



LANGDALE HALF & FULL MARATHON.

Start / Finish - The Langdale Estate (LA22 9JD)

Distance	Difficulty	Ascent	Max Altitude
It's a mar- athon (or half)	Hard / Very Hard	460m	264m

SUMMARY.

The marathon and half marathon take place in September each year and while the distance is standard the hills are not. Leaving Langdale the route meanders to the end of the valley and up Blea Tarn Hill. There is relatively little flat running after that with two steep climbs.

ROUTE DESCRIPTION.

1. Turn left out of Langdale and follow the road to the end of the valley and swing right past Blea Tarn Hill.
2. At the end of the road turn left towards Little Langdale. Follow past the Three Shires Inn to the T-junction and turn right.
3. At the next T-junction turn left and take the next right which is a narrow road rising uphill go past the net left taking the second left turn.
4. Follow this narrow road up and then down to a busy T-junction at Skelwith Bridge and turn right and proceed over the bridge.
5. At the next road junction with the road to Langdale on the left proceed straight on up a steep and narrow road past Nuam Crag holiday homes to a T junction
6. Turn right and then first left passing in front of the cottages to gate on the left just after the last building.
7. Follow the track past Loughrigg Tarn through the gate and turn right at the road
8. Take the next road on the left towards High Close and YHA and go past the Youth hostel, over the cattle grid and down the hill turning sharp left above Elterwater common
9. Turn right at the T junction and continue past the entrance to Langdale to Wainwrights for refreshments.
10. You have done the Langdale Half Marathon, complete the above again for the marathon





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