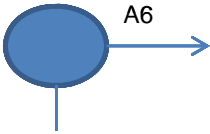
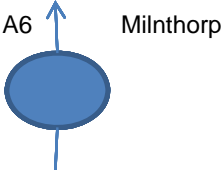
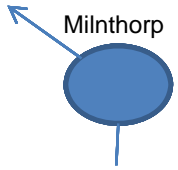

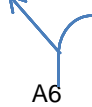
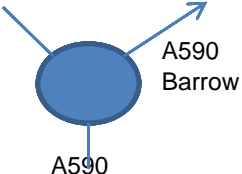
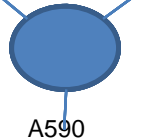
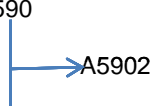



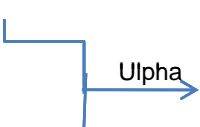
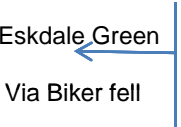
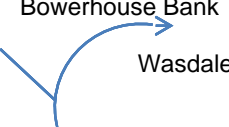
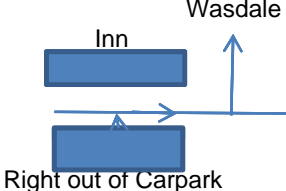
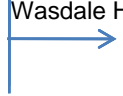

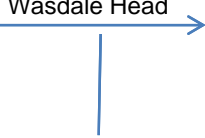
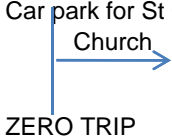



Wast Water is the source of the River Irt which flows into the Irish Sea near Ravensglass. The head of the valley is dominated by Yewbarrow on the left, Great Gable centre and Scafell Pike on the right. These surround the small community of Wasdale Head. Nearby is St Olaf's Church which is one of the smallest churches in England.

Thanks to Laretta & Gordon, Chris & Dave for accompanying Herta & I on this reconnoitre. Hope you enjoy the run as much as we did.




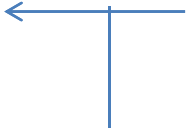
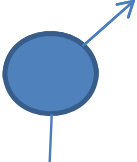

Herta & Roy

Start from Carnforth Truck stop. M6 J35. Postcode LA5 9RQ

Remote Lakes Run

<p>1</p> <table border="1"> <tr><td>miles</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Rster</td><td>0.0</td></tr> </table>	miles	0.0	Km	0.0	Rster	0.0		<p>2</p> <table border="1"> <tr><td>miles</td><td>0.2</td></tr> <tr><td>Km</td><td>0.3</td></tr> <tr><td>Rster</td><td>0.2</td></tr> </table>	miles	0.2	Km	0.3	Rster	0.2		<p>3</p> <table border="1"> <tr><td>miles</td><td>1.0</td></tr> <tr><td>Km</td><td>1.6</td></tr> <tr><td>Rster</td><td>1.0</td></tr> </table>	miles	1.0	Km	1.6	Rster	1.0	
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<p>4</p> <table border="1"> <tr><td>miles</td><td>6.7</td></tr> <tr><td>Km</td><td>10.8</td></tr> <tr><td>Rster</td><td>7.0</td></tr> </table>	miles	6.7	Km	10.8	Rster	7.0		<p>5</p> <table border="1"> <tr><td>miles</td><td>9.6</td></tr> <tr><td>Km</td><td>15.4</td></tr> <tr><td>Rster</td><td>10.0</td></tr> </table>	miles	9.6	Km	15.4	Rster	10.0	<p>A590 Grange over sands</p> 	<p>6</p> <table border="1"> <tr><td>miles</td><td>14.0</td></tr> <tr><td>Km</td><td>22.5</td></tr> <tr><td>Rster</td><td>14.5</td></tr> </table>	miles	14.0	Km	22.5	Rster	14.5	
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<p>13</p> <table border="1"> <tr><td>miles</td><td>2.1</td></tr> <tr><td>Km</td><td>3.4</td></tr> <tr><td>Rster</td><td>2.2</td></tr> </table>	miles	2.1	Km	3.4	Rster	2.2		<p>14</p> <table border="1"> <tr><td>miles</td><td>5.9</td></tr> <tr><td>Km</td><td>9.5</td></tr> <tr><td>Rster</td><td>6.1</td></tr> </table>	miles	5.9	Km	9.5	Rster	6.1	<p>Eskdale Green</p> 	<p>15</p> <table border="1"> <tr><td>miles</td><td>13.4</td></tr> <tr><td>Km</td><td>21.6</td></tr> <tr><td>Rster</td><td>13.9</td></tr> </table>	miles	13.4	Km	21.6	Rster	13.9	
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Title

25 miles 9.0 Km 14.5 Rster 9.3		26 miles 17.1 Km 27.5 Rster 17.7	Cornyfell Road 	27 miles 25.5 Km 41.0 Rster 26.5	
28 miles 37.0 Km 59.5 Rster 38.4		29 miles 41.9 Km 67.4 Rster 43.5	A595 Kendal 	30 miles 42.4 Km 68.2 Rster 44.0	Petrol Station & Coffee Shop  FINISH
31 miles 0.0 Km 0.0 Rster 0.0	Turn left out of the Car Park for the M6 motor way Have a safe journey home				