

# South Lakes Walking Club

Saturday and Sunday walks are arranged alternately throughout the year.

<b>Sunday Coach Walks Programme      Jan-June 2015      Coach cost: £8</b> <b>Departing from - Natland Road bus stop (near roundabout) Kendal-9.10am, Blackhall Road Bus Station-9.15am.</b>				
Date	Grade	Walk Description	Leader	Destination
Jan 4	A	Moughton Scar	Ian Lund	<b>Clapham</b>
	B	Giggleswick to Clapham	Marg't & Dennis Pook	
	C	Circular to Feizor	Mike Jackson	
Jan 18	A	Coniston area	Ria Akster	<b>Coniston</b> (Via Ambleside)
	B	Clappersgate to Coniston via Blelham Tarn	John Edmondson	
	C	Coniston & Torver	Yvonne Houfe	
Feb 1	A	Nab Scar & Loughrigg	Brian Baker	<b>Ambleside</b>
	B	Skelwith Bridge to Ambleside	Dave Harrison	
	C	Ambleside Wander	Christine Winsor	
Feb 2		AGM 7.30pm Monday Kendal Town Hall		
Walk+Meal	A	Lindale to Backbarrow	Nigel Markham	<b>Birthday Meal</b> <b>Backbarrow</b> Whitewater Hotel, Backbarrow
Feb 15	B	Circular from Backbarrow	John & Sheila Watson	
	C	Backbarrow area	Ray Holmes	
Mar 1	A	Circular to Rye Loaf Hill & Kirkby Fell from Settle	Corky	<b>Settle</b>
	B	Circular to Jubilee Cave, Ewe Moor & Attermire Scar	Ria Akster	
	C	Settle area	Avril Hallam	
Mar 15	A	Borrowdale from Huck's Bridge	Les Fielden	<b>Tebay</b> Via Shap (A6)
	B	Selside to Tebay	Trevor & Christine	
	C	Bretherdale	Ray Holmes	
Mar 29	A	Skiddaw Forest	Brian Baker	<b>Keswick</b>
	B	Keswick area	Joan Meakin	
	C	St John's Beck & Threlkeld Bridge from Legburthwaite	Alice Kramer	
Apr 12	A	Hadrian's Wall	Ian Lund	<b>Greenhead</b>
	B	Hadrian's Wall West Craggs from Haltwhistle	David Harrison	
	C	Greenhead area	Ray Holmes	
Apr 26	A	Harper Hills & Seat Robert	Nigel Markham	<b>Shap</b>
	B	Tebay to Shap	Trevor & Christine	
	C	Hardendale & Oddendale from Shap	Mike Jackson	
May 10	A	Helm Crag, High Raise and Sergeant Man		<b>Grasmere</b>
	B	Blea Rigg & Tarn Crag	Brian Baker	
	C	Ambleside to Grasmere	Ray Holmes	
May 24	A	Gunnarside to Thwaite	David Bullas	<b>Thwaite</b>
	B	Swinner Gill & Kisdon Force from Gunnarside		
	C	Circuit of Kisdon from Thwaite	Mike Jackson	
Jun 7	A	Red Screes from Kirkstone Pass	John Edmondson	<b>Glenridding</b>
	B	Sheffield Pike & Glencoyne Balcony	David Harrison	
	C	Grisedale	Mike Jackson	
Jun 21	A	Ilkley Moor	John Edmondson	<b>Ilkley</b>
	B	Ilkley Moor	Jim Lawson	
	C	Ilkley area	Ray Holmes	

<b>Saturday Car Walks Programme      Jan-June 2015</b> <b>Meet at B&amp;Q Car Park, Burton Road, Kendal at 9.20 for a 9.30 departure, or at the start of the walk as indicated.</b>							
Date	Grade	Walk Description	Dist/Asc	Leader	Time & Meeting place	Grid Ref	Cost
Jan 10	B	Under Silver Howe	6m/1200ft	Ria Akster	10.15 Lay-by opp. Swan Inn, A591 Grasmere	NY337085	£4.00
Jan 24	C	A circuit from Ings	6m/800ft	Yvonne Houfe	10.00 Ings	SD445987	£2.00
Feb 7	B/C	Coniston and Levens Water	5m/1100ft	Cliff Brereton	10.15 Coniston TIC	SD303975	£4.50
Feb 21	C	Jaws of Borrowdale & Watendlath	7.5m/825ft	Dave Harrison	10.45 Rosthwaite CP	NY257148	£7.00
Mar 7	B	Badger Gate	9m/1000ft	Dave Harrison	09.45 Crooklands	SD538825	£1.60
Mar 21	C	Upper Longsleddale & Kentmere Pike	8m/2000ft	Dave Harrison	10.15 Sadgill Bridge	NY483056	£2.00
Apr 4	B	Winstor Valley & Rosthwaite Heights	7m/1000ft	Gillian Cochrane	10.00 Winstor Church	SD417931	£2.00
Apr 18	B	Askham circular	8m/1000ft	Dennis & Margaret Pook	10.15 Askham village CP	NY512238	£5.40
May 2	C	Smardale Gill	7m/500ft	Alice Kramer	10.15 Ravenstonedale School	NY722043	£4.40
May 16	C	Pennine Way meets Ribble Way	7m/500ft	Mike Jackson	10.30 Horton-in-Ribblesdale CP	SD807726	£6.00
May 30	B	Brunt Knott & Potter Fell	8m/1700ft	John Edmondson	10.00 Barley Bridge, Staveley *	SD470987	£1.40
Jun 13	B	Jeffrey's Mount and Borrowdale	7m/1740ft	Alison Jones	10.00 Lune's Bridge	SD613028	£2.70
Jun 27	C	Circuit from Holme	8.5m/860ft	Dorothy Hayton	10.00 Canal bridge north of Holme	SD528798	£4.00

**Note: \* leader will meet at the start point of the walk**

# SOUTH LAKES WALKING CLUB

Website: [slwc.weebly.com](http://slwc.weebly.com)

## Programme Jan-June 2015

### OFFICERS

**PRESIDENT:** A new President is due to be elected at the February 2015 AGM.

**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

**WEBMASTER:** John Edmondson, Tel: (01539) 821251

**COMMITTEE:** Sharon Bloomfield, Tel: (01539) 731082 (1 Committee member vacancy at time of printing)

**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.
- 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:** (APPROXIMATE)

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

### **COACHES:**

- **The cost 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.

## Summer Evening Walks Programme

Monday	Meeting Point	Grid ref.	Leader	Contact number
May 18	Capplerigg Lane Ent.	477/953	John Edmondson	01539 821251
*May 25	Milnthorpe Bridge	489/814	Avril Hallam	01539 564118
June 1	Leighton Moss CP	477/750	Jennifer Rae	01524 762193
June 8	Holme CP. by spar	524/788	Janice Henderson	01539 725339
June 15	Millside/Beckhead	453/839	Margaret Millington	01539 737957
June 22	Humphrey Head Beach	390/740	Alice Kramer	01539 724454
June 29	Helm CP	535/900	David Bullas	01539 736686

### **\* Bank Holiday**

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. Janice Henderson (Evening Walks Coordinator) on 01539 725339 or 07929 846483