
















































Ennerdale

Permanent Orienteering Courses

Map Symbols

-  Open Land
-  Rough Open Land
-  Scattered Trees
-  Young Trees
-  Run
-  Slow Run
-  Walk
-  Fight
-  Bracken or Felled area
-  Gorse or Fallen Trees
-  Cliff Face
-  Uncrossable Crag
-  Crossable Crag
-  Big Boulder
-  Boulder
-  Stony Ground
-  Road
-  Forest Road
-  Track
-  Path
-  Small Path or Extraction Lane
-  Faint Path
-  Wall
-  Ruined Wall
-  Fence
-  Ruined Fence
-  Earth Wall
-  Gully
-  Small Gully
-  Boulder Field
-  Scattered Boulders
-  Boulder Group
-  Cairn
-  Platform
-  Depression
-  Knoll
-  Pool
-  Gate
-  Stile
-  Short Wall
-  Tree
-  Small Ruin
-  Ruin
-  Table or Seat
-  Bridge
-  Small Bridge
-  Waterfall

Control Descriptions

- Start 1 BA Bowness Knott Car Park
- Start 2 Road outside Ennerdale Youth Hostel
- BB Road and Path Junction
- BC Path Bend
- BD Footbridge
- BE Footbridge
- BF Path and Road Junction
- BG Stream and Road Crossing
- BH Ruined Wall End
- BI Boulder 2m
- BJ Boulder 2m
- BP Road and Path Junction
- BQ Track End
- BR Path and Extraction Lane Junction
- BS Gully
- BT Boulder 1m
- BU Cairn
- BV Boulder 0.75m
- BW Boulder 1.75m
- GA Gate
- GB Wall Corner
- GC Ruined Wall End
- GH Wall and Earth Wall Junction
- GI Wall End
- GJ Earth Wall Junction
- GK Wall and Earth Wall Junction
- GL Fence on Edge of Trees
- GM Fence Corner
- GN Gate
- GO Wall and Earth Wall Junction
- GP Ruined Wall Bend
- GQ Fence Corner

There are some easy courses at Bleach Green, at the west end of the lake. These are more suitable for complete beginners. See wildennerdale.co.uk/orienteering for more details

Suggested courses starting From Bowness Knott Car Park

Short Easy 3.1 km. You can walk this in about an hour. The route is fairly level and all on forest roads and paths although some are uneven. You'll need the Ennerdale West Map
Checkpoints BP, BB, BC, BD, BE, BF, BG

Medium Technical 4.1 km. For competent navigators, this course crosses some rough and steep terrain. Allow two hours' walking
You'll need the Ennerdale West Map
Checkpoints BH, BD, BQ, BI, BS, BC

Long Technical 6.4km. Lots of climbing, and some steep, rough ground. Allow one or two hours, depending on how fast you run.
You'll need both Ennerdale West and Ennerdale East Maps
Checkpoints BH, BS, BI, BU, GD, BW, BV, BJ, BQ, BE, BG, BP

Suggested courses starting from the road outside Ennerdale Youth Hostel at Gillerthwaite

You'll need the Ennerdale East map for all of these.

Short Easy 2.0 km. About one hours walking on mostly level fields. It might be muddy in places.
Checkpoints GN, GQ, GB, GC, GD, GE, GH, GJ, GM, GN

Medium Easy 2.4 km. Taking slightly over an hour this course explores more of the valley fields. Some places are very marshy. After heavy rain some of the water crossings can be difficult especially checkpoint GO, which could be missed out.
Checkpoints GP, GO, GK, GI, GG, GE, GC, GB, GA

Long Technical 4.8km. For competent navigators. About 1.5 hours fast walking. This stays mostly in the fields, but crosses some wet ground and a bit of rough forest floor. Miss out GO during and immediately after periods of heavy rain
Checkpoints GN, GG, GC, BJ, BV, BW, GD, GQ, GM, GO, GK, GP

Or you can make up your own course.