

South Lakes Walking Club				
Saturday and Sunday walks are arranged alternately throughout the year.				
Sunday Coach Walks Programme			July – December 2016	Coach cost £10
Departing from - Natland Road bus stop (near roundabout) Kendal-9.10am, Blackhall Road Bus Station-9.15am.				
Date	Grade	Walk Description	Leader	Destination
July 3	A	Great Calva and the Forest	Brian Baker	Bassenthwaite
	B	Great Cockup, Trusmador & Little Tarn	John Edmondson	
	C	Bassenthwaite Lake and Messengermire Woods from Mirehouse		
Early start	A	Linear walk to Haworth	Nigl Markham	Early start: 8.30 Natland Rd / 8.35 Bus Station Haworth
July 17	B	Wolf Stones	Brian Baker	
	C	Haworth circular	Alison Jones	
Early start	A	Kettlewell area	Ria Akster	Early start: 8.30 Natland Rd / 8.35 Bus Station Kettlewell <i>(via Skipton)</i>
July 31	B	Kettlewell area	Jim Lawson	
	C	Dales Way	Yvonne Houfe	
Aug 14	A	Coniston Area	John Ryder	Coniston
	B	Coniston area	Dennis Pook	
	C	Coniston to Tarn Hows circular	Avrill Hallam	
Aug 28	A	Moorcock Inn, Cotterdale, Hardraw, Bainbridge (12m, 2,500ft)	John Edmondson	Bainbridge
	B	Askrigg & Bainbridge	Dave Harrison	
	C	Semer Water		
Sept 11	A	Catbells to Dale Head		Seatoller
	B	Catbells to high Spy	Nick Slack	
	C	Keswick to Seatoller	Kathy Slack	
Sept 25	A	Great Asby Scar	Ian Lund	Appleby
	B	Appleby & Rutter Falls (9m, 600ft)	Trevor & Christine	
	C	Bandley Bridge & Colby		
Oct 9	A	Long Preston to Gargrave (13m 2000ft asc)	John Edmondson	Gargrave
	B	Kirkby Mallam & ,Pennine Way from Long Preston (10m 1500ft)	Joan Meakin	
	C	Pennine Way North & Bell Busk, (circular)	Mike Jackson	
Oct 14-17	Club away weekend at Ravenscar			
Oct 23	A	The Dodds from St. John's In The Vale	Ria Akster	Threlkeld
	B	Raven Crag, High Rigg and low Rigg	Brian Baker	
	C	Threlkeld area	Jim Ring	
Nov 6	A	Newby Bridge to Ulverston	David Bullas	Ulverston
	B	Bardsea & Urswick	Joan&Brian Meakin	
	C	Cumbria way, Broughton Beck & Newland Bottom circ.from Ulverston	Ray Holms	
Nov 20	A	Cowan Bridge to Kirkby Lonsdale	Les Fielden	Kirkby Lonsdale
	B	Barbon Low Fell fron Cowan Bridge	Nick Slack	
	C	Circular walk	David Forest	
Dec 4	A	Easedale Matterhorn	Nig Markham	Grasmere
	B	Grasmere Wander	Christine Winsor	
	C	Ambleside to Grasmere	Jim Ring	
Dec 18	A	Riggindale	Corky	No Coach Meet at 9.00 at Natland Road for car walks
	B	Rough Hill, Low Cop & Hungerhill circular from Bampton		
	C	Askham Fell & Whale circular from Askham		

		Saturday Car Walks Programme			July-December 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
Jul 9	B	Apedale and Harkerside Moor (OL30)	9.8m/1444ft	Dave Harrison	10.45 Grinton to Redmire road	SE038963	£8.00
Jul 23	C	Garstang and Barnacre	6.2m/500ft	Dave Harrison	10.30 Garstang Discovery Centre CP	SD493454	£7.00
Aug 6	B	Leven and Rusland	10m/1000ft	Dave Harrison	10.00 near Swan Hotel, Newby Bridge	SD368863	£3.20
Aug 20	C	Levens	7m/1200ft	Christine Winsor	09.45 Sizergh Castle CP	SD499879	£1.00
Sep 3	C	Whitbarrow	7m/700ft	Gillian Cochrane	10.00 Millside	SD452840	£1.80
Sep 17	C	Pennine Way and Canal	7m/500ft	Mike Jackson	10.45 Gargrave North St CP (free)	SD932543	£8.00
Oct 1	B	River Kent, Gurnal Dubs, Potter Tarn	8.25m/984ft	Alison Jones	10.00 Burneside	SD504957	£1.00
Oct 15	C	Yewbarrow	7m/600ft	Avril Hallam *	09.50 Derby Arms layby	SD441829	£2.00
Oct 29	C	Lily Mere to Killington Church	7m/600ft	Alice Kramer	10.00 layby on A684 Sedbergh road	SD615917	£1.40
Nov 12	C	Cartmel	7m/600ft	Yvonne Houfe	10.00 Cartmel Racecourse (parking fee)	SD377787	£4.00
Nov 26	B	Kingate Idle Hill & Wansfell	6m/1350ft	John Edmondson	10:00 A592 layby north of Troutbeck	NY415040	£2.40
Dec 10	C	Under Silver Howe	6m/1200ft	Ria Akster	10.15 A591 layby opp Swan Hotel	NY337085	£4.00
Notes:							
* leader will meet up with the group at the start point.							

SOUTH LAKES WALKING CLUB

Website: slwc.weebly.com

Programme July-December 2016

OFFICERS

PRESIDENT: Jim Lawson, Tel: (01539) 730649

GENERAL SECRETARY: 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: Tel: (01539) 560319

SATURDAY WALKS SECRETARY: Tel: (01539) 728426

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

WEBMASTER: John Edmondson, Tel: (01539) 821251

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

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.
- 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
July 4	Plough Inn Lupton	554/811	Jill Hayes	
July 11	Joss Lane C.P. Sedburgh	659/922	John Ogden	
July 18	Crooklands Hotel	535/836	Janice Henderson	
July 25	Ship Inn Sandside	478/807	Joan Meakin	
Aug 1	High Dam C.P. Finsthwaite	368/882	Irene Hall	
Aug 8*	Memorial Hall Crook	456/951	John Edmondson	
Aug 15*	Millenium green Burneside	506/956	Margaret Pook	

All walks **except the last two** 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.

***The last two walks start at 6.45pm so be at Natland road at 6.15pm for a lift.**

Any queries tel. Janice Henderson (Evening Walks Co-ordinator) on 01539 725339 or 07929 846483