

South Lakes Walking Club

Saturday and Sunday walks are arranged alternately throughout the year.

Sunday Coach Walks Programme			July - December 2013	Coach cost: £8
Starting from Natland Road bus stop (near roundabout) Kendal at 9.10 or Blackhall Road Bus Station at 9.15				
Date	Grade	Walk Description	Leader	Destination
7 July	A	Cold Pike & Pike of Blisco	Peter Jones	Langdale (New Dungeon Gyll)
	B	Lingmoor Fell	John Holman	
	C	Little Langdale from Skelwith Bridge	David Forrest	
Walk+meal 21 July	A	Skiddaw	John Edmondson	Summer Meal
	B	Thirlmere to Keswick via High Tove	Dennis Pook	Keswick
	C	St. Johns in the Vale	Ray Holmes	Horse & Farrier Threlkeld
4 Aug	A	Buckden Pike & Great Whernside	David Bullas	Kettlewell
	B	Kettlewell area	John Clement	
	C	Conistone & Dales Way from Grassington	Mike Jackson	
8.30 start 18 Aug	A	Illgill Head & The Screes	John Edmondson	Early start, 8.30 Natland Road Santon Bridge 8.35 Blackhall Road Bus Station
	B	Irton Fell, Mitterdale and Blea Tarn	Ian Lund	
	C	Muncaster Fell	Mike Jackson	
1 Sept	A	Arkleton Hill to Whita Hill	Brian Baker	Langholm
	B	Hog Fell	Nigel Markham	
	C	Potholm, New Langholm & Skippers Bridge from Sorbie		
15 Sept	A	3 Tarns walk	Les Fielden	Seatoller
	B	Around Rosthwaite	Nick Slack	
	C	Keswick to Seatoller	Kathy Slack	
22 Sept	A	Whitendale & White Hill from Dunsop Bridge		Slaidburn
	B	Dunsop Fell & Low Fell from Dunsop Bridge	Yvonne Houfe	
	C	Dunsop Bridge to Slaidburn	Mike Jackson	
27/29 Sept		Club away weekend at Buxton (the Sept 22 meeting is out of sequence due to this event)		
13 oct	A	Caldbeck Fells from Millhouse	Nigel Markham	Caldbeck
	B	High Pike from Millhouse	Peter Hill	
	C	Millhouse to Caldbeck	Avril Hallam	
27 Oct	A	Great Hill, Winter Hill & Wilderswood from Wheelton		Rivington
	B	Great Hill & Rivington Pike from Wheelton	Ian Powell	
	C	Anglezarke	Mike Jackson	
10 Nov	A	Hawkshead Wander	Christine Winsor	Hawkshead Via Ambleside
	B	Skelwith Bridge to Hawkshead	Joan Meakin	
	C	Claife Heights	Ray Holmes	
24 Nov	A	Giggleswick, Pot & Smearsett Scars	Brian Baker	Settle
	B	Clapham to Settle	Ria Akster	
	C	Clapham to Settle	Joan Meakin	
8 Dec	A	Ingleborough via White Scar	David Bullas	Ingleton
	B	Ingleton area	Jim & Pauline Lawson	
	C	Cowan Bridge to Ingleton	Alice Kramer	
17 Dec		Christmas Meal (Tuesday)		
22 Dec	A			No Coach Meet at Natland Rd. 9.00 for local/car walks
	B			
	C			

Saturday Car Walks Programme July - December 2013						
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
13 July	B	Gowbarrow and Matterdale (7.5m/1200ft))	Yvonne Houfe	B&Q or 10.30 Aira Force CP	NY402 201	£5.60
27 July	C+	Around Hutton Roof Craggs (9m/810ft))	Alice Kramer	B&Q or 10.00 Plain Quarry, Burton in Kendal	SD553 762	£2.60
10 Aug	B	Askham and Knipe Scar (10m/1350ft)	Mgt and Dennis Pook	B&Q or 10.30 Askham Village CP	NY513 238	£5.00
24 Aug	C+	Kittridding and Lupton (10m/250ft)	Linda Barker	B&Q or 10.00 Kittridding Farm	SD581 839	£2.00
7 Sept	B	Greenburn and Far Easedale (9m/2000ft)	John Edmondson	B&Q or 10.15 Layby on A591, G'mere	NY337 085	£3.40
21 Sept	C	Kentmere Reservoir (7m/700ft)	Ria Akster	B&Q or 10.00 Kentmere, end of BW	NY464 050	£2.00
27-29 Sept		Club away weekend at Buxton				
5 Oct	B	A Visit to Robin, Gill and Harry (8m/1150ft)	Mike Jackson	B&Q or 10.30 Clapham CP	SD745 692	£4.40
19 Oct	C	Milnthorpe Experience (6m/600ft)	Avril Hallam	B&Q or 10.00 Milnthorpe Bridge	SD489 814	£1.80
2 Nov	C	Colwith Force & Little Langdale (6.5m/750ft)	Aida Sutton	B&Q or 10.15 Elterwater NT CP	NY328 048	£4.00
16 Nov	B	Drumlin Country (7.5m/1000ft)	Laraine Earle	B&Q or 10.00 Leasgill nr. Everslea	SD496 844	£1.50
30 Nov	C	Fell, River and Canal (7.5m/750ft)	Dorothy Hayton	B&Q or 9.50 Layby nr. Strickland Arms	SD502 870	£1.50
14 Dec	C	Lilymere & Killington (8m/750ft)	Dorothy Ward	B&Q or 9.50 Layby on A864	SD615 917	£1.50
17 Dec		Christmas Meal (Tuesday)				
28 Dec	B	Windermere Wander 8.5m/1500ft)	Christine Winsor	B&Q or 10.00 Limethwaite Rd. W'mere	SD416 978	£2.20

SOUTH LAKES WALKING CLUB

Web site: slwc.weebly.com

Programme July – December 2013

OFFICERS

PRESIDENT: Joan Meakin, 8 Old Myse, Storth, LA7 7HQ Tel: (01539) 565722

GENERAL SECRETARY: Ria Akster, 16 Horncop Lane, Kendal, LA9 4SR Tel: (01539) 733887

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: 07971767194 (Between 6pm and 9pm, but NOT Sundays)

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

SATURDAY WALKS SECRETARY: Yvonne Houfe, 33 Lingmoor Rise, Kendal, LA9 7NR. Tel: (01539) 724691

SOCIAL SECRETARY: Beryl Holmes, 2 Helsington Laithes, Kendal, LA9 5RN Tel: (01539) 736796

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:

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, 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.

JULY / AUGUST EVENING WALKS PROGRAMME

Monday	Meeting Point	Grid ref.	Leader	
1 July	Rusland Pool Hotel layby	328 843	Avril Hallam	
8 July	Strickland Arms, Sizergh	501 873	Fionna Holman	
15 July	Lindale Inn, Lindale	418 804	Margaret Pook	
22 July	Parking opposite Arnside station	460 788	Joan Meakin	
29 July	Cunswick Fell free car park	490 924	Sarah Frost	
5 Aug	Duke Of Cumberland, Kendal (6:45pm)	521 932	Laraine Earle	
12 Aug	Stanley Street, Beetham (6:45pm)	497 794	Nigel Markham	

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). Petrol costs £1.50 per passenger. Any queries tel. Alice Kramer (Evening Walks Coordinator) on 01539 724454.