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| **South Lakes Walking Club**  **Saturday and Sunday walks are arranged alternately throughout the year.** | | | | |
| **Sunday Coach Walks Programme Jan-June 2019 Coach cost £12**  **Departing from - Natland Road bus stop (near roundabout) Kendal-9.10am, Blackhall Road Bus Station-9.15am.**  ***The Walks Secretaries welcome suggestions for walks and destinations anytime.*** | | | | |
| **Date** | **Grade** | **Walk Description** | **Leader** | **Destination** |
| **No coach**  **Jan 06**  **Car walks** | **B** |  |  | **No coach ..Meet at Natland Rd, 9.00 for car walks** |
| Silverdale, Arnside Tower & Knott from Arnside (10m/1200ft) | Nig Markham |
| (If bad weather, phone 015395 60319 for update) |  |
| **Jan 13** | **A** | Skelwith Bridge to Hawkshead | John Edmondson | **Hawkshead** |
| **B** | Clappersgate to Hawkshead | Marilyn/Diane/Mel |
| **C** | Claife Heights | Jim Lawson | **Kendal Ramblers are invited to join us on these walks** |
| **Jan 27** | **A** | Ingleborough and Norber | David Bullas | **Clapham** |
| **B** | Crummack Dale | Brian Baker |
| **C** | Waterfalls and Newby |  |
| **Feb 10** | **A** | Barbon Area | John Ryder | **Barbon** |
| **B** | Barbon Low Fell | Dave Harrison |
| **C** | Barbon and Casterton | Avril Hallam |
| **Feb 24** | **A** | Whernside from Ribblehead | John Ogden | **Ingleton** |
| **B** | Ingleton from Ribblesdale | Margaret and Dennis |
| **C** | Thornton in Lonsdale | Yvonne Houfe |
| **Mar 10** | **A** | Fell Head and the Calf | Brian Baker | **Sedbergh** |
| **B** | Crook of Lune and Winder | Jim Ring |
| **C** | The Dales Way | Ray Holmes |
| **Mar 24** | **A** | Fairfield Fells and Stone Arthur | John Ryder | **Grasmere** |
| **B** | Steel Fell | John Holman |
| **C** | Ambleside to Grasmere | Christine Winsor |
| **Apr 7** | **A** | Hebden Bridge to Haworth | Les Fielden | **Haworth** |
| **B** | One way or another | Brian Baker |
| **C** | A Haworth explore |  |
| **Apr 21** | **A** | Wythburn to Seatoller | John Edmondson | **Seatoller** |
| **B** | Sprinkling Tarn and Seathwaite Fell | Marilyn and Mel |
| **C** | Borrowdale Valley walk | Ray Holmes |
| **May 5** | **A** | Buckden Pike | David Bullas | **Kettlewell** |
| **B** | Kettlewell area | Ian Powell |
| **C** | Kettlewell area | Avril Hallam |
| **May 19** | **A** | Middle Knoll and Dunsop Fell |  | **Slaidburn** |
| **B** | Stocks Reservoir circular | John Ryder |
| **C** | Hodder Valley to Stocks Reservoir | Linda Barker |
| **Jun 2** | **A** | Hartsopp to Pooley Bridge | David Bullas | **Pooley Bridge**  **(via Windermere)** |
| **B** | Aira Force to Pooley Bridge | Alison Jones |
| **C** | Ulswater Way Wander | Jim Ring |
| **Jun 16** | **A** | Mungrisdale to Threlkeld via Blencathra | John Edmondson | **Threlkeld** |
| **B** | Thirlmere to Threlkeld | Joan Meakin |
| **C** | Dale Bottom to Threlkeld | Ray Holmes |
| **Jun 21** | **Fri** | **Weekend of walking in the high fells around Mof** | **fat** | **Contact Nigel for full information** |
| **Jun 30** | **A** | Black Combe from Silecroft | Nig Markham | **Millom** |
| **B** | White Combe |  |
| **C** | Silecroft to Millom | David Forrest |
|  | | | | |

**Kendal Ramblers have arranged two joint walks that SLWC members have been invited to attend:**

**Walk 1: 2 Jan, Helm & Underhelm (3m). Walk 2; 7 March, Derwentwater, Watendlath & Borrowdale (12m). Refer to Kendal Ramblers programme for full information ( web: kendalramblers.weebly.com)**

# Notes:

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|  |  | **S** | **aturday Car Walks Programme Jan-June 2019** | | | | |
| **Meet at B&Q Car Park, Burton Road, Kendal at 9.20 for a 9.30 departure, or at the start of the walk as indicated.** | | | | | | | |
| **Date** | **Grade** | **Walk Description** | **Dist/Asc** | **Leader** | **Time and Meeting Place** | **Grid Ref.** | **Cost** |
| **Jan 5** | C+ | Ambleside & Kirkstone Pass | 7.5m/1000ft | Dave Harrison | 10.15 Ambleside CP, N of town centre | NY374046 | £3.00 |
| **Jan 19** | B- | Kirkby Stephen and Nine Standards | 8.25m/1000ft | Dave Harrison | 10.15 Kirkby Stephen CP | NY775088 | £5.00 |
| **Feb 2** | B | Coniston & Tarn Hows | 7m/1000ft | Margaret Pook | 10.30 road outside main CP in Coniston | SD303975 | £4.00 |
| **Feb 16** | B | Great Asby Scar. **Joint walk with RA** | 9m/1040ft | Dave Harrison | 10.00 Orton Square | NY622082 | £3.50 |
| **Mar 2** | C+ | Sedbergh and Middleton Bridge | 8m/600ft | John Ryder | 10.20 beside New Bridge on A684 | SD665919 | £2.00 |
| **Mar 16** | C | Knipe Scar | 6m/700ft | Yvonne Houfe | 10.15 Bampton Grange Bridge | NY520180 | £4.00 |
| **Mar 30** | B | Rather Heath and Underbarrow | 9.5m/1400ft | John Edmonson \* | 10.00 old road A591 at Ratherheath | SD486963 | £1.30 |
| **Apr 13** | B | Tarn Hows | 7m/1000ft | Christine Winsor | 10.00 Tarn Hows NT CP | SD326996 | £4.00 |
| **Apr 27** | C | Holme Park Fell & Canal | 7m/750ft | Gillian Cochrane | 09.50 Holme, High St near Junior School | SD525791 | £2.00 |
| **May 11** | C+ | Caldbeck | 8.25/512ft | Alison Jones and Libby | **09.00 B&Q (EARLY) or 10.00 Caldbeck** | NY325398 | £8.00 |
| **May 25** | C | Rusland Ramble with bluebells | 5m/500ft | Dave Harrison | 10.15 St Paul's Church, Rusland | SD338897 | £4.00 |
| **Jun 8** | B | Buckden Pike | 9m/1739ft | Dave Harrison | 11.00 Buckden CP | SD942773 | £8.00 |
| **Jun 22** | B | Tilberthwaite and Little Langdale | 6m/1700ft | John Edmonson \* | 10.30 Tilberthwaite Quarry | NY306010 | £4.50 |
|  |  |  |  |  |  |  |  |

* **leader will meet up with the group at the start point.**

**Officers:**

**SOUTH LAKES WALKING CLUB**

**( Affiliated to H.F. Holidays.co.uk)**

**Website: slwc.weebly.com**

Programme January-June 2019

**PRESIDENT:** John Edmondson, Tel (01539) 821251 **GENERAL SECRETARY:** John Ogden, Tel: (01539) 737517 **TREASURER:** John Watson, Tel: (01539) 560362

**SUNDAY COACH SECRETARY:** (All coach bookings) Brian Baker,

# Tel: 07971 767194 (Between 6pm and 9pm, but NOT Sundays)-and if possible avoid leaving a message.

**SUNDAY WALKS SECRETARIES:** John Ryder Tel: (07713) 252135 / Nigel Markham Tel: (01539) 560319

**SATURDAY WALKS SECRETARY:** David Harrison, 3 Tel: (01539) 728426

**EVENING WALKS SECRETARY:** Margaret Millington, Tel: (01539) 737957 **SOCIAL SECRETARY:** David (Corky) Corkill, Tel: (01539) 726965 **WEBMASTER:** John Edmondson

**OTHER COMMITTEE MEMBERS:** Peter Mounsey, Tel:07483 242189 Mel McCreesh, Tel: (01539) 720849

**AUDITOR:** Bill Wood

**PROGRAMME EDITOR:** Nigel Markham

**SUBSCRIPTIONS: £10 Payable from 1 January direct to the Treasurer** (Cheques made out to South Lakes Walking Club)

(NB: Membership is considered "Lapsed" if subscriptions are not renewed by the 1 May)

**MEMBERSHIP ENQUIRIES:** Please contact the General Secretary or Treasurer. **(**Email addresses for all Committee Members can be found on the clubs website) **WALKS:**

* + Guidelines for leaders & members can be found on the Club Website, or a copy can be obtained from the Secretary.
  + It is recommended that crampons or microspikes are carried whenever ice and snow are present.

# LEADERS:

* + Shall not be liable to members or any other persons going on walks for any personal injury, damage, loss or inconvenience of any kind caused to members or other walkers or their property.
  + Have discretion to refuse to take any member who is considered unsuited to participate in the proposed walk or who they consider is inadequately equipped for the prevailing conditions.

**CONDUCT**: Please do not get ahead of the Leader, and please do not leave the walk without letting the Leader know.

You must be accompanied by at least one other person if you do leave a walk for any reason.

**DOGS** : Are not allowed on any walks (except assistance dogs).

**GRADES:** (approx) **A =** 11-15miles, 2500-4000ft ascent. **B =** 8-10 miles, 2500ft ascent. **C =** 6-8 miles, 1000ft asc.

# COACHES:

* **The cost is £12 per person.**
* **Full fare is payable if a cancellation is made for whatever reason after the Wednesday before the walk.**
* **The coach will normally commence the return journey half an hour after the last party has arrived back.**

**DATA PROTECTION:** The names and details of Leaders are included in accordance with the SLWC Privacy Policy on personal data as available on the Club’s website. Leader’s names can be amended (ie: initials only or Christian names only ) by the Secretaries if requested. This applies to Saturday, Sunday & evening walk leaders.

**SATURDAY & EVENING WALKS:** Car share where possible, and check parking facilities with Leaders.

**Summer Evening Walks Programme May-June 2019**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Meeting Point** | **Grid Ref.** | **Leader** | **Contact phone number** |
| May 6 | Staveley Mill Yard | SD472983 | John Edmondson |  |
| May 13 | Eaves Wood Silverdale | SD472758 | Avril Hallam |  |
| May 20 | Highwayman A683 | SD612752 | Alice Kramer |  |
| May 27 | Crook Church CP | SD451951 | Pauline Goodridge |  |
| June 3 | Crooklands Hotel | SD534836 | Jill Hayes |  |
| June 10 | A6 Otterbank L’by | SD532972 | Gillian Cochrane |  |
| June 17 | Burneside Hall Road | SD506958 | Maggie Millington |  |
| Jun24 | Ship Inn Sandside | SD477807 | Joan Meakin |  |

**Please note:** walks start at **6.30pm** from the meeting points shown. If you need or can offer a lift from Kendal, be at Natland Rd.(nr Romney Bridge) for car share, leaving at **6pm. Prompt.** Fuel cost is **£2 per passenger.**