



10 Turn **L** onto road and carefully **R** onto track to R of tea-room (and farm) entrance. Follow this track round **L** through gates to Shepherd's Bridge

9 Turn **R** down steep stony track (not through gate) or follow the road to short cut back to Coniston using Bridleway path on R at bottom of descent

8 Bike racks (near National Trust Landrover) and toilets in main car park just past tarn. Go over cattle grid into one-way system to continue

11 Join the signed bridleway back to Coniston through Yewdale woods

3 After large stones on R and before road bends L, turn **R** onto track through gap in bank. Go through gate and rise up into forest

7 Turn **L** onto single track road and last climb to the tarn

6 At jct with tarmac roads (High Cross car parking area) go **SA** (signed **Tarn Hows**). Watch for vehicles on your L

1 Turn **R** out of the car park and follow main road. Join shared use path to head of the lake and turn **R**

1 km / 0.6 mile

2 Turn steeply **L** and follow road past Atkinson Ground

5 Turn **L** after downhill from bench onto track with trees on R. Bear **L** back on to forest road at next jct (wooden sign to **High Cross 0.25m**)

4 Beyond the orange mushroom, turn **L** at forest roads jct (wooden sign to **High Cross 1.25m**)

Tarn Hows

This is the best way we can find to this well-known beauty spot by bike. Climbs up into Grizedale Forest on forest road where very fine views start to unfurl. Take a lock for the bike racks at Tarn Hows if you'd like to explore on foot. One stony but short section of downhill track, which means a definite dismount for a hybrid bike rider.

Start / finish: Pay and display car park next to TIC and toilets. Alternative parking at the Sports & Social Centre near Shepherd Bridge.

Distance: 8.7 miles (14km) – short cut option marked on map

Grade: Short-Challenge. Mix of road, forest road and mostly good roadside or woodland track

Refreshments: Yew Tree Farm tearoom (015394 41433)
Point 10

Public loos: Monk Coniston and main Tarn Hows car parks

Scale: 1:37,500
(3cm to 1km) -
based on 1:25,000
scale map

