



KENDAL GROUP

WALKS: MAY TO AUGUST 2024

PROGRAMME SECRETARY:
 Jill Hayes, 92 Hayclose Road,
 Kendal LA9 7ND
 Tel: 01539 733099 / 07800 806581
 justjill@hotmail.co.uk

Depart LC = Leisure Centre car-park, Burton Rd, Kendal, LA9 7HX

The Depart LC Time is the time we need to leave the Leisure Centre with all car sharing and parking arrangements made, please try not to arrive at the last minute.

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**

THU 02 May 1B	GRISEDAL PIKE 7miles, 11km; 2500ft, 760m Climb up Grisedale Pike, Hopegill Head, Coledale Hause and down via Coledale Beck	08:20 Depart LC Car £31.50 09:30 Braithwaite Howe NY227237 Leader: Cath Williams, Tel: 07722 423097
TUE 07 May 3C	TOP OF THE POTTS FROM SUNBIGGIN TARN 8.25miles, 13km; 1200ft, 370m Moorland tracks and riverside path via Grange Scar, Little Asby Scar, top of the Potts Beck and back via the valley. A few stiles	08:45 Depart LC Car £18.00 09:45 Roadside parking by Sunbiggin Tarn NY675078 Leader: Howard Smith, Tel: 01539 634124
THU 09 May 2C	LONGSLEDDALE AND GURNAL DUBBS 11miles, 18km; 2200ft, 670m From Staveley to Craggy Wood and Gurnal Dubbs, on to Longsleddale with a return via Brunt Knott	08:40 Depart LC Car £6.30 09:00 Staveley Mill Yard SD471983 Leader: Tony Willey, Tel: 01539 730365, 07952 713817

TUE 14 May 3C	WHITBARROW WEST AND LORDS SEAT 5.5miles, 9km; 1000ft, 300m Moorland with one steep but steady climb	09:00 Depart LC Car £7.20 09:30 Near Mill Side off the A590 SD45238395 Leader: * Robert Metcalf, Tel: 015395 67355, 07503 267386
Linear walk from Aira Force to Pooley Bridge		
THU 16 May	ULLSWATER WAY 13miles, 21km; 600ft, 180m	08:30 Depart LC Car £22.50 09:45 Aira Force car park. Or take 9.20am bus from Pooley Bridge to Aira Force NY400200 Leader: Trish Winterbottom, Tel: 01539 726832, 07514 447436
4D	A scenic section from Aira Force to Pooley Bridge, easy walking on west of lake, undulating on the east	
TUE 21 May 3C	BLACK CRAG AND HOLME FELL 7miles, 11km; 2000ft, 610m Tarn Hows, Black Crag, Hodge Close, Holme Fell. Good fell paths	08:30 Depart LC Car £19.80 09:30 Glen Mary Bridge NT car park SD321699 Leader: Judy Sharps, Tel: 015395 61752, 07789 100949
THU 23 May 1B	CAUSEY PIKE 8miles, 12.3km; 2700ft, 820m Causey Pike, Scar Crag, Sail Pass, Ard Crag, Knott Rigg, Keskadale, Newlands Church and back to Chapel Bridge.	08:20 Depart LC Car £34.20 09:30 Chapel Bridge, Little Town NY232194 Leader: Cath Williams, Tel: 07722 423097
Leisurely linear walk. Option of going up Gowbarrow		
WED 29 May 5D	PATTERDALE TO AIRA FORCE 4miles, 6km; 500ft, 150m A leisurely stroll along the Ullswater way with the option of lunch, a sail back to Glenridding or bus back to Patterdale	09:00 Depart LC Car £21.60 10:00 Car park opposite Patterdale Hotel NY390160 Leader: Richard Cartwright, Tel: 07502 083488
THU 30 May	BLENCATHRA FROM MUNGRISDALE 10miles, 16km; 3100ft, 940m	08:30 Depart LC Car £36.00 09:30 Mungrisdale Village Hall or roadside nearby NY363302 Leader: Judy Sharps, Tel: 015395 61752, 07789 100949
1B	Up Souther Fell then traverse to Blencathra summit via Scales Tarn (possible swim) Option to do Sharp Edge. Down Foule Crag to Bannerdale Crag and Bowscale Fell. Descend south side of the Tongue. Good fell paths but steep ascents and descents.	
WED 05 Jun 3C	SHAP ABBEY TO KNIPE SCAR 11miles, 18km; 1200ft, 370m Field paths, tracks and minor road, good views and quiet area	09:15 Depart LC Car £19.80 10:00 Shap main car park NY563150 Leader: * Chris Winsor, Tel: 078840 13679, text or ring after 7.15pm
THU 06 Jun 2C	WILD BOAR FELL AND SWARTH FELL 13miles, 21km; 2300ft, 700m Fell paths, some off path. Return via Hellgill, Thrang and River Eden	08:40 Depart LC Car £20.70 09:30 Roadside opposite Pendragon Castle NY782027 Leader: Nick Spencer, Tel: 01539 822604, 07975 784115
TUE 11 Jun 3D	AN HISTORIC HIKE THROUGH GREAT ASBY AND BEYOND 11miles, 18km; 1000ft, 300m A low level walk along farm tracks and through fields taking in an ancient site, limekiln, pate hole, limestone pavement and Nature Reserve	09:15 Depart LC Car £20.70 10:00 Great Asby Village, opposite the pub NY681132 Leader: * Shelley Sharp, Tel: shell.b2b@gmail.com
THU 13 Jun	FAIRFIELD HORSESHOE 10.5miles, 17km; 3324ft, 1010m	08:15 Depart LC Car £15.30 09:00 Rydal. Limited parking is also available at Pelter Bridge NY36470619 Leader: Trish Winterbottom, Tel: 01539 726832, 07514 447436
1B	A challenging route for strong walkers with great views	

THU	PLACE FELL AND BEDA FELL FROM MARTINDALE	08:30 Depart LC Car £36.00
20 Jun	8miles, 13km; 2100ft, 640m	09:45 St Peters Church, Martindale NY43551916
2C	Mostly good fell paths with some steep ascents and descents	Leader: Judy Sharps, Tel: 015395 61752, 07789 100949
	Leisurely walk	
TUE	HIGH BENTHAM CIRCULAR	09:30 Depart LC Car £19.80
25 Jun	5miles, 8km; 500ft, 150m	10:15 Main car park, High Bentham SD667692
4D	Good tracks and river paths	Leader: Jill Hayes, Tel: 01539 733099, 07800 806581
THU	WINTON TO GREAT MUSGRAVE	09:00 Depart LC Car £25.00
27 Jun	10miles, 16km; 700ft, 210m	10:00 Winton village green NY784105
4D	A low-level walk passing Brough Castle to the lovely Musgrave Church beside the River Eden. Return mainly along quiet, level lanes and byways.	Leader: * John Edmondson, Tel: 07484 212314
TUE	NAB FROM HARTSOP	08:30 Depart LC Car £18.00
02 Jul	9miles, 14km; 3200ft, 980m	09:30 Hartsop car park NY409130
1B	Hartsop up to Hayeswater. Steeply up to Rest Dodd then a there and back to The Nab. Satura Crag to Angle tarn. (Swim option). Angle tarn Pikes, Cat Crag to Brock Crag. Then descent to Hartsop. Mostly good fell paths. Steep ascent and descent. Please note the Nab is extremely boggy and full of challenging peat hags. In event of very wet weather we may have to omit it!	Leader: Judy Sharps, Tel: 015395 61752, 07789 100949
THU	BLEA MOOR	08:30 Depart LC Car £22.50
04 Jul	9miles, 14km; 1400ft, 430m	09:30 Ribblehead, junction of B6255/B6479 SD765793
3C	Mainly moorland tracks and top of Blea Moor Tunnel	Leader: Howard Smith, Tel: 01539 634124
	Lunch option at The Badger Bar. Email Richard before 25th June - richardc54@hotmail.com	
TUE	RYDAL AND AMBLESIDE CIRCULAR	09:15 Depart LC Car £15.30
09 Jul	6.5miles, 10km; 800ft, 240m	10:00 Badger Bar car park, Rydal. Free parking for those having lunch NY363061
4D	Walk around Rydal Water then coffee at or outside Rydal Hall Tea Room. Continue to Ambleside Fire Station and return via back lane.	Leader: Richard Cartwright, Tel: 07502 083488
THU	HAMPSFELL AND CARTMEL CIRCULAR	09:15 Depart LC Car £11.70
11 Jul	7miles, 11km; 1000ft, 300m	10:00 Layby on Grange Fell Road, near allotments SD396778
3C	Fell paths, grassy slopes, lanes, tracks and a few stiles.	Leader: * Irene Allan, Tel: 015395 38832 or 07759842952 on the day
	Leisurely walk	
WED	GAITSBARROW	09:30 Depart LC Car £9.90
17 Jul	3.5miles, 6km; 270ft, 80m	10:00 Gait Barrows car park SD478775
5D	Paths, lanes, fields and one squeeze stile	Leader: * Heather Skaife, Tel: 07730 349578
THU	GREAT DODD AND CLOUGH HEAD	08:30 Depart LC Car £36.00
18 Jul	10miles, 16km; 2400ft, 730m	09:40 High Row, Matterdale NY380219
2B	Mostly easy tracks and fell paths, no stiles.	Leader: * Kevin & Chris Cook, Tel: 07855 938241
WED	YEWBARROW AND WITHERSLACK	09:00 Depart LC Car £7.50
24 Jul	7miles, 11km; 550ft, 170m	09:30 Old road behind Derby Arms SD44118297
4D	Woodland paths and lanes	Leader: Gillian Cochrane, Tel: 01539 721757

THU 25 Jul 2C	BLACK COMBE 9miles, 14km; 2000ft, 630m Taking Wainwright's 'carpet slipper' route to the summit we'll then descend towards the coast enjoying extensive views all the way	08:30 Depart LC Car £34.20 09:30 St Mary's Church, Whicham SD13528269 Leader: Jill Hayes, Tel: 01539 733099, 07800 806581
THU 01 Aug 1B	SHEFFIELD PIKE AND STYBARROW DODD 8.25miles, 13km; 3000ft, 910m Some scree, otherwise pleasant paths	08:15 Depart LC Car £20.70 09:15 Glenridding car park CA11 OPA NY386170 Leader: * Helen and Dave Robinson, Tel: 07792 955597, 07470 260441
TUE 06 Aug 3C	LOW BORROWDALE 7miles, 11km; 1100ft, 340m Stony tracks and open fell	09:15 Depart LC Car £11.70 10:00 Off A685, 2 miles south of Tebay NY606014 Leader: Robert Metcalf, Tel: 015395 67355, 07503 267386
THU 08 Aug	GREAT ASBY SCAR 7.5miles, 12km; 850ft, 260m	09:20 Depart LC Car £16.60 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 NY63930793 Leader: Dennis and Margaret Pook, Tel: 015395 60249, 07724 546733
4D	A walk through (but never actually 'on') an area of spectacular limestone pavements. Easy tracks	
THU 15 Aug 2B	LONSCALE FELL VIA BURNT HORSE AND LATRIGG 10miles, 16km; 2317ft, 710m Cumbria Way towards Skiddaw House turning left to climb steeply up Burnt Horse then on to Lonscale, picking up the tourist path then up to Latrigg, with several options for the way down.	08:30 Depart LC Car £28.80 09:30 Spooney Green Lane, Keswick NY26752412 Leader: Trish Winterbottom, Tel: 01539 726832, 07514 447436
TUE 20 Aug 1B	CONISTON ROUND 11.5miles, 19km; 3600ft, 1100m A strenuous fell walk over Wetherlam, Coniston Old Man and Dow Crag	08:15 Depart LC Car £20.70 09:15 Coniston main car park SD303976 Leader: David Bullas, Tel: 07890 403386
THU 22 Aug	Linear walk from Cross Keys to Sedbergh CAUTLEY SPOUT AND CRAG. THE CALF 12miles, 19km; 2600ft, 790m	08:20 Depart LC Car £9.00 08:50 Birks Lane, Sedbergh to catch 9.14am bus at the Library to Cross Keys SD653918 Leader: Nick Spencer, Tel: 01539 822604, 07975 784115
1B	Return via White Fell, Crook of Lune, River Lune. Fell paths, some minor road, riverside.	
TUE 27 Aug 1B	PLACE FELL AND SOME BIRKETTS 10.5miles, 17km; 3000ft, 910m Boredale Hause, Place Fell, The Knight, Birk Fell, Low Birk Fell, High Dodd, Boredale Hause. Some off track walking. Great view points over Ullswater	08:30 Depart LC Car £21.60 09:30 Patterdale Sports Field (£5 all day) NY390160 Leader: Rob Jackson, Tel: 07814 558840
THU 29 Aug 2C	LONGSLEDDALE AND ULGRAVES 9miles, 14km; 1600ft, 490m Fell paths over the tree-less Sleddale Forest to above Gurnal Dubs, followed by a gentle ascent to the summit of Ulgraves.	09:15 Depart LC Car £8.00 10:00 St Mary's Church, Longsleddale NY500029 Leader: * John Edmondson, Tel: 07484 212314

The Ramblers is a registered charity (England and Wales no 1093577, Scotland no SCO39799) and a company limited by guarantee, registered in England and Wales (no 4458492). Registered Address: c/o Bates Wells 10 Queen St Place London EC4R1BE