

<p><b>Distance:</b> Approx 8.5 miles</p> <p><b>Time Taken:</b> Approx. 4hrs</p> <p><b>Terrain:</b> Rough mountain tracks and roads.</p> <p><b>Total ascent / descent:</b> 3352ft</p> <p><b>Dog Friendliness:</b> Dog friendly but can get busy on the climb up Coniston Old Man so keep dogs on leads.</p> <p><b>Toilets / Refreshments:</b> Plenty of pubs and cafes in Coniston.</p> <p><b>Parking:</b> Parking available in Coniston.</p> <p><b>OS Maps:</b> OL6</p>	<p><b>023 – Coniston Old Man, Swirl How and Wetherlam</b></p> <p><b>Background:</b> Coniston Old Man is one of the Lake Districts most popular overlooking the beautiful village of Coniston. Coniston grew as both a farming village, and to serve local copper and slate mines.</p> <p>There are two public launch services that operate on Coniston Water, the Coniston Launch and the National Trust’s Steam Yacht Gondola. Donald Campbell broke the water speed record on Coniston Water in 1955, and was killed attempting to regain it again in 1967. On March 8<sup>th</sup> 2001 the Bluebird – Campbell’s boat – was raised from the bed of Coniston Water, an on 28<sup>th</sup> May the remains of what was later proved to be Campbell’s body were brought from the lake.</p> <p>In 1872 John Ruskin settled in the area, having bought his house, Brantwood, a year previously. Ruskin lived for the last 30 years of his life there, just across the lake from Coniston Village. When he died, he was buried in St Andrew’s Church graveyard, and his grave was marked with a large carved cross made from green slate from the local quarry at Tilberthwaite</p> <p><b>Route Description:</b> This walk starts and ends at the Black Bull pub in Coniston Village. From the pub beer garden on Yewdale Road, turn left up the lane between the pub and the village store. Continue along the lane past the Ruskin Museum and continue up this lane until you reach the miners bridge. This path is very steep. Cross the bridge and follow the path along the beck and up to Coniston Old man. The path up to the Old Man is easy to follow but make sure you take a map with you. Around half way up another path cuts across your path but follow your path head enjoying the view of Low Water as it appears the more you climb and the views of Coniston behind you.</p> <p>Once you reach the summit cairn of Old Man, follow the path north to the Cairn of Brim Fell and straight on to Swirl How. When we made the summit of Old Man the weather came in and it was very difficult to see the path ahead, so make sure you have a map and compass available in case the weather turns suddenly as it did for us.</p> <p>Once you’ve enjoyed the views of Swirl How take the path right heading back east. There is another climb up to Wetherlam after descending Swirl How so can be tiring on the legs...make sure you’ve fueled up! Once you reach the summit of Wetherlam there are multiple paths to choose from for the decent. We took the path heading South East heading back down to the Coppermines Valley and back to the Miners Bridge. The path down from Wetherlam is quite grassy and the path can sometimes disappear but in good weather is easy to find your way down.</p> <p>Once you reach the miners bridge follow the same path back down to Coniston and enjoy some refreshments in the Black Bull or one of the other pubs in the village.</p> <p><b>Points of Interest:</b> Remnants of mining industry on the walk up Coniston Old Man and of course the stunning 360 degree views (on a clear day at least).</p>
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