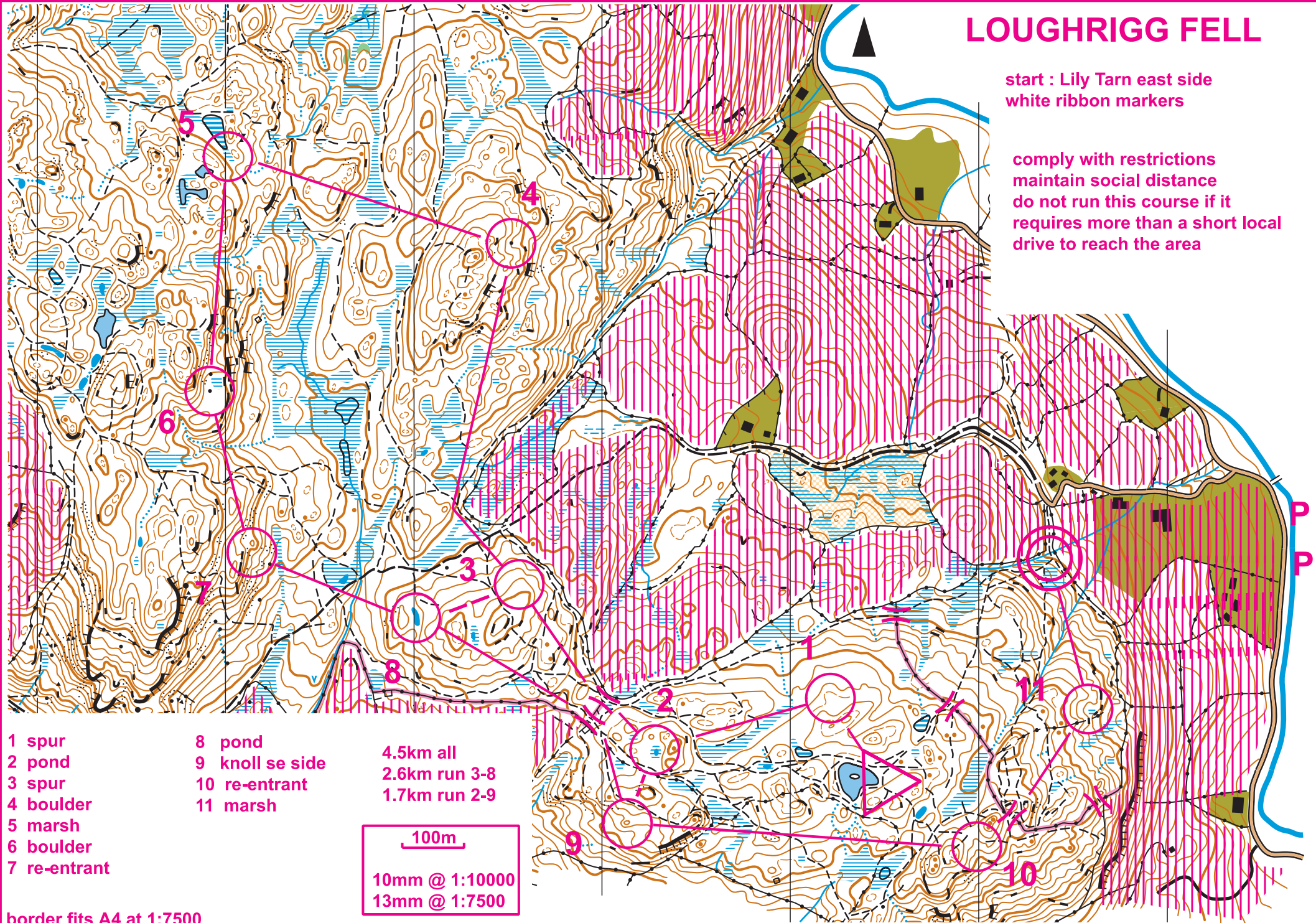


LOUGHRIGG FELL

start : Lily Tarn east side
white ribbon markers

comply with restrictions
maintain social distance
do not run this course if it
requires more than a short local
drive to reach the area



P
P

- 1 spur
- 2 pond
- 3 spur
- 4 boulder
- 5 marsh
- 6 boulder
- 7 re-entrant

- 8 pond
- 9 knoll se side
- 10 re-entrant
- 11 marsh

4.5km all
2.6km run 3-8
1.7km run 2-9

100m

10mm @ 1:10000
13mm @ 1:7500

border fits A4 at 1:7500