

### Key Information

Coniston Water is the third largest lake in the English Lake District, and one of the quietest and most unspoilt, being surrounded by high Lakeland fells. It has various unique attractions, being the lake that Sir Malcolm Campbell set his world water speed record in 1939, and with the Old Man Of Coniston towering above you're bound to see something special!

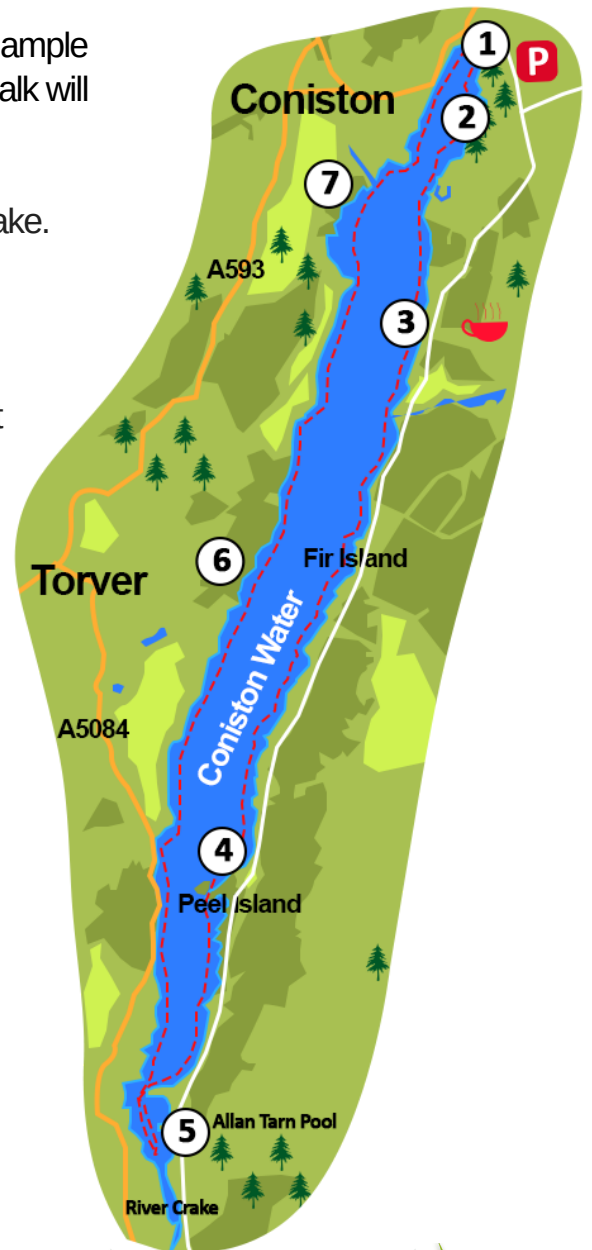


**Start and Finish:** Monk Coniston Car Park, Coniston, LA21 8AH  
**Portages:** 0  
**Time:** 3-6 hours  
**Distance:** 11.5 Miles  
**OS Map:** Explorer OL6 and OL7



For more information scan the QR code or visit <https://bit.ly/2KrUuoA>

1. Monk Coniston car park is at the north end of the lake, with ample parking, toilets, and room for minibuses and trailers. A short walk will take you down to the water.
2. Keep the wooded bank to your left and head off down the lake.
3. After about a mile, Brantwood House appears high on the left bank, an obvious white building, with a ferry landing and shingle bank to land on. The tea shop up at the house is great and there are plenty of landing spots.
4. Continue your peaceful paddle for several miles, until Peel Island comes into view ahead at around 4 miles. A great place to land for a picnic and for children to play pirates!
5. Keep going to the end of the lake until you reach a small bay, and the River Crake flowing south. Allan Tarn pool a little further down is your turning point.
6. Head along the western shore with a great view of the Old Man Of Coniston above you.
7. Pass a variety of stopping points and car parks on your journey back to Monk Coniston. It is possible to stop off at Coniston village on your return before paddling your last 0.7 miles back to your car.



Find out more information at: [gopaddling.info](http://gopaddling.info)

The route is circular and can be done in either direction depending on wind. Be mindful this is an open stretch of water and the wind can have a real bearing on time and ability to paddle.. It is described here clockwise. Be very aware of all the commercial craft to-ing and fro-ing from jetties, with the lake steamers accessing the biggest jetty. Do not block up jetties as the large steamers come in!

The towering Old Man of Coniston is the highest fell in the Lake district at 802m tall, or is it? Recent uncertainty over the height of its neighbour Swirl How has put this in doubt. Which one looks tallest to you?

Coniston Water has been home to many water speed record attempts, with the fastest being 260 mph set by Donald Campbell in 1959. He unfortunately died here whilst trying to break another record in 1967.

The poet John Ruskin spent a lot of time in the village, even buying Brentwood house, even rejecting the offer of being buried in Westminster Abbey in favour of the village.

Further information can be found on the following websites:

[www.britishcanoeing.org.uk](http://www.britishcanoeing.org.uk)

[www.lakedistrictoutdoors.co.uk](http://www.lakedistrictoutdoors.co.uk)

[www.coniston-net.com](http://www.coniston-net.com)

[www.lake-district.gov.uk](http://www.lake-district.gov.uk)

## Licence

We want you to enjoy a safe trip, so here are a few tips for staying safe and paddling responsibly.

### **Paddle Safe. Be prepared and take the right kit:**

- Wear a correctly sized buoyancy aid
- Mobile phone – in a waterproof case
- Whistle – to attract attention in case of emergency
- Map and / or route description
- Appropriate clothing for the weather conditions + spares in a dry bag
- Food, drink & suncream!

### **Paddle Responsibly. Respect the natural environment and other users:**

- Respect other waterway users #sharethespace
- Be environmentally aware, minimise your impact
- Ensure you have the correct licence if required
- Observe navigational rules – keep right and give other users space
- Check, Clean, Dry after every trip!

**Licences: The waterways on this trail don't require you to have a licence to paddle on them. However if you paddle regularly you should consider becoming a member of British Canoeing. A British Canoeing membership gives you a whole range of benefits including a licence to paddle on 4500km of Britain's waterways and Civil Liability Insurance, worth up to £10 Million. Not only will membership help save you money, it will give you peace of mind when out on the waterways. For more information on British Canoeing membership please click here.**

