

Kendal Fellwalkers

Affiliated to The Ramblers
Founded in 1977

INFORMATION FOR PROSPECTIVE MEMBERS

Kendal Fellwalkers is an independent walking club based on Kendal but drawing members from a wider area. We organise a year-round programme of walks in the Lake District and neighbouring hill country. We welcome new members of all ages who are reasonably fit and have some previous experience of mountain walking. All participants in our walks must be suitably equipped for the prevailing hilltop conditions and are expected to abide by the Club Rules and Safety Guidelines.

It must be understood that nearly all our outings are challenging mountain walks that visit the high tops. However, we are not a rock climbing club, and when one of our routes features a scramble this is announced in advance and an alternative is offered. Please note that the walk leaders are volunteers; all are experienced hill walkers but not many have formal leadership qualifications.

Our Sunday programme includes four levels of walk (with a choice of two or three most weeks):

- A A brisk pace and a distance of 12 to 20 miles (sometimes more, e.g. the Yorkshire Three Peaks). The total ascent is usually 3,500 to 5,500 feet but is occasionally greater.
- B A steady pace and a distance of 10 to 14 miles, with an ascent of between 3,000 and 4,500 feet.
- C A moderate pace and a distance usually not exceeding ten miles, with an ascent of up to 3,500 feet and more pauses for breath than on the higher grades of walk.
- A** These walks include some activity which is outside the remit of normal walking (Grade 2 scrambles / icy ridges / snow gullies etc.). When joining one of these walks each person participates at his / her own risk, is totally responsible for his / her own actions and takes part only on the understanding that no liability whatsoever shall be construed against any other participant or organiser for actions (or lack of actions) undertaken in good faith.

We assemble at 8.25am in the car park in front of the County Council Offices in Windermere Road, Kendal. Cars are shared for travel to the start of the walk in order to minimise costs, parking problems and environmental impact. Well-behaved dogs are allowed on walks, but only at the leader's discretion and subject to the conditions set out in the club Rules.

Other regular activities include informal social walks of four to five miles on Thursday evenings in the spring and summer, pub evenings fortnightly on Wednesdays in the autumn and winter, and a club supper in September. Several weekend meets are held each year, usually including one in spring in the Scottish Highlands and one in summer in Snowdonia. Groups of members also organise climbing and trekking holidays in the Alps, the Himalayas and elsewhere.

An e-mail Newsletter is issued to members about every six weeks. We have an actively maintained website <http://www.kendalfellwalkers.co.uk/> which provides further information about the club and features a gallery of photographs taken on our walks.

Under the terms of our insurance policy, prospective members may come on one or two club walks before joining and paying the annual subscription (£5.00 for individuals, £8.00 for couples). Copies of the current walks programme and other essential documents (Membership Application Form, Constitution and Rules, Safety Guidelines) may be obtained by mail from the club Secretary frankj100@btinternet.com (tel: 01539 720021) or may be downloaded from our website.

(last revised Nov 2016)