

Coniston Peaks and Paths May 2026

Historic. Wild. Peaceful.

**Three-day Coniston Hiking Break****Mountain & Lowland Hiking Options****Dates: May 4th - 8th 2026**

Coniston, nestled in the heart of the Lake District, offers a captivating blend of rugged mountains, sparkling tarns, and serene shorelines. In May 2026, join us for three days of guided walking adventures exploring the history of the Coniston Copper Mines, the peaceful Goat Tarn (low level), the tranquil Coniston shoreline, and the iconic peaks of Coniston Old Man & Dow Crag. Each day, we offer a choice of a Mountain or Lowland hike, tailored to the group and adjusted for the weather. From fascinating industrial history to sweeping Lakeland panoramas, this trip is as rich in stories as it is in scenery. Whether you're seeking the challenge of the fells or a peaceful lakeside wander, this trip offers something for everyone, a perfect balance of adventure, relaxation, and discovery.

Coniston: Your Base
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The village of Coniston provides the perfect hub for exploration, a place where mountain energy meets the calm of the lakeside. With its welcoming cafés, cosy inns, and historic charm, it offers everything you need after a day on the trails. From the waterside views of Coniston Water to the backdrop of towering fells, this is the authentic and atmospheric heart of Lakeland life.

Accommodation



1). **Bridge Cottages** – We have reserved this accommodation from Monday 4th to Friday 8th 2026. Ideally, this is where we would like you to book. The more who stay here, the cheaper the stay will be for you. Bedrooms 8, bathrooms 7. Max 16 persons, min 8. Plenty of scope to have single rooms, please bear in mind that this works out more expensive. Costs will vary from £300pp for the four nights. Three interconnecting cottages in the heart of Coniston, accommodating up to 16 guests. They feature spacious communal areas and two hot tubs. Check for availability.

2). **YHA Coniston Holly How Hostel** – A well-regarded YHA hostel offering private and en-suite rooms, as well as camping options, ideal if you're seeking more affordable, flexible group accommodation.

3). **Alternative Options in Coniston** – There is a good range of other accommodation in the village, including hotels, guesthouses, and self-catering cottages, all within walking distance

of the centre and the lake. These provide excellent alternatives if Bridge Cottages and the YHA are fully booked.

Evening meals - to be organised locally, if the group size is large, we may opt to eat in.

Your Stay Includes:

- **Your Stay Includes:**
- · Three experienced Mountain Guides
- · Daily guided mountain walks and route planning
- · All on-the-ground logistics and coordination
- · Evening briefings and route overviews

Highlights



- **Summit the Old Man of Coniston** – One of the Lake District's most iconic peaks, offering a rewarding climb and spectacular 360° views across the fells and down to Coniston Water. A true Lakeland classic that gives a real sense of achievement.
- **Explore the Coppermines Valley** – Step back in time as you walk through a landscape once alive with the sound of mining. Learn how this valley shaped local life and industry, with remnants of its copper-mining heritage still visible today amidst dramatic scenery.
- **Enjoy tranquil optional lowland alternative routes** – Follow the peaceful shoreline paths around Coniston Water, passing through ancient woodland and open meadows alive with wildlife. These gentler walks are perfect for those wanting to soak up the views and serenity at a relaxed pace.



Three Days of Adventure

Itinerary

Each day offers a new perspective on Coniston's diverse landscapes — from high mountain ridges to tranquil lakeside paths. You'll explore the area's rich mining heritage, climb some of its most celebrated fells, and enjoy peaceful lowland routes through woodlands and along the water's edge. With both **Mountain** and **Lowland** options available daily, you can choose the perfect adventure to match your energy and the conditions, ensuring a rewarding and memorable experience throughout.

Monday 04 - Arrival day

Orientation and settling into our accommodation.

Tuesday 05 – Group Social Hike for all

Coniston Copper Mines Tour (8 km & 450 m ascent) Step back in time as we explore Coniston's mining heritage with our personal guide. From the village, we'll follow tracks and paths into the Coppermines Valley, visiting old workings and learning about the lives of miners. Superb views and a real sense of the area's industrial past.

Wednesday 06

Mountain Hike – Coniston Old Man & Dow Crag (11 km & 760 m ascent)

A classic Lakeland day. Ascend Coniston Old Man, traverse to rugged Dow Crag, and descend via Goat's Water.

Lowland Hike – Low-Goat Tarn & Coniston Shoreline (12 km & 320 m ascent)

A gentler route to the peaceful tarn, looping back along the lakeshore for big views at a relaxed pace.

Thursday 07

Mountain Hike – Black Sails & Wetherlam (10 km & 780 m ascent)

A quieter but impressive fell day. Cross Black Sails to summit Wetherlam with commanding views over Tilberthwaite Valley.

Lowland Hike – Coniston to Skelwith via Tarn Hows & Black Crag (13 km & 450 m ascent)

A varied route linking Tarn Hows, forest paths, and Black Crag viewpoint before finishing in the riverside village of Skelwith Bridge.

Friday 08 - Breakfast and farewells before travelling home.

Terrain & Fitness

Each day offers a new perspective on Coniston's diverse landscapes — from high mountain tracks to tranquil lakeside paths. You'll explore the area's rich mining heritage, climb some of its most celebrated fells, and enjoy peaceful lowland routes through woodlands and along the water's edge. With both Mountain and Lowland options available daily, you can choose the perfect adventure to match your energy and the conditions, ensuring a rewarding and memorable experience throughout.

- **Mountain Walks (Grade 4/5):** Expect a mixture of well-defined paths, rocky ascents, and uneven fell terrain. These walks require good general fitness and some experience of hill or mountain walking. Routes may include steady climbs, longer days, and varied surfaces underfoot, but no technical scrambling. Ideal for those confident on moderate-to-challenging terrain and comfortable walking for 5–7 hours.

- **Lowland Walks (Grade 2/5):** These routes follow lower-level paths, lakeside trails, and gentle woodland tracks with only modest ascents. A reasonable level of walking fitness is required, but no prior mountain experience is necessary. Walks are relaxed and steady, typically covering shorter distances on good paths, perfect for enjoying the scenery at a comfortable pace.

Weather & Conditions

Typical Temperatures: 9–16 °C in valleys; 5–11 °C on summits. May can bring pleasantly warm and bright days, though temperatures drop noticeably with height or when cloud and wind move in.

Rain & Wind: Expect changeable Lake District weather — sunshine one moment, showers the next. Light winds in the valleys can quickly turn to brisk gusts on exposed ridges. Be prepared for both warmth and rain, sometimes in the same hour.

Daylight: Early sunrises and late sunsets make for wonderfully long walking days (sunrise around 05:00, sunset about 21:15).

Ground Conditions: Paths may be stony, grassy, or muddy after rain. Higher routes can hold moisture underfoot, while lower trails may be firm and dry in settled spells. Gaiters and poles can add comfort and balance.

Best Practice: Pack for variety — waterproof jacket and trousers, light insulating layers, gloves, hat, and sun protection. Carry plenty of water on warmer days. Walking boots/shoes with a good grip are essential on all routes

The Finer Points

How This Trip Works

We're a guiding provider, not a tour operator. To keep your choices flexible and costs transparent, you'll book and pay for your accommodation separately. We provide the guided programme only along with the logistics.

What this means

Guiding & programme fee — paid to us.

Accommodation — We arrange this together, or you can choose your own.

How to book (simple steps)

- **Reserve your place on this trip** with us with a non-refundable deposit of £50
- Organise accommodation, liaising with WALX Derwent and Dales.
- See 'How to prepare guide', which is sent separately once booked.

Prices and Supplements

• **Guiding Price:** £ 295 pp for 3 days.

• **Management and logistics fee:** £30 pp - Due to increased operational and administrative costs across all 2026 trips, a small management and logistics fee applies. This helps cover essential behind-the-scenes work, including itinerary planning, route updates, pre-trip

communication, safety administration, local liaison, and coordination between guides, accommodation, dinner plans and transport logistics. The management fee may vary slightly depending on the trip location and its distance from our home base, reflecting additional travel time, fuel, and vehicle transport requirements.

- **Accommodation Price:** From £300 pp based on the price for Bridge Cottages.
- Payment terms - Non-refundable deposit upon booking. Balance is due 8 weeks before the trip.
- We need a minimum of 6 for this trip to go ahead. We aim for a group size of 12 participants.
- Booking contact: WALX Derwent & Dales Samantha Armstrong Email: sam.derwentdales@walx.co.uk Phone: 07860 478409

What's Not Included

- Accommodation, meals, packed lunches, drinks,
- Personal travel insurance in case of cancellation
- Travel costs - We will set up a WhatsApp group and put you in contact with each other to organise travel plans.

We will issue a comprehensive Kit List and T&C's.

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