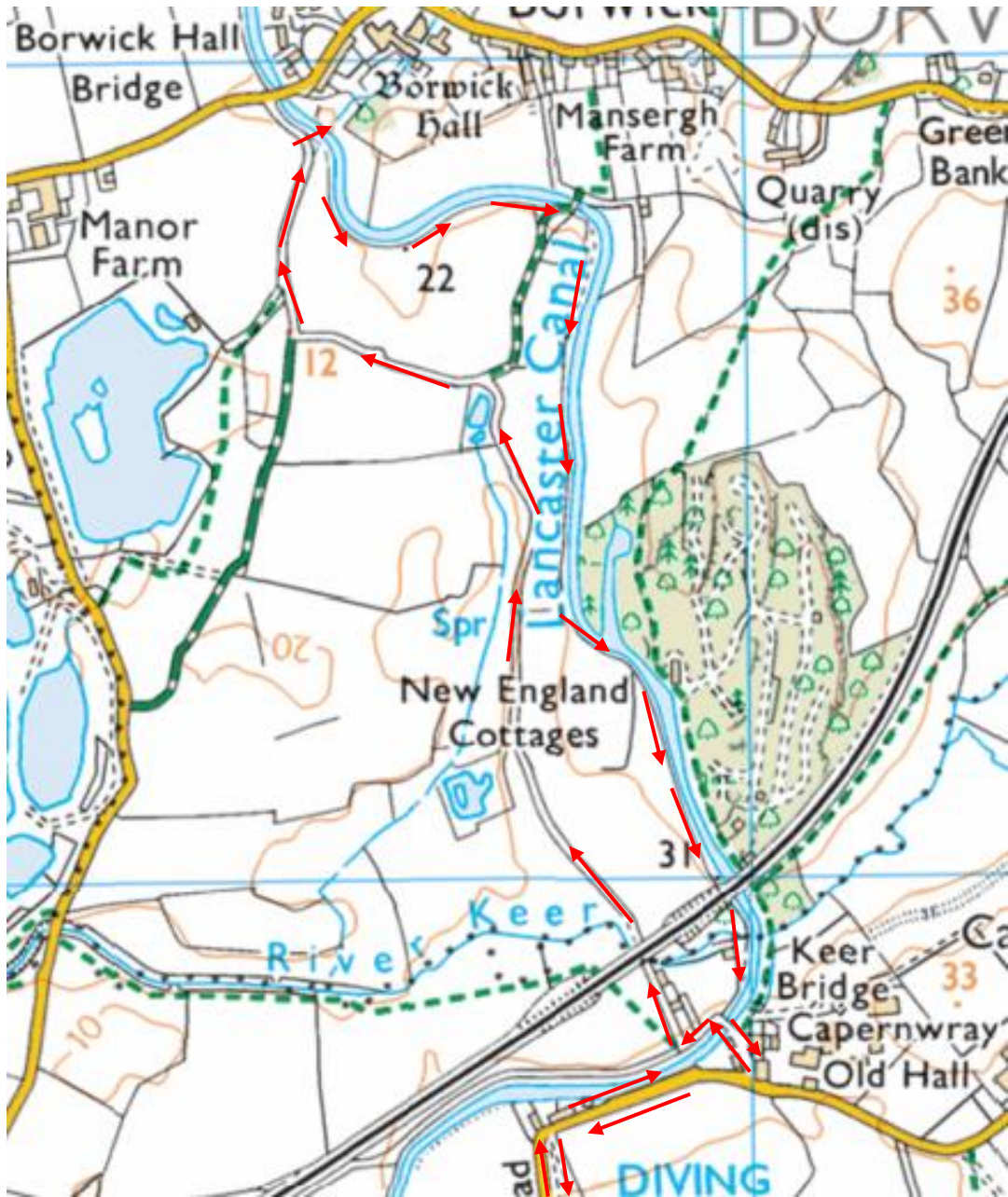


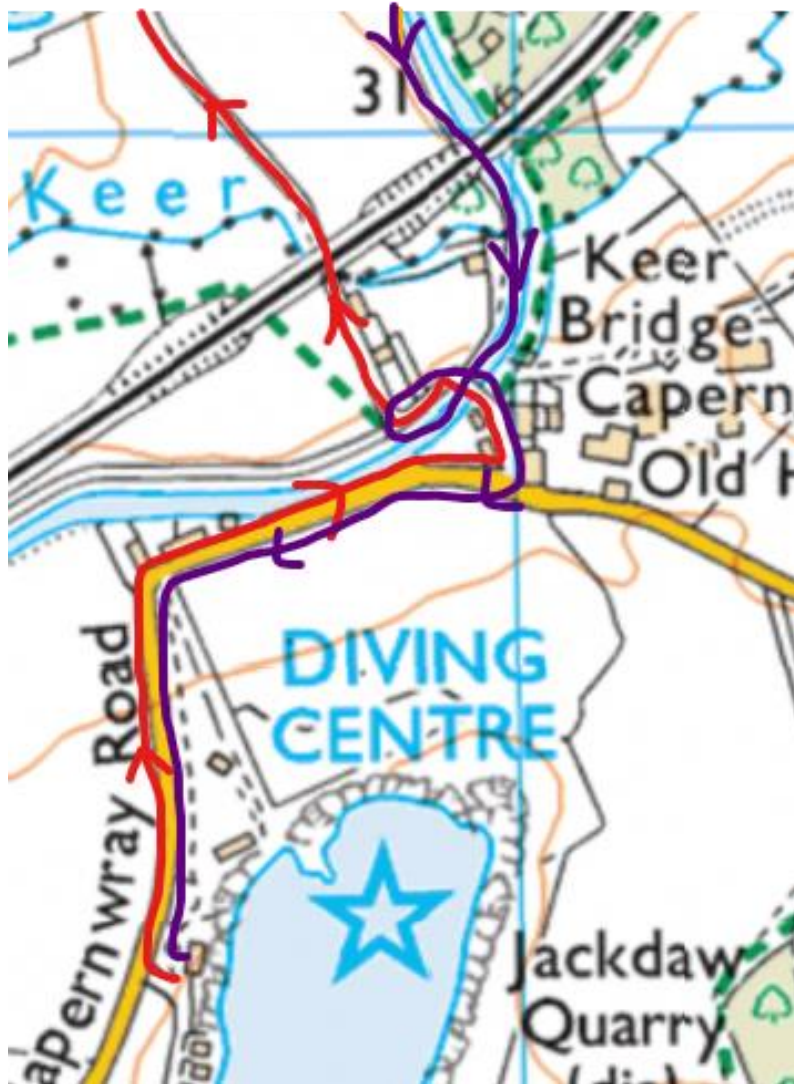
NEW Covid19 friendly Capernwray Triathlon / Aquathlon run route 4.3km

Strava

<https://www.strava.com/routes/2710811878523382756>

OS Map





In words

Head right out of the Dive Centre on the road, follow the road round to the right and take a turn left off the road towards the bridge/ canal. Run over the bridge and stay left. Take a right turn towards the viaduct, run over a small bridge and continue along the track under the viaduct. The path does V - stick left. You then come to a gate on your right which takes you by the canal (before reaching the road) take the gate and run back along the canal. Over the Aqueduct, under the bridge and through the gate we used previously in the old route. Return along the road to back to the Dive Centre.

In photos



Left off the road



Over the bridge stay left



Take the gravel track right



Towards the viaduct



Over the bridge



Under the viaduct



Keep left at the V



Spot the gate on the right



Turn right and follow the path



Cross the viaduct



Under this bridge



Turn right through the gate