

Marathon Route - key landmarks

1. Marathon start/finish

Brathay Hall provides a stunning event centre for the Windermere Marathon. This Georgian country house overlooks the northern shore of Windermere with a backdrop of Lake District fells. Runners often tell us that the lawn at Brathay Hall, with stunning scenery all around, provides the most memorable marathon finish line experience anywhere. The grounds of Brathay Hall also provide the setting for our Family Fun Day, with refreshments, activities and entertainment to keep spectators and visitors busy while the marathon takes place.

2. Hawkshead (4 miles)

Hawkshead is a truly historic and wonderfully picturesque village characterised by its cluster of whitewashed houses, archways and alleyways, courtyards and squares. The Windermere Marathon course passes through the pedestrianised centre of the village where spectators can support the runners while enjoying the hospitality of the village's cafes, shops and pubs. Children from Hawkshead Esthwaite Primary School provide enthusiastic support for the Brathay 10in10, coming out to cheer the runners on as they pass the school.

3. Devil's Elbow (7 miles)

The Windermere Marathon has a reputation as one of the most challenging road marathons in the UK. Categorized by Runner's World as 'undulating', the 26.2 mile course includes 1,400ft (430m) of ascent. This does of course mean that there is also 1,400ft of downhill running! Mile 7 sees runners experiencing the longest ascent of the course – known locally as 'The Devil's Elbow'. The section of the course involves a steady climb of 200ft over a half mile – with the welcome respite of a gentle downhill to follow!

4 Newby Bridge (12 miles)

Newby Bridge, while not quite half way, feels like a significant milestone on the Windermere Marathon course. This is where runners cross the River Leven as it flows out of Windermere, follow the A590 for a short distance, and then start the journey back up the east side of the lake. The Swan Hotel provides the ideal location for spectators to cheer runners past the river side terrace. And if they're lucky, runners might also glimpse one of the steam trains on the Lakeside and Haverthwaite Railway.

5. Bowness-on-Windermere (20 miles)

Bowness-on-Windermere is the Lake District's most popular destination and is about halfway along the east shore of Windermere. It is a thriving tourist centre for much of the year, being the nearest accessible point on the lake from the railway station at Windermere. This is where runners will be

carried along by the support of the crowds who come out to enjoy the atmosphere of the marathon set against the stunning scenery. There is a ferry just south of Bowness taking cars and foot passengers across the width of the lake to Sawrey and Hawkshead, giving spectators the opportunity support the race at Hawkshead and Bowness.

6. Low Wood Bay (24 miles)

Set on the A591 this lake front marina and hotel is 2 miles from Ambleside. At this point the runners emerge from a tree lined section of the course to be rewarded with views over the lake to the Langdale Pikes. More significantly, given that they will have been running for 24 miles, they will get a glimpse of the finish line across the lake and even hear the announcements at the event centre as the excitement builds.