

South Lakes Walking Club

Saturday and Sunday walks are arranged alternately throughout the year

Sunday Coach Walks Programme July-December 2014				Coach cost: £8.00
Departing from - Natland road bus stop (near roundabout) Kendal-9.10am, Blackhall Road Bus Station-9.15am.				
Date	Grade	Description	Leader	Destination
6 July	A	Cat Bells to Dale Head	Nigel Markham	Seatoller
	B	Seathwaite Fell	Nick Slack	
	C	Langstrath from Rosthwaite	Ray & Beryl Holmes	
20 July	A	Great Shunner Fell & Lovely Seat	David Bullas	Hawes
	B	Pennine Way	Joan Meakin	
	C	Bainbridge to Reeth	Ray Holmes	
Walk & 3 Aug Summer Meal	A	Bannerdale Crags & Blencathra	Corky	Summer Meal - Horse & Farrier, Threlkeld Keswick
	B	Skiddaw	Jim Lawson	
	C	Millbeck Circular	Avril Hallam	
Early Start 17 Aug	A	Reeth to Richmond (C2C/6)	John Edmondson	8.30 start Natland Rd Richmond 8.35 Blackhall Rd
	B	Reeth to Richmond	Yvonne Houfe	
	C	Swaledale	David Forrest	
31 Aug	A	Lords Seat & Graystones	Brian Baker	Cockermouth
	B	Sale Fell & Ling Fell	John Holman	
	C	Watch Hill & Isel	Alice Kramer	
14 Sept	A	High Cup Nick, Blackstone Edge & Dufton Pike	Nigel Markham	Dufton
	B	High Cup Nick & Peeping Hill		
	C	Dufton Circular	Mike Jackson	
28 Sept	A	Thieveley Pike, Burnley Way & Counting Hill	Les Fielden	Todmorden
	B	Thieveley Pike & Freeholds Top	Brian Baker	
	C	Under Stoodley Pike	Mike Jackson	
31/1 Oct		Away weekend at Pitlochry		
12 Oct	A	High street & Place Fell	John Edmondson	Patterdale
	B	Stoney Cove Pike from Kirkstone	Joan Meakin	
	C	Kirkstone to Patterdale	Ray Holmes	
26 Oct	A	Pendle Hill	Ria Akster	Downham
	B	Pendle Hill	Trevor & Christine	
	C	In The Lee Of Pendle Hill	Mike Jackson	
9 Nov	A	Helvellyn to Seat Sandal from Thirlspot	David Bullas	Grasmere
	B	Steel Fell	Jim Lawson	
	C	Ambleside to Grasmere	John Watson	
23 Nov	A	Mallerstang	Terry Haygarth	Kirkby Stephen
	B	Mallerstang	Dennis Pook	
	C	River Eden	Ray Holmes	
7 Dec	A	High Blind How & Latterbarrow	Brian Baker	Hawkshead
	B	Hawkshead area	Nick Slack	
	C	Hawkshead area	Kathy Slack	
21 Dec	A			No coach
	B			
	C			

Saturday Car Walks Programme July-December 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	Dist/Asc	Leader	Time & Meeting Place	Grid Ref	Cost
12 Jul	B	Claife Heights (do not meet at B&Q)	7m/1000ft	Dave Harrison	10.30 bus- Bowness or Ash Landing cp 11.35	387 953	£1.00
26 Jul	B	Latrigg and the old railway line	8.5m/1700ft	Ria Akster	10.45 Briar Rigg, Keswick	267 242	£6.60
9 Aug	C	Crosby Garrett & Smardale Gill	8m, 500ft	Gillian Cochrane	10.30 Crosby Garrett	728 096	£5.00
23 Aug	B	Raven's Barrow and the Five Tarns	8.5m/1000ft	Dave Harrison	10.00 near Staveley-in-Cartmel	383 852	£3.00
6 Sept	C	Bentham Moor	6m/500ft	Mike Jackson	10.15 High Bentham	667 693	£4.00
20 Sept	C	Staveley and the Kentmere Valley	6m/1000ft	Dave Harrison	10.00 Barley Bridge, Staveley	470 987	£1.20
4 Oct	C	The Tarns & Yewdale		Yvonne Houfe	10.15 High Cross Car Park	332 986	£4.00
18 Oct	B	Levens Bridge to Croslands		Dorothy Hayton	10.00 Levens Bridge	497 874	£1.00
1 Nov	C	Around Milnthorpe	6m/500ft	Avril Hallam	10.00 Milnthorpe Bridge **	488 814	£2.00
15 Nov	C	Cartmel Fell and Winster	6.5m/900ft	John Edmonson	10.15 Cartmel Fell Village Hall **	416 880	£2.10
29 Nov	C	Cartmel Round	8m	Cliff Brereton	10.15 Pay&Dis CP,Grange-O-Sands	411 783	£3.00
13 Dec	B	Windermere Wander	8.0m/1500ft	Christine Winsor	10.00 Limethwaite Rd Windermere**	416 978	£2.20
27 Dec	C	Sizergh	5m/500ft	Alice Kramer	09.45 Sizergh Castle	497 878	£1.00
Notes:	12 July:	meet at Kendal Bus Station for 10.30 bus to Bowness.			**Leader will meet here		

SOUTH LAKES WALKING CLUB

Website: slwc.weebly.com

Programme July-December 2014

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: 07971 767194 (Between 6pm and 9pm, but NOT Sundays)

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) Corkhill, 12 Applewood, Kendal LA9 5EJ Tel: (01539) 726965

WEBMASTER: John Edmondson Two Hoots, Winter Lane, Plantation Bridge, Kendal LA8 9JA Tel: (015395) 821251

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

AUDITOR: At the time of printing a new auditor had not been appointed

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 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.

SUMMER EVENING WALKS PROGRAMME

Monday	Meeting Point	Grid ref.	Leader	Contact number
7 July	Stainton Canal CP	521 854	David Bullas	01539 736686
14 July	Lyth Valley Hotel (A5074)	453 896	Gillian Cochrane	01539 721757
21 July	Natland Village Green	521 892	Margaret Pook	01539 560249
28 July	Lowgill Viaduct, Beckfoot	616 965	Janice Henderson	01539 725339
4 Aug	Ship Inn, Sandside	478 807	Joan Meakin	01539 565722
11 Aug	Force Bridge, Sedgwick (6.45pm)	506 869	Nigel Markham	01539 560319
18 Aug	Helsington Church (6.45pm)	488 889	Janice Henderson	01539 725339

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.