



LAKELAND ORIENTEERING CLUB

Maprun Challenge

Abbot Hall Park, Kendal



AREA

Postcode: LA9 4EU

Grid Ref: SD516922

What 3 Words: cats.oiled.adopt

Parking: Peppercorn Lane Car Park or Kendal Bowman Car Park (both Pay and Display) or other town centre parking

Public transport: 10 min walk from Kendal Bus Station.

Toilets: Courtesy toilets at Abbot Hall Art Gallery

Pram/Wheelchair friendly? Yes

Well-behaved dogs? Yes



SAFETY NOTES

You take part in this activity at your own risk and children must be supervised by a responsible adult.

This can be a busy park. Please take care to avoid collision with other park users. Please be aware there is a short section passing through Abbot Hall car park - please watch out for traffic. The trail also follows the riverside path for a short time.

COURSES AVAILABLE

There are three mini line courses in the park and it's surrounding area. They are all easy courses.

Course A	0.8 km	10 controls
Course B	0.9 km	10 controls
Course C	1.0 km	10 controls

NAME OF MAP PDF

Abbot Hall A
Abbot Hall B
Abbot Hall C

WHERE IS THE START?



The start is located near the Dowker's Lane entrance to the park

HOW TO ACCESS ON MAPRUN

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





LAKELAND ORIENTEERING CLUB

Maprun Challenge

Cunswick Scar, Kendal



AREA

Postcode: LA8 8HB

Grid Ref: SD488924

What 3 Words: rates.other.shade

Parking: off Underbarrow Road

Public transport: none available

Toilets: None available (nearest in Kendal Town Centre).

Pram/Wheelchair friendly? All-terrain only

Well behaved dogs? Yes



COURSES AVAILABLE

This line course/trail follows the footpaths on the open fell.

The long course takes you to the summit of Cunswick Scar for amazing views.

There is also the option to explore a shortened version of this course.

Navigation is relatively easy.

Long	4.2 km	25 controls
Short	2.4 km	15 controls

SAFETY NOTES

You take part in this activity at your own risk and children must be supervised by a responsible adult.

Please be aware that there are slopes, small crags and undergrowth along the way. Some controls are located just off the paths - please check the map for specific features. Please take care to avoid collision with other users including dogs. Livestock and ticks may be present - be aware.

WHERE IS THE START?



Walk through the wood to the open fell. The start is located on a tree just through the gate.

NAME OF MAP PDF

Cunswick Scar Long
Cunswick Scar Short

HOW TO ACCESS ON MAPRUN

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





LAKELAND ORIENTEERING CLUB

Maprun Challenge

Fell Foot Park, Newby Bridge



AREA

Postcode: LA12 8NW

Grid Ref: SD382871

What 3 Words: admiral.motivator.unity

Parking: National Trust Pay and Display
(free to NT members)

Public transport: Accessible by the no.6 bus.

Toilets: In the main car park and near to the cafe.

Pram/Wheelchair friendly? Yes. The orange course may require sturdier wheels.

Well-behaved dogs? Yes



COURSES AVAILABLE

There are three line courses of varied length and difficulty with checkpoints hidden across the park. The orange course extends to the meadow area.

White 0.7 km 14 controls
(short and very easy)

Yellow 1.3 km 15 controls
(medium and easy)

Orange 2.5 km 16 controls
(longer and medium difficulty)

SAFETY NOTES

You take part in this activity at your own risk and children must be supervised by a responsible adult.

This can be a busy park. Please take care to avoid collision with other park users. Please be aware that there is an open lakeshore and river to the west of the park. There are slopes, small crags and undergrowth along the way. Courses avoid the main car parking areas but please take extra care if the overflow parking area is in use.

WHERE IS THE START?



The start is located on the lakeshore, just south of the cafe area and jetties

NAME OF MAP PDF

Fell Foot White 2

Fell Foot Yellow 2

Fell Foot Orange 2

HOW TO ACCESS ON MAPRUN

UK > Find Your Way > FYW Cumbria > Fell Foot Park > Fell Foot White2/Yellow2/Orange2





LAKELAND ORIENTEERING CLUB

Maprun Challenge

Grasmere Village Trail



AREA

Postcode: LA22 9SL

Grid Ref: NY339072

What 3 Words: districts.dean.quieter

Parking: Stock Lane Car Park (Pay and Display) or nearby A591 layby (free)

Public transport: Bus stop at Grasmere School

Toilets: Public toilets in car park

Pram/Wheelchair friendly? Yes, apart from a short section in the woods which can be bypassed.

Well behaved dogs? Yes (on a lead)



COURSES AVAILABLE

The line course/trail takes you through the pretty village of Grasmere and it's outskirts with some lovely views of the fells along the way. It also visits a woodland and the playground.

This course uses a Street Map rather than a standard orienteering map.

Approx 2km 21 controls

SAFETY NOTES

You take part in this activity at your own risk and children must be supervised by a responsible adult.

This can be a busy village - please take care to avoid collision. Please be aware that there are short roadside sections and road crossings so please look out for traffic. There are slopes, small crags and undergrowth along the way. The trail also follows the open riverside path for a short time.

WHERE IS THE START?



The start is located on a bridge on the footpath behind Grasmere School

NAME OF MAP PDF

FYW Grasmere Village Trail

HOW TO ACCESS ON MAPRUN

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





LAKELAND ORIENTEERING CLUB

Maprun Challenge

Hoad Hill, Ulverston



AREA

Postcode: LA12 7FT

Grid Ref: SD291786

What 3 Words: honeybees.transmits.stressed

Parking: available in Ford Park

Public transport: 5min walk from Booths bus stop. 15min walk from Ulverston Railway Station.

Toilets: available at the Coach House cafe

Pram/Wheelchair friendly? No

Well behaved dogs? Yes



COURSES AVAILABLE

This line course/trail follows the footpaths on the open fell up to the monument and back through Ford Park.

Navigation is relatively easy and the course visits lots of different features along the way.

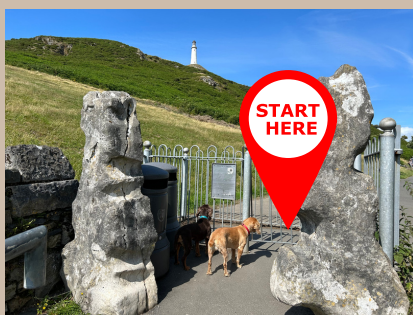
2.5km 25 controls

SAFETY NOTES

You take part in this activity at your own risk and children must be supervised by a responsible adult.

Please be aware that the course starts with a steep climb and paths can sometimes be slippery. There are slopes, small crags and undergrowth along the way. This is a popular route - please take care to avoid collision with other users including sheep. Ticks may be present - please check.

WHERE IS THE START?



The start is located just beyond the North end of Ford Park.

NAME OF MAP PDF

The Hoad

HOW TO ACCESS ON MAPRUN

UK > Find Your Way > FYW Cumbria > Hoad Hill





LAKELAND ORIENTEERING CLUB

Maprun Challenge

Orrest Head, Windermere



AREA

Postcode: LA23 1AQ

Grid Ref: SD4129878

What 3 Words: paddlers.wound.scoping

Parking: A591 laybys or Windermere Centre

Public Transport: very close to Windermere

Train station which is also the nearest bus stop.

Toilets: available in Booths.

Pram/Wheelchair friendly? The first half of the course up to the summit is accessible.

Well behaved dogs? Yes



COURSES AVAILABLE

The line course/trail takes you on footpaths to the summit of Orrest Head for amazing views across Windermere to the surrounding fells.

Watch out for the Gruffalo in the woods! Navigation is relatively easy.

2.0 km

16 controls

SAFETY NOTES

You take part in this activity at your own risk and children must be supervised by a responsible adult.

Please be aware that some sections of the paths, including the area around the summit and particularly the section beyond the summit, are steep and sometimes slippery. There are slopes, small crags and undergrowth along the way. This is a popular route - please take care to avoid collision with other users including dogs.

Ticks may be present - please check.

WHERE IS THE START?



The start is located just off the A591 signposted to Orrest Head.

NAME OF MAP PDF

Orrest Head

HOW TO ACCESS ON MAPRUN

UK > Find Your Way > FYW Cumbria > Orrest Head





LAKELAND ORIENTEERING CLUB

Maprun Challenge

Rothay Park, Ambleside



AREA

Postcode: LA22 9LH

Grid Ref: NY372044

What 3 Words: popping.outlawing.lorry

Parking: Miller Bridge Car Park or Under Loughrigg Road

Public transport: short walk from Ambleside Library Bus Station

Toilets: Public toilets in the park

Pram/Wheelchair friendly? Yes (apart from two controls in the woodland section to the North)

Well-behaved dogs? Yes (except in the playground)



COURSES AVAILABLE

This is a score course.

The aim is to visit as many controls as you can in 45 minutes. Each control is worth 10 points, but don't be late to the finish!

The course is suitable for all abilities as you plan your own route and visit the controls that you feel confident that you can find.

25 controls

SAFETY NOTES

You take part in this activity at your own risk and children must be supervised by a responsible adult.

This can be a busy park. Please take care to avoid collision with other park users. Please be aware that a section of the park is open to the river and there are numerous crags. There are some nettles and brambles to avoid in the woodland section. There is a possibility of moving cars near the finish.

WHERE IS THE START?



The start is located in the centre of Rothay Park. The finish is next to Ambleside Primary School.

NAME OF MAP PDF

Rothay Park

HOW TO ACCESS ON MAPRUN

UK > Find Your Way > FYW Cumbria > Rothay Park





LAKELAND ORIENTEERING CLUB

Maprun Challenge

Sizergh Castle, Kendal



AREA

Postcode: LA8 8AQ

Grid Ref: SD497878

What 3 Words: shopper.boss.shirtless

Parking: National Trust Pay and Display
(free to NT members)

Public transport: Details on Sizergh website.

Toilets: In the main car park and near to the cafe.

Pram/Wheelchair friendly? No.

Well-behaved dogs? Yes. Please follow the Sizergh Canine code.



COURSES AVAILABLE

There are three line courses of varied length and difficulty with checkpoints hidden across the fields. The yellow and orange courses extend to the woods

White 1.6 km 10 controls
(short and very easy)

Yellow 2.5 km 11 controls
(longer and easy)

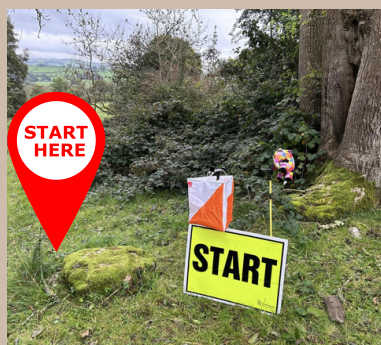
Orange 2.7 km 12 controls
(longer and medium difficulty)

SAFETY NOTES

You take part in this activity at your own risk and children must be supervised by a responsible adult.

There are slopes, small crags and undergrowth along the way. Cattle may be present in the fields - please keep to a safe distance. Please take care to avoid collision with other users including dogs. Ticks may be present - please check.

WHERE IS THE START?



Head south from the car park, the footpath follows a wall to cross 1 field. Through the gate heading left, you will spot this big tree.
(Photo from our Sizergh family morning)

NAME OF MAP PDF

Sizergh - White
Sizergh - Yellow
Sizergh - Orange

HOW TO ACCESS ON MAPRUN

UK > Find Your Way > FYW Cumbria > Sizergh
> FYW Sizergh White / Yellow / Orange

