

South Lakes Walking Club

Saturday and Sunday walks are arranged alternately throughout the year.

Sunday Coach Walks Programme			July-Dec 2019	Coach cost £12
Departing from - Natland Road bus stop (near roundabout) Kendal-9.10am, Blackhall Road Bus Station-9.15am.				
leaders are still required for many Saturday/Sunday walksPlease contact the walks secretaries if you can help.				
Date	Grade	Walk Description	Leader	Destination
14 July	A	Wharfedale	John Edmondson	Ilkley
	B	Addingham to Ilkley		
	C	Bolton Abbey to Ilkley	Ray Holmes	
28 July	A	Helvellyn Fells	David Bullas	Glenridding (Kendal Ramblers members invited)
	B	Sheffield Pike	John Holman	
	C	Hartsop to Glenridding		
11 Aug	A	Coledale Round		Braithwaite (Leader Training day -contact John Ryder)
	B	Barrow and Outerside	John Ryder	
	C	Swinside and Newlands Valley		
B.Holiday	A	Thwaites Fell and Beyond	John Edmondson	Broughton In Furness
25 Aug	B	Torver to Broughton via Blawith Fells	Trevor & Christine	
	C	Circular to Broughton Mills	Alison Jones	
8 Sept	A	Mallerstang	Brian Baker	Kirkby Stephen (via Garsdale head)
	B	Mallerstang	Margaret& Dennis	
	C	River Eden Walk	Avril Hallam	
22 Sept	A	God's Bridge and Bowes Moor	Nig Markham	Bowes (Greta Valley)
	B	Bow Hills and Gilmonby Moor	John Ryder	
	C	Bowes West Circular Walk	Ray Holmes	
27/30 Sept		Club weekend away in Derbyshire		
6 Oct	A	Great Cockup, Knott & High Pike.	Brian Baker	Caldbeck [via Bassenthwaite]
	B	High Pike		
	C	River Calder		
20 Oct	A	Conistone & Grassington Moors		Grassington
	B	Conistone & Malham Moor		
	C	River Wharfe, Hebden, Mossy Moor Res. & Garnshaw House	Yvonne Houfe & Jenny B	
3 Nov	A	Skiddaw	Les Fielden	Keswick
	B	Legburthwaite to Keswick	Mel and Marilyn	
	C	Derwentwater & Littletown	Jim Ring	
17 Nov	A	Whinfell Beacon & Jeffreys Mount	Nig Markham	Tebay (Via Hucks Bridge A6)
	B	Whinash & Jeffreys Mount	Dot & Bev	
	C	Orton & Raisgill Hall	Nick Slack	
1 Dec	A	Loughrigg, Blea Rigg & Silver Howe	David Bullas	Grasmere
	B	Loughrigg & Siver Howe	Jim Ring	
	C	Rydal Cave, Rydal & White Moss Common	Christine Winsor	
15 Dec	A	Brock Mill & Calder Vale from Brock		Garstang
	B	Nicky Nook & Oakenclough	Dave Harrison	
	C	Circular to Bonds, Catterall and Churchtown	David Forrest	
No coach	A			Meet at Natland Road, 9 am for car walks
29 Dec	B	leaders required.....	
Car walks	C			
Our trip to Braithwaite (Aug.11) has been designated a leader training day. Anyone interested in learning some basic leadership skills, in order for them to lead SLWC walks, should contact John Ryder				

Saturday Car Walks Programme					July-Dec 2019		
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 & contact no.	Time and Meeting Place	Grid ref.	Cost
Jul 6	B	When Canals & Railways held sway	10m/500ft	LEADER REQUIRED (Easy)	10.30 Glasson Dock	SD445562	£7
Jul 20	C+	Shap to Orton via Coast to Coast (*3)	8m/400ft	LEADER REQUIRED (Easy)	08.40 B&Q, Orton Sq 09.30 for bus to Shap	NY622082	£4
Aug 3	C	Loweswater Corpse Road	6m/890ft	LEADER REQUIRED (Easy)	11.00 Maggie's Bridge C.P.	NY134210	£8
Aug 17	C	Boretree Tarn and High Dam	5m/800ft	Loraine Wilson	10.00 Near Swan Hotel, Newby Bridge	SD368864	£2
Aug 31	C+	Hutton Roof Crags (*4)	7m/1000ft	Gillian Cochrane	10.00 Plain Quarry	SD553762	£2
Sep 14	B	Lord's Lot	7.5/1600ft	*John Edmondson	10.00 Winster Church	SD417930	£2
Sep 28	B	Great Langdale	10m/1543ft	LEADER REQUIRED	10.15 Elterwater C.P.	NY328047	£3
Oct 12	C	Knipe Scar	6m/700ft	Yvonne Houfe	10.15 Bampton Grange Bridge	NY520180	£4
Oct 26	B	Fremington Edge	7.2m/1362ft	Dave Harrison	11.00 Reeth Village Green	SD038992	£9
Nov 9	C	Rusland Valley	6m/1000ft	* John Edmondson	10.30 Colon Church	SD 318860	£4
Nov 23	C	Pooley Bridge, Dacre & Dalemian	6m/400ft	John Ryder	10.15 Dunmallard C.P. Pooley Bridge	NY470245	£6
Dec 7	B	Kendal – Levens Park – Kendal	10m/500ft	Dave Harrison	09.30 NATLAND ROAD, NOT B&Q	SD519914	£0
Dec 21	C	Dent and the river Dee	6m/427ft	Dave Harrison	10.15 Dent C.P.	SD703871	£4

- * leader will meet up with the group at the start point.
- You can contact the leader to check if adverse weather will cause cancellation, or before the Saturday to inform if you are driving direct to the start.
- Early start July 20
- Kendal Ramblers Members invited.

SOUTH LAKES WALKING CLUB

(Affiliated to H.F. Holidays.co.uk)

Website: slwc.weebly.com

Programme July-December 2019

Officers:

PRESIDENT: John Edmondson, Tel (01539) 821251

GENERAL SECRETARY: John Ogden, Tel: (01539) 737517

TREASURER: John Watson, Tel: (01539) 560362

SUNDAY COACH SECRETARY: (All coach bookings) Brian Baker,

Tel: **07971 767194** between 6pm and 9pm - **any evening from the Monday before the coach departure date**

SUNDAY WALKS SECRETARIES: John Ryder Tel: (07713) 252135 / Nigel Markham Tel: (01539) 560319

SATURDAY WALKS SECRETARY: David Harrison, 3 Tel: (01539) 728426

EVENING WALKS SECRETARY: Margaret Millington, Tel: (01539) 737957

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

WEBMASTER: John Edmondson.

OTHER COMMITTEE MEMBERS: Ray Holmes, Tel: (01539) 736796. Mel McCreesh, Tel: (01539) 720849

AUDITOR: Bill Wood.

PROGRAMME EDITOR: Nigel Markham

SUBSCRIPTIONS: £10 Full Member, £1.00 Social Member ((cannot join club led or organised walks) payable from 1 Jan 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.

(Email addresses for all Committee Members can be found on the clubs website)

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: (approx) **A** = 11-15miles, 2500-4000ft ascent. **B** = 8-10 miles, 2500ft ascent. **C** = 6-8 miles, 1000ft asc.

COACHES:

- The cost is £12 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.

DATA PROTECTION: The names and details of Leaders are included in accordance with the SLWC Privacy Policy on personal data as available on the Club's website. Leader's names can be amended (ie: initials only or Christian names only) by the Secretaries if requested. This applies to Saturday, Sunday & evening walk leaders.

SATURDAY & EVENING WALKS: Car share where possible, and check parking facilities with Leaders.

Summer Evening Walks Programme July-August

Monday	Meeting Point	Grid Ref.	Leader	Contact number
July 1	Force Bridge, Sedgwick	SD 507868	Margaret Pook	
July 8	C.P.Windermere Rd. Grange Over Sands	SD411783	Nigel Markham	
July 15	Devil's Bridge Kirkby Lonsdale	SD 615782	David Bullas	
July 22	Gummers How-rd side ent.to footpath	SD 402887	Irene Hall	
July 29	Hutton Roof Church	SD 569788	John Ogden	
Aug 5	Longlands Hotel, Tewitfield	SD 520736	John Edmondson	
Aug 12	Tbc			
Aug 19	Ings	SD444986	John Edmondson	
Aug 26	Derby Arms A590 (Lay-by)	SD441829	Maggie Millington	

Please note: walks start at **6.30pm** from the meeting points shown. If you need or can offer a lift from Kendal, be at Natland Rd.(nr Romney Bridge) for car share, leaving at **6pm. Prompt.** Fuel cost is **£2 per passenger.**

Walks Co-Ordinator is Maggie Millington. Tel: 01539 737957. Mob: 07906710849

In the event of adverse weather conditions, try contacting the walk leader to check if the walk will go ahead, especially if you intend to go direct to the start.