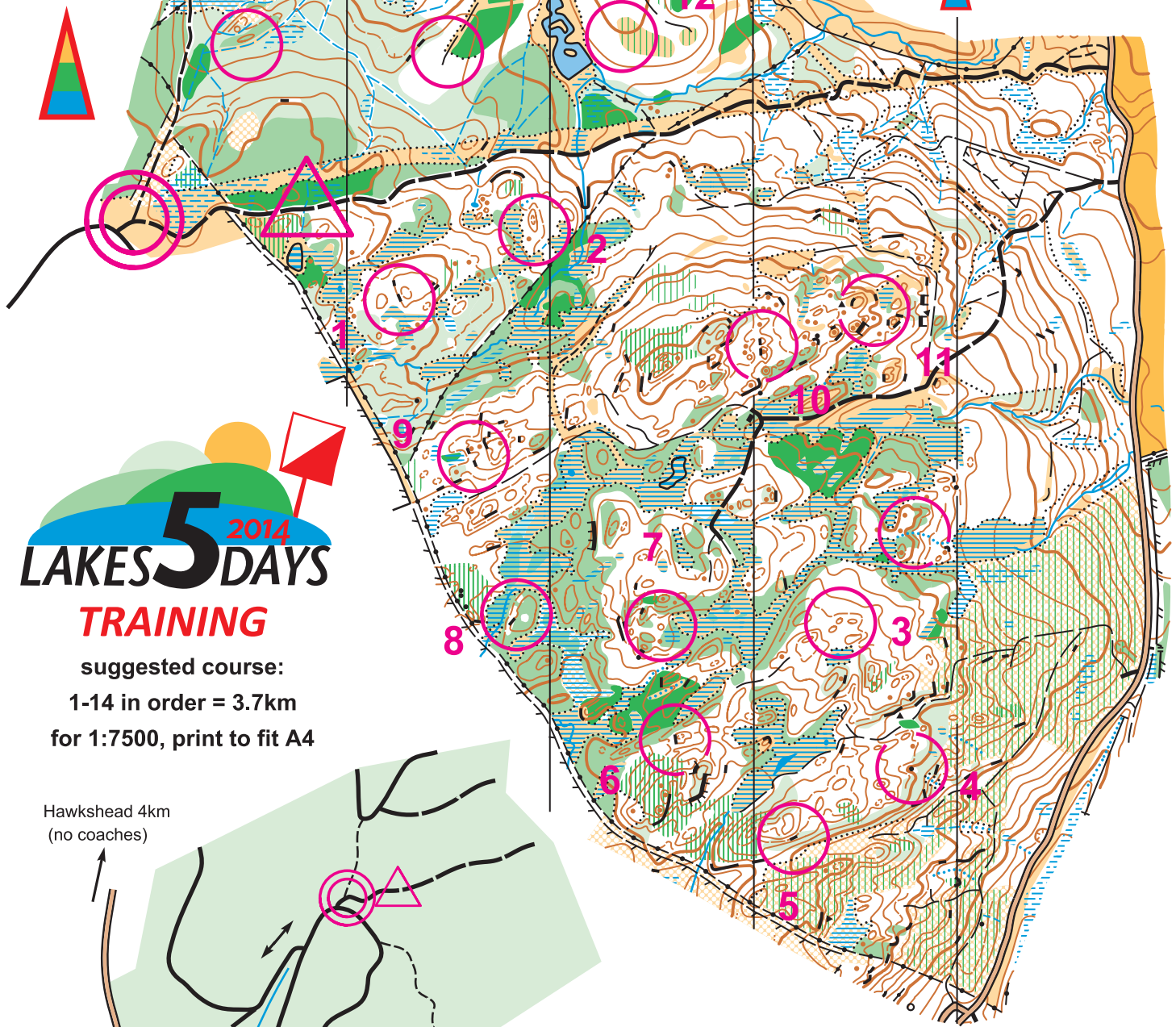


# ESTHWAITE INTAKE

1:7500 5M



start & finish



suggested course:  
1-14 in order = 3.7km  
for 1:7500, print to fit A4

Hawkshead 4km  
(no coaches)

GR SD335943

GRIZEDALE  
FOREST  
VISITOR  
CENTRE CP  
toilets / cafe



1.5km to start from car park

signed from A590 (12km)  
(coach access from this  
direction only)



surveyed and drawn by  
Martin Bagness  
martinbagness@aol.com  
015394 34184



updated for Lakes 5-Days 2013/14  
based on a plot by Stirling Surveys  
copyright Warrior O.C.

5-Days Training organised by Martin Bagness / Warrior OC.  
Maps of Skelghyll Woods and Esthwaite can be downloaded  
from the event website or collected from the event centre.  
Maps are free, but you are invited to make a donation to  
Macmillan Cancer Support [www.justgiving.com/M-BAGNESS](http://www.justgiving.com/M-BAGNESS)