

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: 1-3 hours
Distance: 8 Miles
OS Map: Explorer OL6 and OL7



For more information scan the QR code or visit <https://bit.ly/2KaA832>



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.

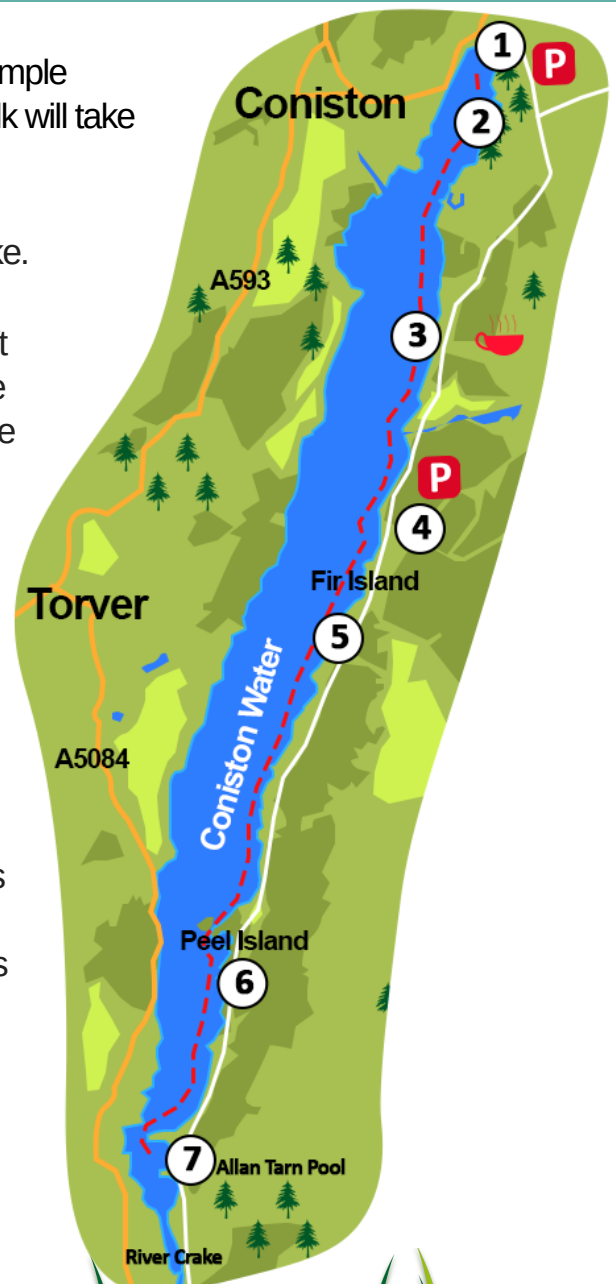
3. After about a mile, Brantwood House appears high on the left bank, an obvious white building, with a ferry landing and shingle bank to land on. The tea shop up at the house is great and there are plenty of landing spots.

4. In under half a mile is Machell Coppice, parking for 30 cars, with a 40m walk.

5. Fir Island follows, (SD 305939), a nice landing place, and shelter from the wind, usually joined to the mainland. This middle part of the lake is the quietest part.

6. Ahead, Peel Island, made famous by it featuring in 'Swallows and Amazons', obviously sticks out into the lake. The way around the back of it is easy, but shallow in places. The island is a lovely place to stop for a break, with a sandy beach, rocky coves, pine trees, and grassy places to sit.

7. When finished, it is a matter of retracing your way, and the trip back will be different – you will obtain a better view of the mountains above the west side of the lake.



Find out more information at: gopaddling.info

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 alert for 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, buying Brentwood house, and 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

www.lakedistrictoutdoors.co.uk

www.coniston-net.com

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](#).

