



KENDAL GROUP

WALKS: JANUARY TO APRIL 2017

PROGRAMME SECRETARIES:

Jill Hayes, 92 Hayclose Road,
Kendal LA9 7ND Tel: 01539 733099

John Fairhurst, Park Head,
Oxenholme Lane, Natland,
Kendal LA9 7QH Tel: 01539 731727

B&Q = B&Q Car Park
Burton Road, Kendal

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		

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**

WED **A CIRCUIT OF THE SPRINT VALLEY**
04 Jan 6miles, 10km; 960ft, 290m
4D Mainly field paths and some road

09:30 B&Q Car £1.00
09:50 Otter Bank layby SD531972
Leader: Geoff Brooks, Tel: 01539 720097

THU **BRUNT KNOTT AND POTTER FELL**
05 Jan 9miles, 15km; 1800ft, 550m
2C Fell paths and quiet lanes

09:30 B&Q Car £1.20
09:45 Staveley Mill Yard SD471983
Leader: Tony Willey, Tel: 01539 730365

Morning walk
TUE **LANCELOT CLARK STORTH NATURE RESERVE**
10 Jan 4miles, 7km; 700ft, 220m
3D Woodland, farmland, limestone pavement and quiet lane. Lunch stop towards end of walk if weather good.

09:30 B&Q Car £2.40
10:00 Plain Quarry SD551761
Leader: John Fairhurst, Tel: 01539 731727

THU 12 Jan 2C	WANSFELL AND BAYSTONES 8miles, 13km; 2100ft, 640m Tracks and fell paths	09:00 B&Q Car £3.20 09:30 Ambleside main car-park SD376047 Leader: *Ria Akster, Tel: 01539 733887
WED 18 Jan 4D	AROUND CASTERTON 7.5miles, 12km; 700ft, 210m Tracks and Field paths	09:30 B&Q Car £1.70 10:00 Kirkby Lonsdale, opp Devils Bridge SD618782 Leader: * Avril Hallam, Tel: 015395 64118
THU 19 Jan 1B	GREAT RIGG AND ALCOCK TARN 7miles, 11km; 3000ft, 910m Good track and mountain paths	08:30 B&Q Car £3.00 09:10 Rydal NY364062 Leader: Robert Metcalf, Tel: 01524 761297
TUE 24 Jan 2C	BEDA FELL AND ANGLE TARN 8miles, 13km; 1500ft, 460m Fell paths	08:30 B&Q Car £4.40 09:15 Hartsop Village car park NY410130 Leader: * Kevin Cook, Tel: 01539 731495
THU 26 Jan 4D	MOSS ECCLES TARN AND CLAIFE HEIGHTS 7miles, 11km; 900ft, 270m Good paths, some tree roots	09:00 B&Q Car £4.20 10:00 Ash Landing NT car park SD388954 Leader: * Peter Dover, Tel: 07720 713976
	Possible lunch at café	
WED 01 Feb 6D	HEST BANK AND LANCASTER CANAL 5miles, 8km; 200ft, 60m Easy walking, possible muddy section, canal and coastal paths	09:30 B&Q Car £3.60 10:15 Car park at Shore Cafe, Hest Bank SD468666 Leader: * Peter Stevens, Tel: 01524 733931
THU 02 Feb 4C	BEACON AND BEACON TARN 7miles, 11km; 1000ft, 300m Quiet lanes, paths and rough ground	09:15 B&Q Car £5.00 10:00 Blawith Church SD288883 Leader: * Irene Allan, Tel: 015395 38832
	Pub Lunch	
TUE 07 Feb 5D	LEVENS, SIZERGH AND HELSINGTON 5miles, 8km; 400ft, 120m Roads and tracks	09:40 B&Q Car £1.00 10:00 Bus stop by the shop in Levens SD488861 Leader: * Sheila Watson, Tel: 015395 60362
THU 09 Feb 2B	SEAT SANDAL AND GRISEDALE TARN 7miles, 11km; 2000ft, 610m Fell paths, steep ascent	09:15 B&Q Car £3.50 10:00 Layby north of Grasmere on A591 NY337086 Leader: * John Ryder, Tel: 015394 47357
WED 15 Feb 4C	STORTH GEOTRAIL 5.5miles, 9km; 700ft, 225m Roadways, tracks, field and woodland paths Looking at geology and landscape	09:30 B&Q Car £1.90 09:45 B 5282 Coast Road, Storth SD474805 Leader: Martin Jayne, Tel: 015395 60942
THU 16 Feb 2B	THREE PASSES 10miles, 16km; 2600ft, 790m Bridle paths	08:30 B&Q Car £2.20 09:00 Sadgill NY484056 Leader: Roger Palmer, Tel: 01539 723662
TUE 21 Feb 1C	TOP DODDS 9.5miles, 15km; 2800ft, 850m Fell paths	09:00 B&Q Car £5.60 10:00 High Row, near Dockray NY380219 Leader: * John Edmondson, Tel: 01539 821251
THU 23 Feb 4C	WHITBARROW AND LORD'S SEAT 7miles, 11km; 1000ft, 304m Good paths on tracks and limestone	09:30 B&Q Car £1.80 10:00 Layby near Millside off A590 SD451840 Leader: * Colin Boothman, Tel: 01539 731338
WED 01 Mar 4C	WEST OF SHAP VILLAGE 6.5miles, 10km; 750ft, 230m Tracks and paths	09:00 B&Q Car £3.60 09:30 Shap Village Hall car-park NY563150 Leader: Martin Jayne, Tel: 015395 60942
THU 02 Mar 1B	ROUGH CRAG AND KIDSTY PIKE 7.5miles, 12km; 2700ft, 820m Mountain paths	08:30 B&Q Car £5.60 09:45 Mardale Head car park NY469107 Leader: * Helen & Dave Robinson, Tel: 01539 823126

TUE 07 Mar 4D	CHURCH TO ABBEY (DALTON IN FURNESS) 8miles, 13km; 700ft, 210m Farmland paths, tracks and road	09:15 B&Q Car £6.00 10:00 Brown Cow, Dalton-in-Furness SD226737 Leader: * John Lawson, Tel: 07791 669964
THU 09 Mar 1B	WHINFELL BEACON TO JEFFREY'S MOUNT 13miles, 21km; 3000ft, 910m Fell paths, some off path	08:45 B&Q Car £2.80 09:15 Parking on minor road off A685 by Borrowdale Wood NY606015 Leader: * Nick Spencer, Tel: 01539 822604
WED 15 Mar 2C	HAWES TO SEMER WATER 10miles, 16km; 2000ft, 610m Good tracks and some rough paths	08:30 B&Q Car £5.20 09:30 Gayle Lane car park SD870897 Leader: Jill Hayes, Tel: 01539 733099
THU 16 Mar 2C	GRAGARETH CIRCULAR 8miles, 13km; 1600ft, 500m Rough open moorland, lanes and footpaths. Steep descent of 90m.	09:00 B&Q Car £3.00 09:45 Leck Church SD643766 Leader: Dennis and Margaret Pook, Tel: 015395 60249
TUE 21 Mar 2B	DOVE CRAG AND LITTLE HART CRAG 9miles, 14km; 2400ft, 730m Fell paths and steep descent	08:30 B&Q Car £4.40 09:15 Cow Bridge car park NY403134 Leader: * Kevin Cook, Tel: 01539 731495
THU 23 Mar 2C	LINGMOOR FELL ROUND 6miles, 10km; 1800ft, 550m Fell paths	09:00 B&Q Car £4.20 09:45 Old Dungeon Ghyll N.T. C. P. NY285062 Leader: Bill Riley, Tel: 01539 724663
WED 29 Mar 4D	CARTMELL AND HAMPSFELL 7miles, 11km; 700ft, 220m Mostly lanes and paths	09:30 B&Q Car £3.00 10:00 Cartmel Racecourse C.P. SD377787 Leader: Marilyn Taylor & Tony Rhodes, Tel: 015395 68438
THU 30 Mar 2B	PIKE O'BLISCO VIA BLEA TARN 5miles, 8km; 2000ft, 610m Steep ascent, fell paths	09:15 B&Q Car £4.60 10:15 Blea Tarn NT car park NY295043 Leader: * Peter Dover, Tel: 07720 713976
TUE 04 Apr 2B	HELM CRAG AND SERGEANT MAN 8miles, 13km; 2400ft, 730m Fell paths	09:00 B&Q Car £3.50 09:45 Layby north of Grasmere on the left NY337086 Leader: Joanna Kirkbride, Tel: 01539 725029
THU 06 Apr 3C	CONISTON AND TORVER 8miles, 13km; 1500ft, 460m Paths, some off track	09:15 B&Q Car £4.00 10:00 Shepherd Bridge, Coniston SD306976 Leader: Yvonne Houfe, Tel: 01539 724691
WED 12 Apr 2D	SIMON'S SEAT 8miles, 13km; 1600ft, 490m Good paths; moorland and riverside	09:30 B&Q Car £8.00 10:45 Cavendish Pavilion car park Bolton Abbey SE078551 Leader: Dave Harrison, Tel: 01539 728426
THU 13 Apr 2C	WINDER TO FELL HEAD 9miles, 15km; 2215ft, 680m Mountain paths	08:30 B&Q Car £2.40 09:10 Howgill Chapel SD633950 Leader: Roger Palmer, Tel: 01539 723662
TUE 18 Apr 2C	MIDDLETON FELL 8miles, 13km; 2000ft, 610m Moorland ridge, steep ascent	09:00 B&Q Car £3.00 09:30 Barbon Church SD629824 Leader: * Nigel Maxwell, Tel: 015242 72964
THU 20 Apr 2C	CAWDALE ROUND 8miles, 13km; 1500ft, 460m Fell paths	09:00 B&Q Car £5.00 09:45 Below Moorahill Farm NY496182 Leader: Gillian Cochrane, Tel: 01539 721757
WED 26 Apr 4D	PENNINE WAY SOUTH AND CONISTON COLD 7miles, 11km; 500ft, 150m Field paths, lanes and canal tow-path	09:30 B&Q Car £8.00 10:45 Gargrave c.p. SD932543 Leader: Michael Jackson, Tel: 015395 60020

THU **FAR ARNSIDE & MIDDLEBARROW**
27 Apr 5miles, 8km; 300ft, 100m
4D Good tracks and paths

09:30 B&Q Car £2.50
10:00 Silverdale Road, near Arnside Tower SD457771
Leader: *Jennifer Rae, Tel: 01524 762193