

## 78. Around Carsington Water

**Distance**        **7.5 miles/12km**

**Ascent**         **188 metres**

**Start/finish**    **Carsington Water visitor centre, DE6 1ST**

We describe this route in a clockwise direction from the visitor centre but you could join at any point and run in either direction, just keep the water on the same side until you get back to where you started.

From the visitor centre follow the shore trail north initially and around to the R until you reach the B5035 (1.7 miles/2.8km). Either continue along the road until you can turn sharp R at the north-east tip of the lake or detour through Carsington to avoid the busier road. Then follow the eastern shore south-west through Hall Wood and Upperfield Farm to reach the road and parking at the south-western tip of the lake (6.2 miles/10km). Turn R following the path up the western shore and back to the start.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	From the visitor centre follow the shore trail north initially and around to the right until you reach the B5035.
1.7	2.8	Either continue along the road until you can turn sharp R at the north-east tip of the lake or detour through Carsington to avoid the busier road.
2.6	4.1	follow the eastern shore south-west through Hall Wood and Upperfield Farm to reach the road and parking at the south-western tip of the lake.
6.2	10	Turn right following the path up the western shore and back to the start.