

| South Lakes Walking Club | | | | |
|--|------|---|----------------------|--|
| Saturday and Sunday walks are arranged alternately throughout the year. | | | | |
| Sunday Coach Walks Programme | | | Jan-June 2016 | Coach cost: £10 |
| Departing from - Natland Road bus stop (near roundabout) Kendal-9.10am, Blackhall Road Bus Station-9.15am. | | | | |
| Date | Grad | Walk Description | Leader | Destination |
| Jan 3 | A | Red Screes & High Pike | Christine Winsor | Ambleside |
| | B | Grasmere to Ambleside | | |
| | C | Ambleside Wander | | |
| Jan 17 | A | Ingleborough from Austwick | Brian Baker | Ingleton |
| | B | Ingleborough from Clapham | David Forest | |
| | C | Circular aroud Ingleton | | |
| Jan 31 | A | Grasmere area | John Ryder | Grasmere |
| | B | Grasmere area | Alison Jones | |
| | C | Ambleside to Grasmere | | |
| Valentines day Feb 14 | A | Sedbergh area | Belinda & Corky | Sedbergh |
| | B | Winder & Arant Haw | Nick Slack | |
| | C | River Rawthey, Millthrop, Sedbergh | Kathy Slack | |
| Feb 22 | AGM | Monday 7.30pm Kendal Town Hall | | |
| Birthday meal Feb 28 | A | Black Fell,Holme Fell & Tarn Hows from Outgate (11m/3000ft asc) | John Edmondson | Birthday Meal venue not available at the time of printing Hawkshead |
| | B | Hawkshead area | Margaret&Dennis Pook | |
| | C | Bletham Tarn, Wray Castle & Belle Grange from Hawkshead | J&S Watson | |
| Mar 13 | A | Settle to Malham via the Scars | Ria Akster | Malham |
| | B | Settle to Malham | Jim Lawson | |
| | C | Linear walk to Malham | Yvonne Houfe | |
| Easter Sunday Mar 27 | A | Nine Standards Rigg | Nigel Markham | Kirkby Stephen |
| | B | Stennerskeugh & Little Hill from Ravenstonedale | Joan Meakin | |
| | C | Eden Valley & Pendragon Castle | Alice Kramer | |
| Early start Apr 10 | A | Middleton to Barnard Castle | Brian Baker | 8.30 start Natland Road Barnard Castle 8.35 Bus Station |
| | B | Teesdale Way from Middleton | Trevor & Christine | |
| | C | Teesdale & Deepdale | Ian Powell | |
| Apr 24 | A | Newlands Round | David Bullas | Keswick |
| | B | Keswick area | Dave Harrison | |
| | C | Castle Rigg & Castle Crag | Jim Ring | |
| May 8 | A | Airton & Brown Hill from Coniston Cold | Ian Lund | Gargrave |
| | B | Gentle rolling pasture + canal (11.25m/574 ft. asc) | David Harrison | |
| | C | Gargrave Circular | Mike Jackson | |
| May 22 | A | Lingmoor Fell & Pike of Blisco (8m/3500ft asc) | John Edmondson | Langdale New Dungeon Ghyll |
| | B | Pike of Blisco and Red Tarn | Beryl H & Sue S | |
| | C | Skelwith Bridge to NDG | | |
| June 5 | A | Grassington Moor & Hebden Moor | Margaret&Dennis Pook | Grassington |
| | B | Dales Way & Grassington Moor | | |
| | C | Around Grassington | Avril Hallam | |
| June 19 | A | Brough area | John Edmondson | Brough |
| | B | Church Brough, Winton, Soulby & Great Musgrave (9.5m/900ft asc) | | |
| | C | River Belah, Augill Beck & Argill Beck | Joan Meakin | |

Note: Contact Nigel if you are able to fill any of the above leader vacancies

| | | Saturday Car Walks Programme | | | Jan-June 2016 | | |
|---|-------|------------------------------------|-------------|------------------|--|------------|-------|
| 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 | Leader | Grid Ref | Cost |
| Jan 9 | B | Ambleside to Rydal and back | 8m/800ft | Ria Akster | 10.00 Miller Bridge, Ambleside | NY371045 | £2.60 |
| Jan 23 | B | Loughrigg and Lily Tarns * | 8.5m/1200ft | John Ryder | 10.00 Elterwater NT Car Park | NY329047 | £3.00 |
| Feb 6 | B | Arnside circular | 8.5m/1200ft | Margaret Pook | 10.00 far end Arnside promenade | SD 453 786 | £2.20 |
| Feb 20 | C | Heathwaite Fell and Great Burney | 6m/1000ft | John Holman | 10.15 Old Woodland Road | SD259852 | £5.00 |
| Feb 22 | | AGM Monday 7.30pm Kendal Town Hall | | | | | |
| Mar 5 | C | Silverdale to Arnside linear | 7m/500ft | Dave Harrison | 10.40 Arnside Rail Station (10.00 B&Q) | SD461788 | £2.40 |
| Mar 19 | C | Wray Castle & nearby viewpoints | 6m/600ft | Alice Kramer | 10.15 Wray Castle NT Car Park | NY375011 | £3.40 |
| Apr 2 | B | Round High Rigg * | 7m/700ft | Christine Winsor | 10.30 Legburthwaite CP Pay and Display | NY319197 | £5.00 |
| Apr 16 | B | Gummer's How circuit | 7m/1000ft | Gillian Cochrane | 10.00 Gummer's How Car Park | SD389876 | £3.00 |
| Apr 30 | B | Sedbergh and Middleton Bridge | 8m/700ft | Yvonne Houfe | 10.00 Straight Bridge | SD665920 | £2.00 |
| May 14 | C | Rusland Ramble | 6m/500ft | Dave Harrison | 10.15 Rusland Church | SD338897 | £4.00 |
| May 28 | C | Dent waterfalls and river * | 6m/900ft | John Edmondson | 10:00 Dent Pay-and-Display Car Park | SD 704 870 | £3.30 |
| Jun 11 | C | Crosby Ravensworth | 7.5m/600ft | Janice Henderson | 10.15 opp. Crosby Village Hall | NY620147 | £4.50 |
| Jun 25 | C | Foothills of Pendle | 6m/900ft | Mike Jackson | 10.45 Downhan Car Park | SD785442 | £8.00 |
| | | | | | | | |

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

SOUTH LAKES WALKING CLUB

Website: slwc.weebly.com

Programme January-June 2016

OFFICERS

PRESIDENT: Jim Lawson Tel: (01539) 730649

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)-and if possible avoid leaving a message.

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

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

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

WEBMASTER: John Edmondson Tel: (01539) 821251

COMMITTEE: Sharon Bloomfield, Tel: (01539) 731082 Belinda Chavasse Tel: 07957 655663

AUDITOR: Bill Wood

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 £10 per person. (price increase from January 2016)
- 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.

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 16 | Otter Bank | 532/972 | John Edmondson | |
| May 23 | Opp. Lyth Valley Hotel | 453/896 | Gillian Cockrane | |
| May 30 (Bank Hol). | Grange C.P. | 412/783 | Pauline Goodridge | |
| June 6 | Cartmel Fell Church | 416/880 | Alice Kramer | |
| June 13 | Layby opp. Derby Arms | 441/829 | Avril Hallam | |
| June 20 | Winster Church | 417/931 | Janice Henderson | |
| June 27 | Arnside South Prom. C.P. | 456/787 | David Bullas | |

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 Co-ordinator) on 01539 725339 or 07929 846483