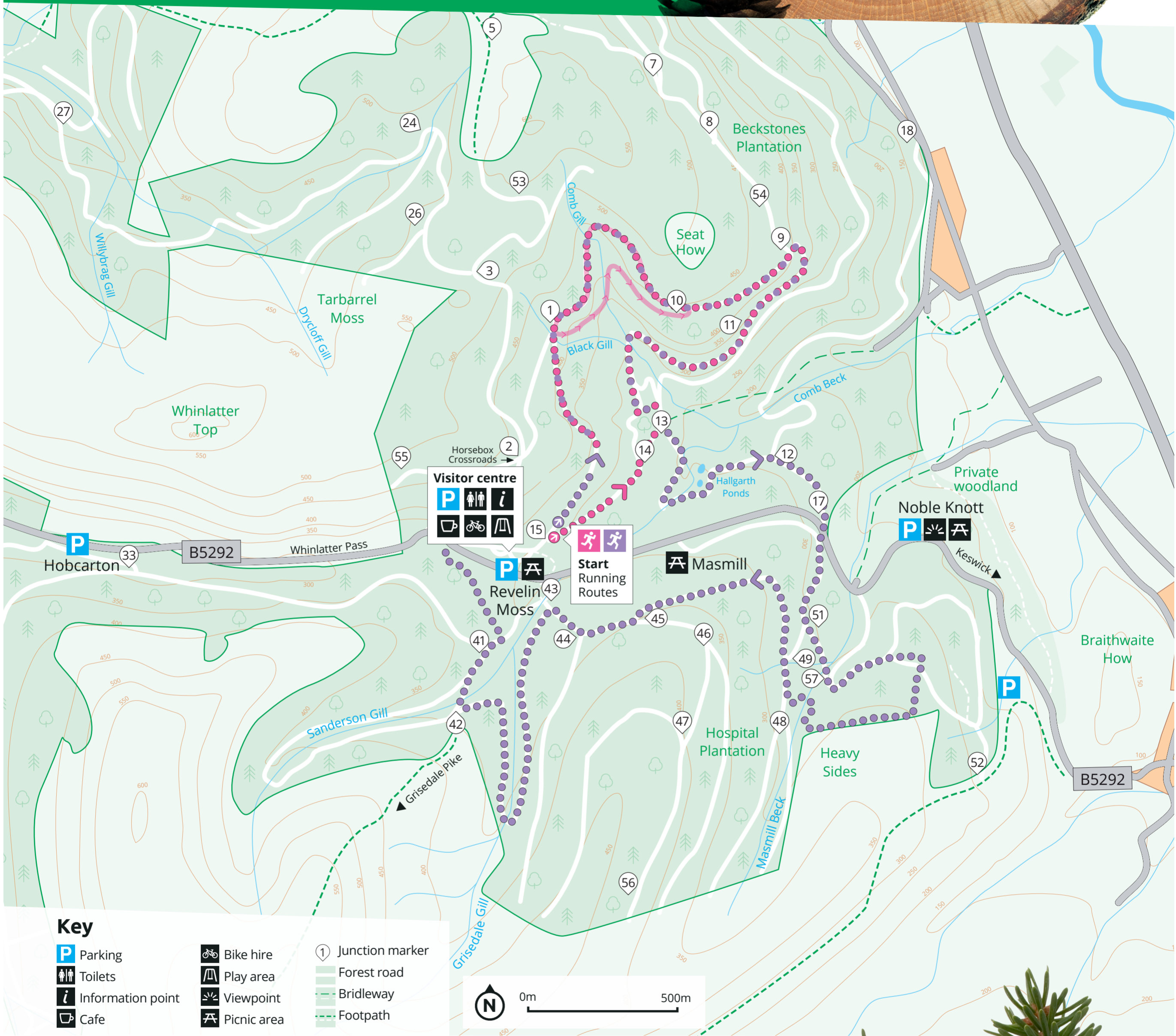


Whinlatter Forest running trails



Trail information

5km Running Route ●●●

A challenging circular route which has an additional mini loop at the top. You'll find yourself running mainly on wide forest roads with one short section on a forest path. As you climb your way to 'Bob's Seat' you'll be rewarded with spectacular views to Derwentwater, Keswick, Skiddaw and the surrounding mountain ranges and you may even catch a glimpse of a Red Squirrel or Roe Deer. After all that climbing you will be rewarded with a long gentle descent all the way to the finish.

10km Running Route ●●●

This more challenging circular route takes you through the quieter parts of Whinlatter Forest. Starting on the north side and running on forest roads, you'll soon warm up as you climb towards Seat How. You will be rewarded with a fun downhill section where Derwentwater comes into view and as your legs recover you will venture into the south side of the forest. A second big climb passes through mature conifers, eventually heading downhill towards Revelin Moss. You will then complete a gentle uphill section alongside Grisedale Gill eventually leading you back to the visitor centre.



Finding your way

Please follow the waymarkers to find your way around the forest. Look out for any warning signs.