

South Lakes Walking Club

Saturday and Sunday walks are arranged alternately throughout the year

Sunday Coach Walks Programme			January-June 2014	Coach cost:£8
Starting from - Natland road bus stop (near roundabout) Kendal-9:10am, Blackhall Road Bus Station-9:15am.				
Date	Grade	Walk Description	Leader	Destination
5 Jan	A	Hobdale and Great Dummacks	Brian Baker	Sedbergh
	B	Winder, Crook & Arant Haw		
	C	Rawthey and Clough rivers	Yvonne Houfe	
19 Jan	A	Red Screes	David Bullas	Ambleside
	B	Silver How & Loughrigg Fell	Brian Meakin	
	C	Windermere to Ambleside	Ray Holmes	
2 Feb	A	Arnside to Kirkby Lonsdale (alt C2C/1)*	Terry Haygarth	Kirkby Lonsdale
	B	Farleton Fell and Hutton Roof Crag	Joan Meakin	
	C	Crooklands to Kirkby Lonsdale.	Margaret Pook	
3 Feb		Monday, AGM Kendal Town Hall 7:30pm		
Walk+Meal 16 Feb	A	Newby Bridge to Spark Bridge	Nigel Markham	Birthday Meal-Farmers Arms Spark Bridge Spark Bridge
	B	Ulverston to Spark Bridge	Ria Akster	
	C	Circular from Spark Bridge	David Forrest	
2 Mar	A	Kirkby Lonsdale to Ingleton (alt C2C/2)	John Edmondson	Ingleton
	B	Kirkby Lonsdale to Ingleton (altC2C/2)	Jim Lawson	
	C	Low & High Bentham from Burton in Lonsdale	Ray Holmes	
16 Mar	A	Grasmere Wander	Christine Winsor	Grasmere
	B	Elterwater	Trevor & Christine	
	C	Ambleside to Grasmere	Mike Jackson	
30 Mar	A	Ingleton to Horton In Ribblesdale (alt C2C/3)	Ian Lund	Horton In Ribblesdale
	B	Ingleton to Horton in Ribblesdale(altC2C/3)	Dennis Pook	
	C	Clapham to Horton In Ribblesdale	Avril Hallam	
13 Apr	A	Grisedale Pike	Les Fielden	Braithwaite
	B	Whinlatter Fells	John Holman	
	C	Littletown to Braithwaite	Alice Kramer	
27 Apr	A	Horton In Ribblesdale to Hawes (alt C2C/4)	Dave Harrison	Hawes (Via Ingleton)
	B	Wether Fell (Drumaldrace)	Brian Baker	
	C	Cotterdale	Ray Holmes	
11 May	A	Coniston Round	David Bullas	Coniston
	B	Yewdale Fells and Holme Fell	John Watson	
	C	Little Langdale from Skelwith Bridge	David Forrest	
25 May	A	Hawes to Aysgarth (alt C2C/5)	John Edmondson	Aysgarth
	B	Semer Water & Stake Allotments from Bainbridge	Ian Powell	
	C	Bainbridge to Aysgarth	Ray Holmes	
Early start 8 Jun	A	Crag Fell, Lankrigg and Dent, finish at Cleator Moor	Brian Baker	8.30 start Natland Rd Ennerdale Bridge 8.35 Blackhall Rd
	B	Crag Fell and Grike		
	C	Murton Fell to Ennerdale Bridge	Alice Kramer	
Early start 22 Jun	A	Aysgarth to Reeth (alt C2C/6)	Nigel Markham	8.30 start Natland Rd Reeth 8.35 Blackhall Rd
	B	Aysgarth to Reeth (altC2C/6)	John Clement	
	C	Swaledale	Mike Jackson	

(alt C2C=Alternative Coast To Coast section)

Saturday Car Walks Programme				January-June 2014		
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	Leader	Time & Meeting Place	Grid Ref.	Cost
11 Jan	C	Three Tarns (8mls/300ft)	Janice Henderson	B&Q or 9.50 OtterBank, Skelsmergh	SD532 972	£1.80
25 Jan	C	River Kent and Helsington (7mls/500ft)	Yvonne Houfe	B&Q 9.30	SD523 907	£0.00
3 Feb		Monday, AGM Kendal Town Hall 7:30pm				
8 Feb	B	Elterwater Round 8mls/1200ft)	Ria Akster	B&Q or 10.15 N.Trust CP, Elterwater.	NY328 047	£3.20
22 Feb	B	Coniston Moor, Mines & Quarries (10mls/1650ft)	John Edmondson	B&Q or 10.30 Shepherd's Bridge	SD314 998	£3.80
8 Mar	C	A Coastal Walk (8mls/400ft)	Avril Hallam	B&Q or 10.10 Eaves Wood CP	SD471759	£3.00
22 Mar	B	Fox's Pulpit and River Lune (8mls/1100ft)	Gillian Cochrane	B&Q or 10.00 Crook of Lune Bridge	NY620 963	£2.00
5 Apr	C	Bardsea and Birkrigg Common (7mls/650ft)	Jennifer Rae	B&Q or 10.15 layby on A5087, Bardsea	SD302 742	£5.20
19 Apr	C	Lythe Valley Blossomtime (6.5mls/700ft)	Alice Kramer	B&Q or 10.00 Opp. Lythe Valley Hotel	SD453 896	£2.00
3 May	C	Another Beacon Fell 6mls/700ft)	Mike Jackson	B&Q or 10.30 Brock Mill CP	SD548 431	£6.60
17 May	B	Barbon Low Fell Circuit (8mls/1000ft)	Mgt & Dennis Pook	B&Q or 10.10 Barbon Village Hall	SD627 824	£3.00
31 May	B	Austwick and Feizor (8mls/750ft)	Dorothy Hayton	B&Q or 10.15 Austwick	SD770 687	£4.80
14 Jun	B	Highfields, Aughton and Lune (10mls/500ft)	Ian Powell	B&Q or 10.00 Crook o' Lune CP	SD522 647	£4.00
28 Jun	C	Below Whinfell Ridge (6.5mls/750ft)	Dot Ward	B&Q or 10.20 Low Jock Scar	NY541 010	£2.00

SOUTH LAKES WALKING CLUB

Website: slwc.weebly.com

Programme January-June 2014

OFFICERS

PRESIDENT: Joan Meakin, Tel: (01539) 565722

GENERAL SECRETARY: Ria Akster, Tel: (01539) 733887

TREASURER: John Watson, Tel: (01539) 560362

SUNDAY COACH SECRETARY: (All coach bookings) Brian Baker,
Tel: 07971 767194 (Between 6pm and 9pm, but NOT Sundays)

SUNDAY WALKS SECRETARY: Nigel Markham, Tel: (01539) 560319

SATURDAY WALKS SECRETARY: David Harrison Tel: (01539) 728426

SOCIAL SECRETARY: David (Corky) Corkhill Tel: (01539) 726965

COMMITTEE: John Holman Tel: (01539) 560662 Sharon Bloomfield Tel: (01539) 731082
John Edmondson Tel: (01539) 821251

AUDITOR: Rupert Connell

SUBSCRIPTIONS: £5 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.

WALKS:

- Guidelines for leaders & members can be found on the Club Website, or a copy can be obtained from the Secretary

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: (APPROXIMATE)

- A** = 11-15 miles, 2500-4000ft ascent. **B** = 8-10 miles, 2500ft ascent. **C** = 6-8 miles, max ascent 1000ft.

COACHES:

- The charge is £8 per person.
- Full fare is payable if a cancellation is made for whatever reason after the Wednesday before the walk.

SATURDAY & EVENING WALKS:

- Car share where possible, and check parking facilities with Leaders.

JANUARY- JUNE 2014 MONDAY EVENING WALKS PROGRAMME

Monday	Meeting Point	Grid ref.	Leader	Contact number
19 May	Ratherheath, old 591	486 963	John Edmondson	01539 821251
26 May	Longlands Inn, Tewitfield	520 737	Janice Henderson	01539 725339
2 June	Wilfs CP Staveley	473 983	Ria Akster	01539 733887
9 June	Arnside Knott CP	452 774	Jennifer Rae	01539 724454
16 June	Otterbank layby, A6	533 973	Jill Hayes	01539 733099
23 June	Bus stop, Levens Village	489 860	Irene Hall	01539 560781
30 June	Arnside Prom, far end	455 787	Avril Hallam	01539 564118

Unless otherwise stated, walks start at 7.00pm from the meeting point shown, and are approx. 4 miles long. If you need or can offer a lift from Kendal, then please be at Natland Road, Kendal (near Romney Bridge) for car sharing (leaving at 6.30 prompt). Fuel cost is £1.50 per passenger. Any queries tel. Alice Kramer (Evening Walks Coordinator) on 01539 724454.