

Old Man of Coniston

The classic circular via Low Water · thelakesplanner.co.uk

WALK FACTS

Distance	6.3 miles / 10.1 km (circular)
Ascent	approx. 700 m
Time	3–4 hrs walking · allow 4–6 hrs for the day
Start	Walna Scar car park, grid ref SD 288 970
OS map	Explorer OL6 — The English Lakes, South-Western area
Terrain	Engineered paths and quarry tracks. No scrambling.
Dogs	Yes — on a lead near sheep
Parking	Pay and display — check current charges. ~70 spaces.

THE ROUTE

1. From Walna Scar car park, take the track heading north and follow it as it climbs steadily into the old quarry workings.
2. Continue up through the workings — spoil heaps, levels and ruined buildings — keeping to the main engineered path.
3. The gradient eases at Low Water, a small tarn in a rocky hollow beneath the summit crags. Natural stop and photo point.
4. From Low Water, follow the zig-zags up the final slope to the summit cairn at 803 m (2,635 ft).
5. Return the same way, or continue along the ridge and close the loop via the Walna Scar track.
6. Only take the longer ridge options in good visibility — the tops are broad and featureless in cloud.

GETTING THERE & PARKING

Walna Scar car park is reached by a steep, narrow, potholed single-track road up from Coniston village, with limited passing places. It is not kind to a low car. The easier alternative is to park in Coniston village or the Old Station car park and walk up — it adds distance, but the drive is far simpler and it puts the village pubs and cafes at the end of your day.

WHAT TO TAKE

Proper boots · warm layers and full waterproofs (even in summer) · more food and water than you think you need · map and compass you can use · sun protection · head torch if starting late.

SAFETY

This is a proper mountain day. The summit can be cold, windy and in cloud when Coniston is sunny — check a mountain forecast, not a valley one. Set a turnaround time before you leave the car park. Keep out of all shafts, levels and ruined structures in the quarries: they are unstable and dangerous.