



Lakeland 100

Route Statistics

2025

CP	Start CP	Finish CP	Distance km/miles		Climb m/ft		Descent m/ft		Cum Distance km/miles		Cum Climb m/ft		Cum Descent m/ft	
1	Coniston	Seathwaite	113	70	659	2162	606	1988	113	70	659	2162	606	1988
2	Seathwaite	Boot	111	70	385	1263	419	1375	224	140	1044	3425	1025	3363
3	Boot	Wasdale Head	86	54	297	974	287	942	31	194	1341	4400	1312	4304
4	Wasdale Head	Buttermere	11	69	712	2336	667	2188	42	263	2053	6736	1979	6493
5	Buttermere	Braithwaite	105	65	573	1880	613	2011	525	328	2626	8615	2592	8504
6	Braithwaite	Blencathra	137	85	478	1568	305	1001	662	413	3104	10184	2897	9505
7	Blencathra	Dockray	14	87	417	1368	381	1250	802	500	3521	11552	3278	10755
8	Dockray	Dalemain	146	91	370	1214	509	1670	948	591	3891	12766	3787	12425
9	Dalemain	Howtown	115	71	294	965	285	935	1063	662	4185	13730	4072	13360
10	Howtown	Mardale Head	152	94	765	2510	672	2205	1215	756	4950	16240	4744	15564
11	Mardale Head	Kentmere	104	65	511	1677	589	1932	1319	821	5461	17917	5333	17497
12	Kentmere	Ambleside	118	73	491	1611	602	1975	1437	894	5952	19528	5935	19472
13	Ambleside	Chapel Stile	90	56	234	768	213	699	1527	950	6186	20295	6148	20171
14	Chapel Stile	Tilberthwaite	106	65	387	1270	323	1060	1633	1015	6573	21565	6471	21230
15	Tilberthwaite	Coniston	57	35	283	928	385	1263	1690	1050	6856	22493	6856	22493
		Totals	169	1050	6856	22493	6856	22493	1690	1050	6856	22493	6856	22493