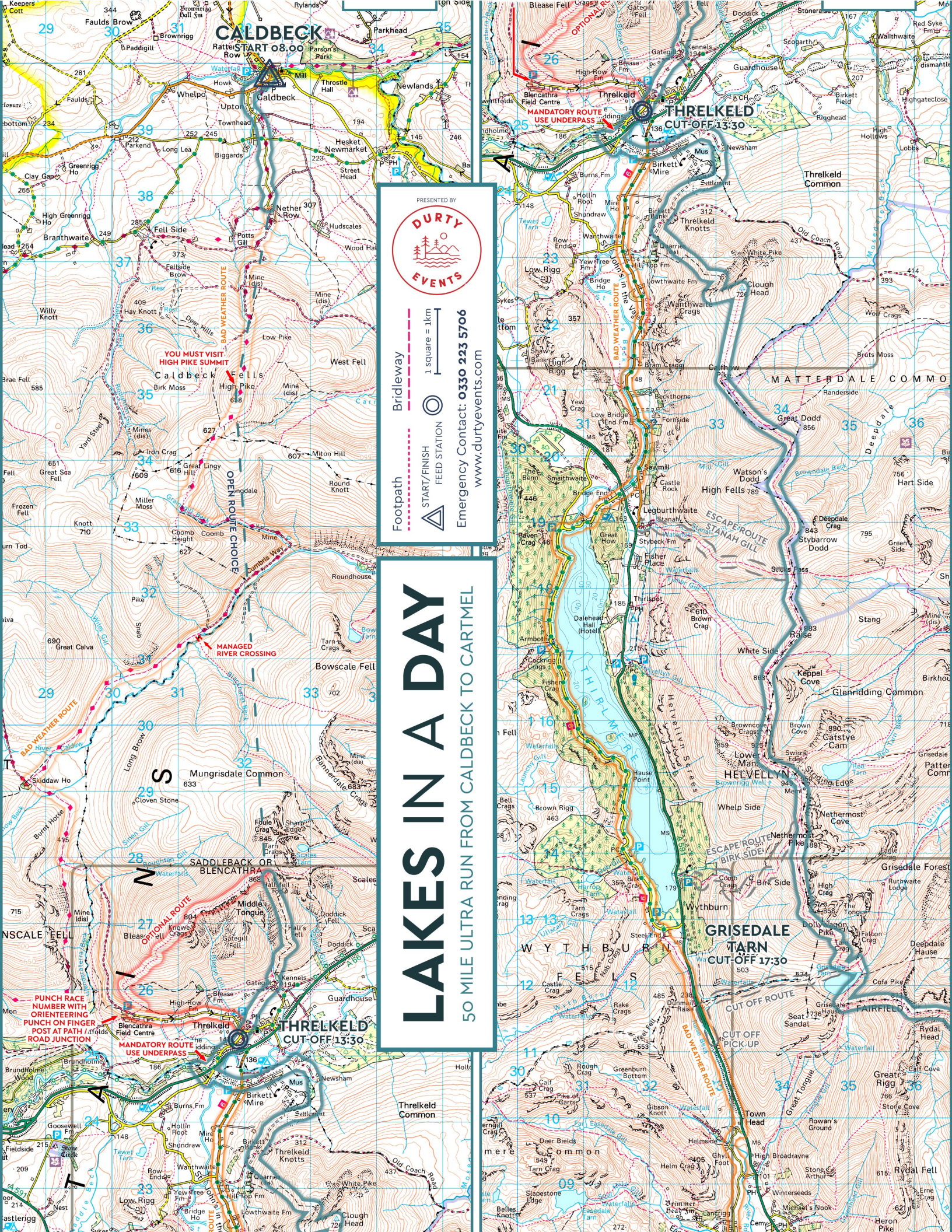




CALDBECK

Ratio START 08.00



PRESENTED BY
DURTY
EVENTS

Footpath
Bridleway
START/FINISH
FEED STATION

1 square = 1km

Emergency Contact: 0330 223 5706
www.durtyevents.com

LAKE IN A DAY

50 MILE ULTRA RUN FROM CALDBECK TO CARTMEL

THRELKELD

CUT-OFF 13:30

GRISEDALE TARN

CUT-OFF 17:30

YOU MUST VISIT
HIGH PIKE SUMMIT

PUNCH RACE
NUMBER WITH
ORIENTEERING
PUNCH ON FINGER
POST AT JUNCTION
ROAD JUNCTION

MANDATORY ROUTE
USE UNDERPASS

ESCAPE ROUTE
STANAH GILL

ESCAPE ROUTE
BIRK SIDE

CUT OFF ROUTE
CUT OFF PICK UP



PRESENTED BY



Footpath ——— Bridleway ———

START/FINISH  FEED STATION 

1 square = 1km

Emergency Contact: 0330 223 5706
www.durtyevents.com

LAKES IN A DAY

50 MILE ULTRA RUN FROM CALDBECK TO CARTMEL

GRIZEDALE
WATN
CUT-OFF 17:30

AMBLESIDE
CUT-OFF 22:30

FINSTHWAITE
CUT-OFF 03:30

CARTMEL
FINISH CUT-OFF 08:00