

A Map showing this walk and local walks can be purchased at the centre

This month's walk Seathwaite Tarn

Start Seathwaite in the Duddon Valley

Parking at the Village Hall just past the Newfield Inn

Walk up the road at the junction take the right hand fork marked Coniston unfit for cars, follow the road until you come to a gate, go through the gate which brings you to the start of the Walna Scar Road to Coniston. Go left over a bridge and through a gate this brings you onto the track leading to Seathwaite Tarn as you walk up you can see Harter Fell and Sca Fell in the distance. Continue up the track until you reach the tarn.

To continue; retrace your steps for approx. 350 yards until you reach a footpath sign on your right marked with a yellow arrow. This path has steep section, follow the path downhill; it mainly follows the course of the beck. When the path levels out go through the gate facing you and head across the field for the gate in the corner. Keeping to the track go through the gate heading towards Tongue house Farm (be prepared for it being boggy here. When you reach the farmyard follow the road which will lead you back to Seathwaite.



Track to the tarn



Seathwaite Tarn with Swirl how in the background