

Solway Firth

Whitehaven

1 **START**

B5345

St Bees

2

3

A595

Gosforth

Ravenglass

4

5

Waberthwaite

IRISH

SEA

Bootle

Black Combe
(600m)

Whitbeck

Silecroft

Haverigg

7

6

8

Broughton-in-Furness

Grizebeck

Haverthwaite

Ulverston

Cartmel

Morecambe Bay

Ambleside

Windermere

Windermere

Grizedale Forest

Coniston Water

Coniston

Newby Bridge

13

END

12

11

9

10



0 10 km
0 5 miles