



## LOUGHRIGG TARN.

Start / Finish - The Langdale Estate (LA22 9JD)

Distance

5.5 miles

Difficulty

Medium

### SUMMARY.

One of the most idyllic locations, Loughrigg Tarn is worth a visit at any time. With uninterrupted views of the tarn, and a backdrop of the Langdale Pikes, you'll completely forget that you're even running.

### ROUTE DESCRIPTION.

1. From Langdale Estate, head up the valley towards Chapel Stile, passing Wainwrights Inn and the Cop then turn right and up towards the Church.
2. Keep right and head back in the direction of Elterwater Common for around half a mile until the road steadily climbs up to the High Close YHA.
3. After passing the hostel, turn down right at the next junction and after a quarter mile go through the gate on your left which takes you around the tarn and turns right after the farm back to the road.
4. Turn right onto the road and then next left, bringing you down to Skelwith Bridge.
5. Turn right and head up the road until you can join the riverside path, which is a nice run back to Elterwater and the back gate of the Estate.



