

South Lakes Walking Club

Saturday and Sunday walks are arranged alternately throughout the year.

Sunday Coach Walks Programme

January-June 2017

Coach fare £10

Departing from - Natland Road bus stop (near roundabout) Kendal-9.10am, Blackhall Road Bus Station-9.15am.

Date	Grade	Walk Description	Leader	Destination
Jan 1	A			No coach
	B			
	C			
Jan 15	A	Loughrigg & Black Fell	Brian Baker	Hawkshead Via Ambleside
	B	Ambleside to Hawkshead	Joan Meakin	
	C	Wray Castle to Hawkshead	J & S Watson	
Jan 29	A	Northern Howgills from Wath	Nig Markham	Ravenstonedale Via Tebay
	B	Hooksey & Green Bell from Wath		
	C	Linear walk from Newbiggin	Avril Hallam	
Feb 6	AGM Monday 7.30 pm Kendal Town Hall			
Birthday	A	Wansfell Pike & Red Screes	Ria Akster	Birthday Meal: Eagle & Child Staveley Ambleside <i>Staveley pickup/drop-off for members not joining the meal (inform Brian)</i>
Feb 12	B	Ambleside Wander	Christine Winsor	
Meal	C	Windermere to Ambleside	Jim Ring	
Feb 26	A	Barbon Area	John Ryder	Barbon
	B	Barbon Low Fell	John Edmondson	
	C	Barbon & Casterton	Yvonne Houfe	
Mar 12	A	Crinkle Crag & Bowfell	David Bullas	Langdale (New Dungeon Ghyll)
	B	Langdale Area	Dennis Pook	
	C	Linear from Skelwith Bridge	David Forest	
Mar 26	A	Clapham to Settle	Brian Baker	Settle
	B	Clapham to Settle	Ian Powell	
	C	Circular around Langcliffe	Alice Kramer	
Apr 9	A	Grasmere to Keswick	Dave Harrison	Keswick
	B	Keswick area	Ria Akster	
	C	Castlerigg, Ashness & Lakeside	Joan Meakin	
Apr 23	A	The Uldale Fells	Brian Baker	Caldbeck Via A591 & Keswick
	B	Meal Fell & Great Scar Fell from Uldale	Jim Lawson	
	C	Longlands & Branthwaite from Uldale	Ray Holmes	
May 7	A	Knock Old Man, Gt Dun Fell & Knock from Dufton	Ian lund	Dufton
	B	High Cup Nick & Great Runsdale	Dave Harrison	
	C	Circular to Flakebridge & Keisley	Mike Jackson	
May 21	A	Great & little Mell Fell	John Ryder	Pooley Bridge
	B	Gowbarrow		
	C	Aira Force to Pooley Bridge	Ray Holmes	
Jun 4	A	Fairfield & Seat Sandal	Mike Jackson	Grasmere
	B	Blea Rigg from Ambleside		
	C	Loughrigg Tarn & Elterwater	H. Kent	
No coach Jun 18	A	Red Pike, High Stile & Haystacks	David Bullas	Meet Natland rd 9am or start of walk Buttermere-by car (share drivers costs) ** See note below
	B	Bleaberry Tarn	John Edmondson	
	C	Lanthwaite & Rannerdale	Mike Jackson	

**** Full information about Buttermere will be given out by email nearer the date, and on the June 4 coach, or contact walk leaders after June 4 -(you must inform the leader of the party you wish to go with)**
David Bullas-01539 736686, John Edmondson- 01539 821251, Mike jackson 01539 560020

Saturday Car Walks Programme

January-June 2017

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 7	B	Coast, Arnside Knott and Tower	8m/500	Ria Akster	10.00 Arnside promenade	SD454787	£2.40
Jan 21	C	Windermere wander *	6m/1000	Christine Winsor	10.00 Limethwaite Road, Windermere	SD416978	£2.00
Feb 4	B	Circular to Feizor Tea Shop & Norber	8m/1200	Nigel Markham	10.30 Clapham CP	SD746692	£5.00
Feb 6	AGM Monday 7.30 pm Kendal Town Hall						
Feb 18	C	Gaits Barrow and Hazelslack	6m/200	Dave Harrison	10.00 Eaves Wood NT CP	SD471759	£3.00
Mar 4	C	Between Winster and Windermere	7m/800	Yvonne Houfe	10.00 Winster Church	SD419934	£2.40
Mar 18	C	Kirkby Lonsdale	7m/500	Avril Hallam	10.00 opposite Devil's Bridge	SD619782	£3.00
Apr 1	C	Crook meander	6.5/500 max	Alison Jones	09.50 off A591 at Crook	SD485964	£0.80
Apr 15	C	Whitbarrow	7m/700	Gillian Cochrane	10.00 Millside	SD452840	£1.80
Apr 29	B	Fellside Parish and Ancient People	9m/500	Dave Harrison	10.15 Calder Vale	SD533458	£7.00
May 13	C	Pennine Way North, Bell Busk	7m/500	Mike Jackson	10.30 Gargrave, North Street free CP	SD932543	£8.00
May 27	C	Edge of Helm / Old Sutton	7m/800	Linda Barker and John Ryder	10.00 A65 Barrows Green PH CP	SD526880	£0.50
Jun 10	C	Lily Mere to Killington Church	7m/600	Alice Kramer	10.00 layby on A684 Sedbergh road	SD615917	£1.40
Jun 24	B	White Howe and Bannisdale Head	7.5m/1600	John Edmondson	10.00 Side road off A6	NY545013	£1.80

Notes:

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

SOUTH LAKES WALKING CLUB

Website: slwc.weebly.com

Programme January-June 2017

OFFICERS

PRESIDENT: Jim Lawson, 3 Serpentine Road, Kendal, LA9 4PF Tel: (01539) 730649

GENERAL SECRETARY: **John Ogden, 47, Oak Tree Road, Kendal, LA9 6AN Tel: (01539) 737517

****Subject to election at Feb. 2017 AGM**

TREASURER: John Watson, Lawn Head, Lowgate, Levens, LA8 8NJ Tel: (01539) 560362

SUNDAY COACH SECRETARY: (All coach bookings) Brian Baker, 7 Bishops Court, Kendal, LA9 4EZ.

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

SUNDAY WALKS SECRETARY: Nigel Markham, Eden End, Sedgwick, LA8 0LN Tel: (01539) 560319

SATURDAY WALKS SECRETARY: David Harrison, 35 Valley Drive, Kendal, LA9 7AQ Tel: (01539) 728426

SOCIAL SECRETARY: David (Corky) Corkill, 12 Applewood, Kendal LA9 5EJ Tel: (01539) 726965

WEBMASTER: John Edmondson, Two Hoots, Winter Lane, Plantation Bridge, Kendal LA8 9JA Tel: (01539) 821251

COMMITTEE: Sharon Bloomfield, Tel: (01539) 731082. John Ryder Tel: 07713 252135

AUDITOR: Bill Wood

PROGRAMME EDITOR: Nigel Markham

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.
- 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 15th	Wilf's Car Park	SD472983	John Edmondson	01539 821251
May 22nd	Strickland Arms Layby	SD501873	Avril Hallam	015395 64118
May 29th	Helsington Church	SD488890	Pauline Goodridge	01539 720544
June 5th	Water Mill at Ings	SD445986	Jill Hayes	01539 733099
June 12th	Humphrey Head Beach	SD390740	Alice Kramer	01539 724454
June 19th	Heversham Hotel(Bluebell)	SD495834	Gillian Cochrane	01539 721757
June 26th	Cartmel Race Course	SD377787	David Bullas	01539 736686

All 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. Margaret Millington (Evening Walks Co-ordinator) on 01539 737957 or mob. 07906710849