

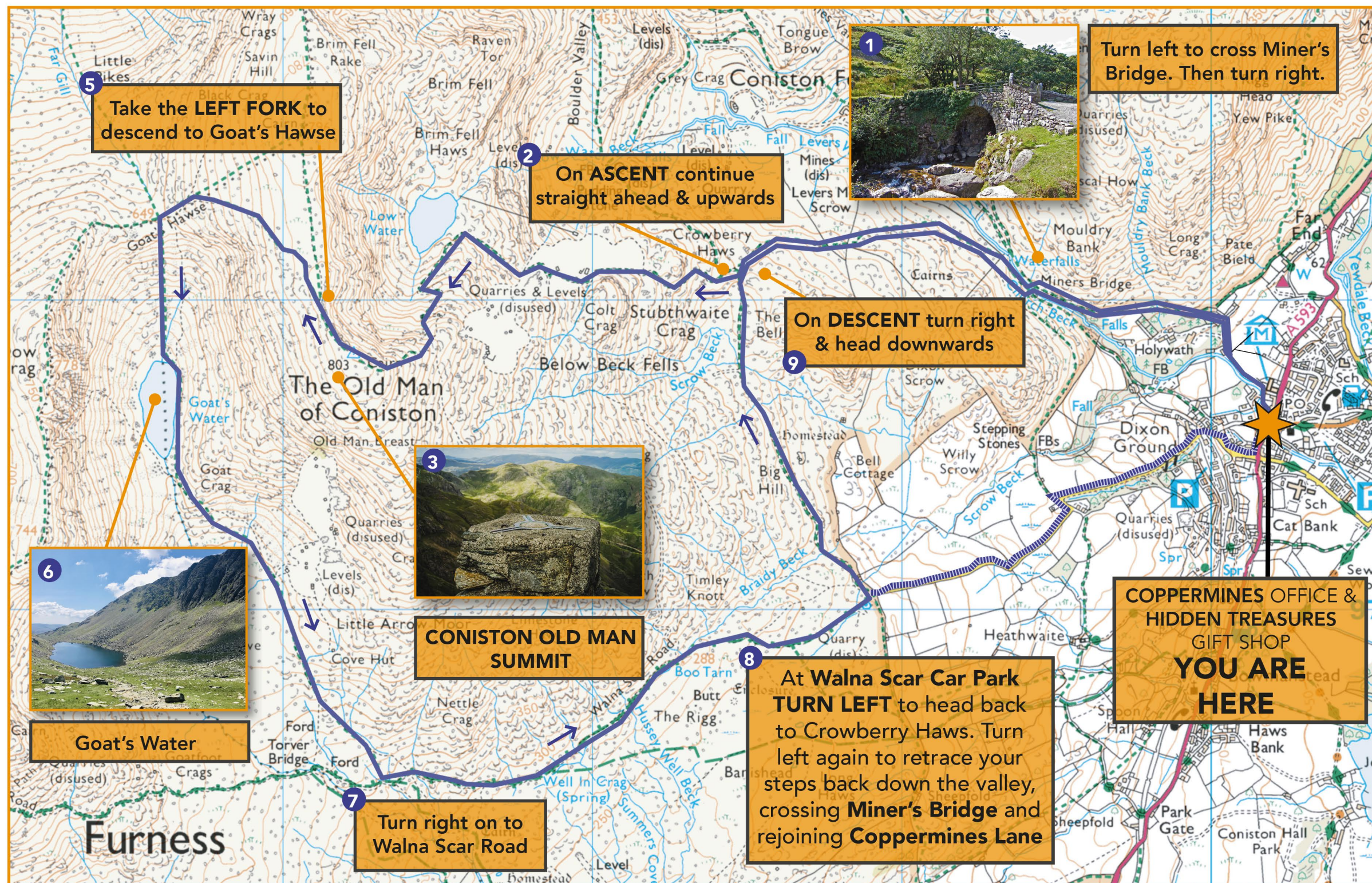
# The Old Man of Coniston

## Circular Route from Coniston village

A must for all those visiting the South Lakes, this route starts at the **Hidden Treasures Gift Shop** and reaches the summit of **Coniston Old Man via Low Water**. The return journey takes in the spectacular **Goat's Water** before rejoining the Walna Scar Road and descending back to Coniston Village.



THE COPPERMINES  
LAKES COTTAGES



**Coniston Old Man  
Circular Trail  
via Low's Water  
and Goat's Water**

**Distance:  
7 miles / 11.5km**

**Approximate  
time:  
4-5 hours**

Walking route

Alternate return route to  
Coniston via road