



Lakeland 50

Route Statistics

CP	Start CP	Finish CP	Distance km/miles		Climb m/ft		Descent m/ft		Cum Distance		Cum Climb m/ft		Cum Descent m/ft	
	Start loop		6.3	4.1					6.3	4.1				
1	Dalemain	Howtown	11.5	7.1	294	965	285	935	17.8	11.2	294	965	285	935
2	Howtown	Mardale Head	15.2	9.4	765	2510	672	2205	33.0	20.6	1059	3474	957	3140
3	Mardale Head	Kentmere	10.4	6.5	511	1677	589	1932	43.4	27.1	1570	5151	1546	5072
4	Kentmere	Ambleside	11.8	7.3	491	1611	602	1975	55.2	34.4	2061	6762	2148	7047
5	Ambleside	Chapel Stile	9.0	5.6	234	768	213	699	64.2	40.0	2295	7530	2361	7746
6	Chapel Stile	Tilberthwaite	10.6	6.5	387	1270	323	1060	74.8	46.5	2682	8799	2684	8806
7	Tilberthwaite	Coniston	5.7	3.5	283	928	385	1263	80.5	50.0	2965	9728	3069	10069
Totals			80.5	50	2965	9728	3069	10069	80.5	50	2965	9728	3069	10069