



## KENDAL GROUP

### WALKS: JANUARY TO APRIL 2024

#### PROGRAMME SECRETARY:

Jill Hayes, 92 Hayclose Road,  
Kendal LA9 7ND  
Tel: 01539 733099 / 07800 806581  
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**Depart LC = Leisure Centre car-park, Burton Rd, Kendal, LA9 7HX**  
**NB Start times vary**

The Ramblers' Association promotes walking in the countryside, protects rights of way, campaigns for access to open country and defends the beauty of the countryside. Although these walks are organised by and for members of the Ramblers' Association, non-members are always welcome. If you would like to join us for any of the walks listed below, please contact the leader for more details. This group has a no dogs policy except for assistance dogs: the walk leader should be consulted beforehand to discuss the suitability of chosen route.

#### Walks grades

| Climbing |                     | Difficulty |   |
|----------|---------------------|------------|---|
| 1        | More than 2500 feet | A          | Very strenuous, possibly including difficult and/or exposed scrambling, very steep and/or very rough moorland |
| 2        | 1500-2500 feet      | B          | Strenuous, possibly including easy scrambling, steep climbs and/or rough moorland                             |
| 3        | 1000-1500 feet      | C          | Moderately strenuous, possibly including fairly steep climbs and/or fairly rough moorland                     |
| 4        | 500-1000 feet       | D          | Easy walking on good paths or grassland   |
| 5        | Less than 500 feet  |            |   |
| 6        | Fairly flat         |            |   |

#### New car-sharing prices

Ramblers HQ have suggested that we follow their example and introduce a mileage charge for our journeys from the meeting place, B&Q for Kendal Ramblers, to the start of our walks. This price is currently 45p a mile, and will be divided between the total number of people in the car (including the driver). The total distance, there and back, will be multiplied by .45p with the total then divided by the number of people in the car and rounded to keep it simple.  
eg. A 24-mile return journey with four people in the car works out at £10.80 (24 x .45p) and divided by 4 people gives £2.70 per person

Please always inform the leader if you want to go direct to the start of the walk, especially if you do not have a full car, as parking is very restricted in some places. Please also note that whilst every effort has been made to avoid errors, we cannot guarantee that there are none.

- Leader will meet the group at the starting place

|                                       |   |   |
|---------------------------------------|---|---|
| <b>Walk open to all, dogs allowed</b> |   |   |
| MON                                   | <b>TROUTBECK BRIDGE AND TROUTBECK</b>                               | <b>10:00</b> LC Car £11.70                            |
| 01 Jan                                | 6miles, 10km; 1080ft, 330m  | 10:30 Outside the Sun Inn NY404001                    |
| 3D                                    | A stroll to Limefitt Park and Troutbeck                             | Leader: *John Edmondson, Tel: 07484 212314            |
|                                       | <b>Park in Broadfield, leading to Lakes School</b>                  |   |
| TUE                                   | <b>RUTTER FALLS AND HOFF BECK</b>                                   | <b>08:30</b> LC Car £24.30                            |
| 02 Jan                                | 8.2miles, 13km; 1000ft, 300m  | 09:30 Broad Close car park Appleby NY6823320340       |
| 4D                                    | Low level walk by River Eden and Hoff Beck                          | Leader: *Helen and Dave Robinson, Tel: 07470 260441   |
| WED                                   | <b>CARTMEL TO HAMPSFELL</b>   | <b>09:15</b> LC Car £13.50                            |
| 03 Jan                                | 7miles, 11km; 1000ft, 300m  | 10:00 Cartmel Racecourse car park SD37757875          |
| 4D                                    | Tracks, lush open fell, some quiet roads, good views from Hampsfell | Leader: *Chris Winsor, Tel: 078840 13679 after 7.15pm |

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| TUE<br>09 Jan | <b>LOUGHRIGG</b><br>8miles, 13km; 1900ft, 580m   | <b>08:30</b> LC Car £16.20<br>09:15 Layby at Ellers Brow near Loughrigg tarn<br>NY3453203902<br>Leader: Judy Sharps, Tel: 015395 61752, 07789 100949   |
| 3C            | A steep up to Loughrigg Fell summit, along to Lily tarn. Descend to Miller Bridge, Rydal water and Loughrigg Terrace back to tarn. Swim opportunity, although it is January! |  |
| THU<br>11 Jan | <b>AROUND DERWENTWATER</b><br>10miles, 16km; 100ft, 30m  | <b>08:15</b> LC Car £29.70<br>09:30 Great Wood NT car park NY2719921480<br>Leader: Trish Winterbottom,<br>Tel: 01539 726832, 07514 447436  |
| 5D            | A scenic route including Cat Bell's terrace path. 8 miles if bus taken from Lodore to Great Wood   |  |
| THU<br>18 Jan | <b>OTTERBANK CIRCULAR</b><br>8miles, 13km; 1250ft, 380m  | <b>09:00</b> LC Car £3.60<br>09:45 Layby off the A6 SD5316097231<br>Leader: Howard Smith, Tel: 01539 634124  |
| 3C            | Fields, moorland tracks, lanes and a few stiles via Sprint Mill, Birk Rigg and Garnett Bridge  |  |
| TUE<br>23 Jan | <b>WHITBARROW WEST AND LORDS SEAT</b><br>5.5miles, 9km; 1000ft, 300m   | <b>09:00</b> LC Car £7.20<br>09:30 Near Mill Side off the A590 SD45230 83957<br>Leader: * Robert Metcalf,<br>Tel: 015395 67355, 07503 267386   |
| 3C            | Moorland with one steep but steady climb   |  |
| THU<br>25 Jan | <b>LONGSLEDDALE AND GURNAL DUBBS</b><br>12miles, 19km; 2200ft, 610m  | <b>08:40</b> LC Car £6.30<br>09:00 Staveley Mill Yard SD471983<br>Leader: Tony Willey, Tel: 01539 730365, 07952 713817   |
| 2C            | From Staveley to Craggy Wood and Gurnal Dubbs, on to Longsleddale with a return via Brunt Knott.   |  |
|               | <b>Leisurely walk</b>  |  |
| WED<br>31 Jan | <b>TEWITFIELD AND CAPERNWRAY</b><br>3.5miles, 6km; 200ft, 60m  | <b>09:30</b> LC Car £10.80<br>10:00 Longlands Hotel, Tewitfield SD520736<br>Leader: Jill Hayes, Tel: 01539 733099, 07800 806581  |
| 5D            | A circular walk along the canal returning along good tracks  |  |
| THU<br>01 Feb | <b>LOW PIKE AND HIGH PIKE</b><br>10miles, 16km; 2300ft, 700m   | <b>08:15</b> LC Car £13.50<br>09:00 Under Loughrigg, Miller Bridge NY371044<br>Leader: Trish Winterbottom,<br>Tel: 01539 726832, 07514 447436  |
| 2C            | Go up Low Pike and High Pike, then High Bakestones, maybe Little Hart Crag, returning via Scandale Pass  |  |
| TUE<br>06 Feb | <b>BLACK CRAG AND HOLME FELL</b><br>7miles, 11km; 2000ft, 610m   | <b>08:30</b> LC Car £19.80<br>09:30 Glen Mary Bridge NT car park SD321699<br>Leader: Judy Sharps, Tel: 015395 61752, 07789 100949  |
| 3C            | Tarn Hows, Black Crag, Hodge Close, Holme Fell. Good fell paths  |  |
| THU<br>08 Feb | <b>CAT BELLS AND HIGH SPY</b><br>8miles, 13km; 2100ft, 640m  | <b>08:20</b> LC Car £36.00<br>09:30 Little Town parking NY23301949<br>Leader: Cath Williams, Tel: 07722 423097   |
| 2C            | Walk to Cat Bells, Maiden Moor and High Spy descend via the valley west of the ridge.  |  |
| THU<br>15 Feb | <b>GREAT ASBY SCAR</b><br>7.5miles, 12km; 850ft, 260m  | <b>09:20</b> LC Car £16.60<br>10:00 Near Raisbeck. Take first right on entering Orton, towards Raisbeck. The car park is approximately one mile along on the right, opposite Knott Lane NY6390307938<br>Leader: Dennis and Margaret Pook,<br>Tel: 015395 60249, 07724 546733 |
| 4D            | A walk through (but never actually 'on') an area of spectacular limestone pavements. Easy tracks   |  |
| THU<br>22 Feb | <b>HIGH RIGG TO TEWET TARN</b><br>8miles, 13km; 1670ft, 510m   | <b>08:45</b> LC Car £24.30<br>09:40 A591 opp the turn off to Bridge End NY315194<br>Leader: Chris Cook, Tel: 01539 731495  |
| 3C            | Steep up to start then gentle ups and downs  |  |

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| WED<br>28 Feb<br>5D | <b>Leisurely walk</b>  |   |
|                     | <b>IN AND AROUND CASTERTON</b><br>4miles, 6km; 400ft, 120m<br>Good paths and tracks through fields and along lanes   | <b>09:30</b> LC Car £11.70<br>10:00 Devil's Bridge, next to the A683 SD615782<br>Leader: Jill Hayes, Tel: 01539 733099, 07800 806581                          |
| THU<br>29 Feb<br>3C | <b>WRAY CASTLE, OUTGATE AND MIRE SIDE</b><br>7miles, 11km; 1000ft, 300m<br>An undulating walk with a mixture of scenery  | <b>09:15</b> LC Car £17.10<br>10:00 Front of Wray Castle NY374010<br>Leader: * John Edmondson, Tel: 07484 212314  |
|                     | <b>FAR EASEDALE TO HELM CRAG</b><br>9.3miles, 15km; 2090ft, 640m   | <b>09:00</b> LC Car £17.10<br>09:45 Layby on right just north of Dove Cottage, Grasmere NY34150735<br>Leader: Wendy Jones, Tel: 07890 996929                  |
| 2B                  | Walk through Grasmere village up towards Easedale and carry on up to Far Easedale. Back along Calf Crag, Gibson Knott and Helm Crag  |   |
| TUE<br>12 Mar<br>2C | <b>PLACE FELL AND BEDA FELL FROM MARTINDALE</b><br>8miles, 13km; 2100ft, 640m<br>Mostly good fell paths with some steep ascents and descents   | <b>08:30</b> LC Car £36.00<br>09:45 St Peters Church, Martindale NY4355519159<br>Leader: Judy Sharps, Tel: 015395 61752, 07789 100949                         |
|                     | <b>TOP OF THE POTTS FROM SUNBIGGIN TARN</b><br>8.25miles, 13km; 1200ft, 370m<br>Moorland tracks and riverside path via Grange Scar, Little Asby Scar, top of the Potts Beck and back via the valley. A few stiles. | <b>08:45</b> LC Car £18.00<br>09:45 Roadside parking by Sunbiggin Tarn NY675078<br>Leader: Howard Smith, Tel: 01539 634124                                    |
| THU<br>21 Mar<br>2C | <b>GRISEDAL PIKE</b><br>7miles, 12km; 2500ft, 750m<br>Climb up Grisedale Pike, Hopegill Head, Coledale Hause and down via Coledale Beck  | <b>08:20</b> LC Car £31.50<br>09:30 Braithwaite Howe NY227237<br>Leader: Cath Williams, Tel: 07722 423097   |
|                     | <b>EAVES WOOD, HAWESWATER AND GAIT BARROW</b><br>6miles, 10km; 500ft, 150m<br>Easy walking on good paths   | <b>09:00</b> LC Car £9.90<br>09:45 Eaves Wood NT car park SD 47050 75936<br>Leader: * Robert Metcalf,<br>Tel: 015395 67355, 07503 267386                      |
| WED<br>27 Mar<br>4D | <b>Lunch option at The Badger Bar. Email Richard before 13th March - richardc54@hotmail.com</b><br><b>RYDAL AND AMBLESIDE CIRCULAR</b><br>6.5miles, 10km; 800ft, 240m  | <b>09:15</b> LC Car £15.30<br>10:00 Badger Bar car park, Rydal. Free parking for those having lunch NY363061<br>Leader: Richard Cartwright, Tel: 07502 083488 |
|                     | Walk around Rydal Water then coffee at or outside Rydal Hall Tea Room. Continue to Ambleside Fire Station and return via back lane.  |   |
| THU<br>28 Mar<br>2B | <b>THREE LAKELAND PASSES</b><br>10miles, 16km; 2600ft, 790m<br>A steady climb up Gatesgarth pass then down to Mardale, continue up Nan Bield then down to Kentmere, returning to Sadgill                           | <b>08:20</b> LC Car £9.90<br>09:00 Sadgill, Longsleddale NY484056<br>Leader: Jill Hayes, Tel: 01539 733099, 07800 806581                                      |
|                     |  |   |
| WED<br>03 Apr<br>3C | <b>HAMPSFELL FROM LINDALE</b><br>7miles, 11km; 1000ft, 300m<br>Woodland and field paths  | <b>09:15</b> LC Car £9.00<br>09:45 Beneath A590 Lindale flyover SD420806<br>Leader: Gillian Cochrane, Tel: 01539 721757                                       |
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| THU<br>04 Apr<br>2B | <b>TARN CRAG TO SILVER HOWE</b><br>10miles, 16km; 2300ft, 700m<br>Footpath to Easedale Road continuing to Stythwaite Steps and up to Tarn Crag. Down to Codale Tarn (swim option) Belles Knott and on to Blea Rigg. Pass below Great Castle How and Little Castle How on way to Silver Howe and down to Allan Bank | <b>08:15</b> LC Car £18.00<br>09:00 Layby on A591 just north of Grasmere NY33750855<br>Leader: Trish Winterbottom,<br>Tel: 01539 726832, 07514 447436 |
| TUE<br>09 Apr<br>4D | <b>LEVENS PARK TO HEVERSHAM HEAD CIRCULAR</b><br>6miles, 10km; 500ft, 150m<br>Tracks, paths, fields and quiet roads. Four squeeze stiles. Lovely views.  | <b>09:30</b> LC Car £3.60<br>10:00 Back gate to Levens Park on Hincaster Road SD506862<br>Leader: Alison Jones, Tel: 0771 4267572, 01539 739105       |
| THU<br>11 Apr<br>2B | <b>MIDDLETON FELL</b><br>10miles, 16km; 2300ft, 700m<br>A linear walk from Barbon to Sedbergh via Calf Top, Combe Top, Dales Way. Fell paths, some off path, some back road  | <b>09:15</b> LC Car £9.90<br>09:45 Birks Lane, Sedbergh for car share to Barbon SD653918<br>Leader: Nick Spencer, Tel: 01539 822604, 07975 784115     |
| MON<br>15 Apr       | <b>*** PEEBLES HOLIDAY ***</b><br>Four night stay at the Tontine Hotel in Peebles  |   |
| TUE<br>23 Apr<br>1B | <b>CRINKLE CRAGS FROM OLD DUNGEON GHYLL</b><br>8miles, 13km; 2800ft, 850m<br>Up via Oxendale and Red Tarn, down via The Band. Fell paths, rocky crags, steep ascent.   | <b>08:30</b> LC Car £20.00<br>09:30 Old Dungeon Ghyll NT car park NY2859106076<br>Leader: Judy Sharps, Tel: 015395 61752, 07789 100949                |
| WED<br>24 Apr<br>3C | <b>GUMMERS HOW, MOOR HOW AND BOWLAND BRIDGE</b><br>8miles, 13km; 1500ft, 460m<br>Over Gummars How and through the Winster Valley   | <b>09:15</b> LC Car £15.30<br>10:00 Gummars How car park SD389876<br>Leader: * John Edmondson, Tel: 07484 212314                                      |
| THU<br>25 Apr<br>2B | <b>HINDSCARTH AND DALE HEAD</b><br>8miles, 13km; 2330ft, 710m<br>A lovely mountain walk along good tracks with excellent views   | <b>08:00</b> LC Car £34.20<br>09:15 Chapel Bridge near Little Town NY232194<br>Leader: Trish Winterbottom,<br>Tel: 01539 726832, 07514 447436         |

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