

Abbot Hall Park

Location Info

**Near:** Kendal

OS Grid Ref: SD516922

Postcode: LA9 4EU

What3Words: cats.oiled.adopt

Overview

Beginner mini courses in a small park area.

Maprun directory path

UK > Find Your Way > FYW Cumbria > Abbot Hall > Abbot Hall Park A/B/C

How to get hold of a map

Email [kathfo@lakelandoc.uk](mailto:kathfo@lakelandoc.uk) for an LOC Summer VO Challenge Map Pack containing further information including all the summer challenge maps, instructions on using the Maprun app and a chart to record your participation in the challenges.

Courses available

Abbot Hall A Line Course 0.8 km 10 controls

Abbot Hall B Line Course 0.9 km 10 controls

Abbot Hall C Line Course 1.0 km 10 controls

Cunswick Scar

Location Info

**Near:** Kendal

OS Grid Ref: SD488924

Postcode: LA8 8HB

What3Words: rates.other.shade

Overview

Beginner trail courses on an open fell area.

Maprun directory path

UK > Find Your Way > FYW Cumbria > Cunswick Scar > Cunswick Scar Long/Short

How to get hold of a map

Email [kathfo@lakelandoc.uk](mailto:kathfo@lakelandoc.uk) for an LOC Summer VO Challenge Map Pack containing further information including all the summer challenge maps, instructions on using the Maprun app and a chart to record your participation in the challenges.

Courses available

Cunswick Scar **Long** 4.2 km 25 controls

Cunswick Scar **Short** 2.4 km 15 controls

Fell Foot Park

Location Info

**Near:** Newby Bridge

OS Grid Ref: SD382871

Postcode: LA12 8NW

What3Words: admiral.motivator.unity

Overview

Beginner line courses at different levels (white, yellow and orange) with controls located across the park and extending to the meadow for the orange course.

Maprun directory path

UK > Find Your Way > FYW Cumbria > Fell Foot Park > Fell Foot White 2 / Fell Foot Yellow 2 / Fell Foot Orange 2

How to get hold of a map

Email [kathfo@lakelandoc.uk](mailto:kathfo@lakelandoc.uk) for an LOC Summer VO Challenge Map Pack containing further information including all the summer challenge maps, instructions on using the Maprun app and a chart to record your participation in the challenges.

Courses available

Fell Foot White 2      0.7 km 14 controls

Fell Foot Yellow 2    1.3 km 15 controls

Fell Foot Orange 2    2.5 km 16 controls

Grasmere Village Trail

Location Info

**Near:** Grasmere

OS Grid Ref: NY339072  
Postcode: LA22 9SL  
What3Words: districts.dean.quieter

#### Overview

A beginner trail course through a village and it's surrounds based on an Open Streetmap base.

#### Maprun directory path

UK > Find Your Way > FYW Cumbria > FYW Grasmere Village Trail

#### How to get hold of a map

Email [kathfo@lakelandoc.uk](mailto:kathfo@lakelandoc.uk) for an LOC Summer VO Challenge Map Pack containing further information including all the summer challenge maps, instructions on using the Maprun app and a chart to record your participation in the challenges.

#### Courses available

Grasmere Village Trail    Approx 2km    21 controls

#### Orrest Head

##### Location Info

**Near:** Windermere

OS Grid Ref: SD4129878  
Postcode: LA23 1AQ  
What3Words: paddlers.wound.scoping

#### Overview

A beginner trail course on a woodland and fell area.

#### Maprun directory path

UK > Find Your Way > FYW Cumbria > Orrest Head

#### How to get hold of a map

Email [kathfo@lakelandoc.uk](mailto:kathfo@lakelandoc.uk) for an LOC Summer VO Challenge Map Pack containing further information including all the summer challenge maps, instructions on using the Maprun app and a chart to record your participation in the challenges.

#### Courses available

Orrest Head    2.0 km    16 controls

Rothay Park

Location Info

**Near:** Ambleside

OS Grid Ref: NY372044

Postcode: LA22 9LH

What3Words: popping.outlawing.lorry

Overview

A beginner score course in a park location.

Maprun directory path

UK > Find Your Way > FYW Cumbria > Rothay Park

How to get hold of a map

Email [kathfo@lakelandoc.uk](mailto:kathfo@lakelandoc.uk) for an LOC Summer VO Challenge Map Pack containing further information including all the summer challenge maps, instructions on using the Maprun app and a chart to record your participation in the challenges.

Courses available

Rothay Park    25 controls    45 minutes

Hoad Hill

Location Info

**Near:** Ulverston

OS Grid Ref: SD291786

Postcode: LA12 7FT

What3Words: honeybees.transmits.stressed

Overview

A beginner line trail course on an open fell, urban and parkland area

Maprun directory path

UK > Find Your Way > FYW Cumbria > Hoad Hill

How to get hold of a map

Email [kathfo@lakelandoc.uk](mailto:kathfo@lakelandoc.uk) for an LOC Summer VO Challenge Map Pack containing further information including all the summer challenge maps, instructions on using the Maprun app and a chart to record your participation in the challenges.

Courses available

The Hoad    2.5km    25 controls