Walking with Polartec
Coniston route: The western shore of Coniston Water.

Backed by low fells and woodland, the western shore of Coniston Water is a delightful place for a walk. A mixture of paths and tracks weave in and out of the trees and across parkland never straying out of sight of the lake. And, with only a few minor ups and downs, the walking is easy with little to break your pace other than to stop and take in a view. For a real Swallows and Amazons adventure the best way to do this walk is to start from the main jetty at Coniston and take one of the Coniston Launch ferries down to the Sunny Bank Jetty from where the walking begins.

This walk is perfectly suitable for those new to the Lake District and also for children. Along the way there are plenty of secluded spots for a picnic either by the lake or amongst the trees, so it is worth planning ahead, packing a lunch and making a day of it

Grade: Strenuousness 1, Navigation 1, Technicality 1
Start (of the walking): Sunny Bank Jetty (SD292929)
Finish: Coniston Pier (SD308969)
Distance: 3.5 miles (5.7km)
Time: 2 hours (excludes the ferry time)
Height gain: 50m
Terrain: lake side tracks and paths
Maps: OS Landranger 96 & 97, OS Explorer OL 6, Harveys' Superwalker (1:25 000) Lakeland South, British Mountain Maps Lake District (1:40 000)

1. From the Coniston Pier take one of the launches down the lake to Sunny Bank Jetty. Starting just in from the jetty the shore side path hugs the bank and is followed north (back towards Coniston) beside the lake shore to Water Park.

2. At Water Park the path leaves the lake shore and joins a track which is followed through Coniston Hall Camp Site.

3. At Coniston Hall follow the access track North for 100m to pick-up the cyclepath on the right. Follow the cyclepath North, North West then North East for about 1km to join Lake Road. Turn right onto Lake Road and follow it back to the start at the Coniston Pier car park.

Coniston Launch timetable and fares - www.conistonlaunch.co.uk or tel. 017687 75753

Map

The Bell
Monk Coniston
B5285
P
START-FINISH
P
i
Coniston
Coniston Pier
Low Bank Ground
P
Walna Scar Road
A593
❸
Coniston Hall
Water Park
Brantwood
Park Copice
❷
Crag Head
Lawson Park
Hoathwaite Farm
Torver Common Wood
Torver Jetty
CONISTON WATER
TORVER BACK COMMON
P
Torver
Brackenbarrow Farm
Carron Crag
GRIZEDALE FOREST
△The Park
One Km
❶
Sunny Bank Jetty
P
One Mile
Low Parkamoor
△ Top of Selside
N

Gradient profile

	Sunny Bank Jetty		Torver Jetty			Coniston Pier
Height in metres		Moor Gill Foot			Coniston Hall	

1200
1000
800
600
400
200

Miles 0   1   2   3

Kms 0   1   2   3   4   5