



## KENDAL GROUP

### WALKS: SEPTEMBER TO DECEMBER 2017

#### PROGRAMME SECRETARIES:

Jill Hayes, 92 Hayclose Road,  
Kendal LA9 7ND Tel: 01539 733099  
justjill@hotmail.co.uk

John Fairhurst, Park Head,  
Oxenholme Lane, Natland,  
Kendal LA9 7QH Tel: 01539 731727  
john@thefairhursts.org.uk

**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**

TUE **PENNINE WAY NORTH AND BELL BUSK**  
05 Sep 7miles, 11km; 500ft, 150m  
4D Field paths and lanes

**09:30** B&Q Car £8.00  
10:45 Gargrave car park SD932543  
Leader: Michael Jackson, Tel: 015395 60020

THU **OUTERSIDE & BARROW**  
07 Sep 7miles, 11km; 2000ft, 600m  
2B Good hill paths

**08:30** B&Q Car £7.60  
09:45 Roadside by Uzzicar Farm NY233218  
Leader: John Holman, Tel: 015395 60662

WED **HAMPSFELL TO HAVERTHWAITE**  
13 Sep 8miles, 13km; 700ft, 210m  
4D Linear walk, return by bus. Fell paths and grassy paths  
**Take bus pass**

**09:00** B&Q Car £3.00  
09:30 Layby on left at top of Grange Fell Road driving west SD396778  
Leader: \* Irene Allan, Tel: 015395 38832

THU **INGLEBOROUGH AND PARK FELL**  
14 Sep 8miles, 13km; 1900ft, 580m  
2C Fell tracks and boggy moorland, steep descent

**08:30** B&Q Car £5.00  
09:30 Roadside Chapel-le-Dale SD745777  
Leader: Geoff Brooks, Tel: 01539 720097

TUE 19 Sep	<b>LEADERS' DAY</b> Leaders' meeting. Walks to be planned on the day. <b>Park at Church Bridge NY412027</b>	<b>09:15</b> B&Q Car £2.80 10:00 Troutbeck Institute NY407026 Leader: John Fairhurst & Jill Hayes, Tel: 01539 731727
THU 21 Sep 4D	<b>SETTLE CIRCULAR</b> 8miles, 13km; 1000ft, 300m Open pasture land and good footpaths	<b>09:15</b> B&Q Car £5.60 10:00 Settle Leisure Centre car park SD815642 Leader: Dennis Pook, Tel: 015395 60249
WED 27 Sep 2B	<b>HIGH CUP NICK</b> 11miles, 18km; 1800ft, 550m Tracks and rough moorland	<b>09:00</b> B&Q Car £6.20 10:00 Dufton car park NY690250 Leader: * John Lawson, Tel: 07791 669964
THU 28 Sep 2C	<b>ALCOCK TARN, RYDAL WATER &amp; GRASMERE</b> 8miles, 13km; 1600ft, 490m Good paths and tracks with initial steep ascent	<b>09:15</b> B&Q Car £3.50 10:00 Layby north of Grasmere on A591 NY337086 Leader: * Jenny Marshall, Tel: 01229 830100
TUE 03 Oct 3C	<b>TROUTBECK TONGUE</b> 6miles, 10km; 1100ft, 340m Stoney tracks, open fell and tarmac lane	<b>09:30</b> B&Q Car £2.70 10:15 Layby south of Limefitt Park NY413028 Leader: * John Edmondson, Tel: 01539 821251
THU 05 Oct 2B	<b>FAR EASEDALE, CALF CRAG, GIBSON KNOTT AND HELM CRAG</b> 8miles, 13km; 2000ft, 610m Valley and fell top paths	<b>09:30</b> B&Q Car £3.50 10:15 Layby north of Grasmere on A591 NY337086 Leader: Hilary Parker, Tel: 015395 34863
WED 11 Oct 3C	<b>BARBON LOW FELL &amp; BROWNTHWAIT</b> 9miles, 14km; 1250ft, 380m Bridleways, good paths and quiet roads. Café in Barbon	<b>09:15</b> B&Q Car £3.00 10:00 Barbon Village Hall car park SD628823 Leader: * Peter Stevens, Tel: 01524 733931
THU 12 Oct 3C	<b>HALLIN FELL AND ULLSWATER WAY</b> 7.5miles, 12km; 1200ft, 370m Ferry (£6.80) to Howtown, returning to start by Ullswater Way	<b>08:45</b> B&Q Car £4.70 09:45 Glenridding Pier for 9.45am Steamer to Howtown (£6.80) NY388167 Leader: * Kevin Cook, Tel: 01539 731495
TUE 17 Oct 1B	<b>Two walks on this day</b> <b>WETHERLAM (VIA STEEL FELL) &amp; BLACK SAIL</b> 7miles, 11km; 3000ft, 910m Some steep ascents with one rocky section	<b>08:45</b> B&Q Car £4.60 09:30 Tilberthwaite Quarry NY306010 Leader: * Kevin Dronsfield, Tel: 01253 733824
TUE 17 Oct 5D	<b>CONISTON WATER</b> 5.5miles, 9km; 300ft, 80m Old railway track, field, wood and lakeshore paths.	<b>09:30</b> B&Q Car £4.60 10:30 Torver, outside shop & pub. SD284942 Leader: John Fairhurst, Tel: 01539 731727
THU 19 Oct 1C	<b>SKIDDAW &amp; LONSCALE FELL</b> 7miles, 11km; 2500ft, 760m Mountain paths	<b>08:30</b> B&Q Car £7.00 09:30 Latrigg car-park NY282254 Leader: Roger Palmer, Tel: 01539 723662
WED 25 Oct 3C	<b>GORDALE SCAR AND MALHAM COVE</b> 9.5miles, 16km; 1250ft, 380m Paths and tracks. Limestone terrace may be slippery	<b>09:00</b> B&Q Car £7.00 10:15 Malham National Park car park SD900627 Leader: John Ryder, Tel: 015394 47357
THU 26 Oct 3D	<b>ELTERWATER, LITTLE LANGDALE &amp; WATERFALLS</b> 7miles, 11km; 1190ft, 360m One rough section. Good paths and lanes	<b>09:30</b> B&Q Car £3.60 10:30 Elterwater NT car park NY329047 Leader: Dave Harrison, Tel: 01539 728426
TUE 31 Oct 4D	<b>CARTMEL AND HAMPSFELL</b> 7miles, 11km; 700ft, 210m Mostly lanes and paths	<b>09:30</b> B&Q Car £3.00 10:00 Cartmel Racecourse car park SD377787 Leader: Marilyn Taylor, Tel: 015395 68438

THU 02 Nov 4C	<b>LUNE, DEE AND RAWTHEY ROUND</b> 9miles, 14km; 600ft, 180m Fields and riverside paths <b>There is limited parking at the bridge</b>	<b>09:30</b> B&Q Car £2.00 10:00 Middleton Bridge SD630897 Leader: * Nigel Maxwell, Tel: 015242 72964
WED 08 Nov 4C	<b>YEWDALE AND THE TARN</b> 6miles, 10km; 1000ft, 300m Mainly on good paths	<b>09:00</b> B&Q Car £4.40 10:00 High Cross car park SD332986 Leader: Yvonne Houfe, Tel: 01539 724691
THU 09 Nov 2B	<b>AYE GILL PIKE</b> 13miles, 21km; 2200ft, 670m Fell paths, some off path	<b>08:30</b> B&Q Car £2.20 09:00 New Bridge layby, Sedbergh SD665919 Leader: Nick Spencer, Tel: 01539 822604
TUE 14 Nov 3D	<b>LOWTHER CASTLE AND ASKHAM FELL</b> 9miles, 14km; 1200ft, 370m Mostly grassy footpaths and stoney tracks	<b>09:00</b> B&Q Car £5.00 10:00 Lowther Castle car park NY522239 Leader: * John Edmondson, Tel: 01539 821251
THU 16 Nov 4D	<b>ARNSIDE COAST AND KNOTT</b> 5miles, 8km; 600ft, 180m Coastal path, paths and tracks	<b>09:30</b> B&Q Car £2.40 10:00 Arnside Promenade SD454784 Leader: * Hilary Parker, Tel: 015395 34863
WED 22 Nov 5D	<b>BEETHAM AND BELA</b> 6miles, 10km; 300ft, 100m Field paths, quiet lanes. May be shortened to 8km.	<b>09:30</b> B&Q Car £1.80 10:00 Heron Corn Mill car park SD496799 Leader: Rosemary Bennett, Tel: 015395 60875
THU 23 Nov 2B	<b>WALLOWBARROW WANDER</b> 9miles, 14km; 1800ft, 550m Some steep paths, scree, moorland, fields and boggy ground	<b>08:30</b> B&Q Car £7.60 09:30 High Wallowbarrow Farm car park SD220963 Leader: Martin Jayne, Tel: 015395 60942

**Friday 24<sup>th</sup> NOVEMBER – KENDAL GROUP AGM 7:00pm**  
**in the Abbot Hall Community Centre, Dowker's Lane, Kendal, SD515922**

TUE 28 Nov 2B	<b>ROSSETT PIKE AND ANGLE TARN</b> 7miles, 11km; 1700ft, 520m Bridleways, mountain paths	<b>08:30</b> B&Q Car £4.20 09:15 Old Dungeon Ghyll NT car park NY285062 Leader: * Kevin Cook, Tel: 01539 731495
THU 30 Nov 2C	<b>POTTER FELL AND BRUNT KNOTT</b> 9miles, 14km; 1800ft, 550m Fell paths and quiet lanes	<b>09:30</b> B&Q Car £1.20 09:45 Staveley Mill Yard SD471983 Leader: Tony Willey, Tel: 01539 730365
WED 06 Dec 4D	<b>SIZERGH CASTLE ROUND</b> 5.5miles, 9km; 300ft, 90m Tracks and field paths	<b>09:30</b> B&Q Car £1.20 09:45 Strickland Arms layby SD501873 Leader: * Avril Hallam, Tel: 015395 64118
THU 07 Dec 3B	<b>LATTERBARROW AND FAR SAWREY</b> 9.5miles, 15km; 1100ft, 340m Woodland paths and lakeside	<b>08:30</b> B&Q Car £4.00 09:30 Wray Castle NT car park SD375009 Leader: Roger Palmer, Tel: 01539 723662
TUE 12 Dec 5D	<b>Christmas Lunch at Silverdale Golf Club 12.30 for 1.00pm</b> <b>SILVERDALE</b> 4miles, 6km; 200ft, 60m Lanes and field paths	<b>09:15</b> B&Q Car £2.70 09:45 Silverdale Golf Club SD476751 Leader: Alice Kramer & Mike Jackson, Tel: 01539 724454

THU	<b>LOUGHRIGG, SILVER HOWE &amp; COFFIN ROUTE</b>	<b>09:15</b> B&Q Car £3.40
14 Dec	10miles, 16km; 2200ft, 670m	09:45 Miller Bridge, Ambleside NY371045
2C	Fell paths and tracks <b>Please bring spikes with you</b>	Leader: * Ria Akster, Tel: 01539 733887
WED	<b>GRASSGARTH AND GRANDSIRE</b>	<b>09:45</b> B&Q Car £1.40
20 Dec	6miles, 10km; 700ft, 210m	10:15 Watermill, Ings SD445987
4D	Good paths and tracks along fields and lanes	Leader: Jill Hayes, Tel: 01539 733099
THU	<b>CUNSWICK SCAR AND SCOUT SCAR</b>	<b>09:30</b> B&Q Car £0.00
21 Dec	10miles, 16km; 1200ft, 370m	09:35 Natland Road SD515925
3C	Paths, tacks and fields. Limited road walking	Leader: John Ryder, Tel: 015394 47357
TUE	<b>NO WALK</b>	
26 Dec		
THU	<b>RAVEN'S BARROW AND SIMPSON GROUND</b>	<b>09:30</b> B&Q Car £2.10
28 Dec	6miles, 10km; 1000ft, 300m	10:00 Cartmell Fell Church SD416879
4D	Tracks and field paths <b>Shorter walk possible if conditions poor</b>	Leader: Geoff Brooks, Tel: 01539 720097

## A date for your diary?

Targeting **walk leaders but all very welcome, particularly new leaders.**

Please put **Tuesday, 19<sup>th</sup> September 2017** in your diaries.

Base: **Troutbeck Institute**

Time: 10.00 a.m. (B&Q at 09:15)

Note: parking in the vicinity of the Institute is very limited. Please share/park near the church.

The day will start with **coffee** (provided), a short talk about the Group first-aid kits, briefing for walks to be planned on the day and an opportunity for questions and concerns.

We shall divide into small groups, each with a target destination and the challenge to include it in a circular walk using less familiar routes where possible. This will be an opportunity to exchange tips on map interpretation, route planning, choosing stopping places, shelter, points of interest, what to avoid, also recording and reporting problems. Packed lunches will be required. For those with limited or no experience of leading with Ramblers there will be sufficient expertise in each group to navigate back to base in time for **tea and scones**.

The hall will be open from 2.00 to 4.00 p.m., allowing 3 to 5 hours walking if the weather is suitable. Reporting back and suggestions for possible future leaders' days will be over tea.

Base: **Troutbeck Institute**

Time: 10.00 a.m. (B&Q at 09:15)

Please **register interest** with Jill or John for catering.  
([justjill@hotmail.co.uk](mailto:justjill@hotmail.co.uk); [john@thefairhursts.org.co.uk](mailto:john@thefairhursts.org.co.uk))