

Kendal Fellwalkers Programme Summer 2022

Information from: Secretary 01539 720021 or Programme Secretary 01524 762255

www.kendalfellwalkers.co.uk

Date	Grade	Area of Walk	Leader	Time at CWT	Starting Point Grid Ref.	Time walk starts
2nd, 3rd April: weekend of walks in Eskdale (Join for the day or stay overnight)						
02/04/22 (Saturday)	B	Eskdale valley, Hardknott Fell, Harter Fell (14mi 4000ft)	Janet Capper	08:00	Boot (Dalegarth Station) NY173007	09:15
	B/C	Eel Tarn, Stony Tarn, Slight Side, Scafell, Burnmoor Tarn (11mi 3300ft)	John Lloyd	08:00	Boot (Dalegarth Station) NY173007	09:15
	C	Upper Eskdale, Hardknott Fell (7mi 1800ft)	Derek Capper	08:00	Jubilee Bridge (lay-by on road, just east of cattle grid) NY213011	09:20
03/04/2022	A	Upper Eskdale, Scafell Pike, Scafell, Slight Side (15mi 5000ft)	Andy Chadwick	08:00	Jubilee Bridge (lay-by on road, just east of cattle grid) NY213011	09:20
	B	Wha House, Upper Eskdale, Foxes Tarn, Burnmoor Tarn (11.5mi 3500ft)	Ken Taylor	08:00	Boot (Dalegarth Station, meet for short car-share to Wha House CP) NY173007	09:15
	C	Burnmoor Tarn, Illgill Head, Whin Rigg, Miterdale, Blea Tarn (10.5mi 2700ft)	Bryan & Liz Hardaker	08:00	Boot (Dalegarth Station) NY173007	09:15
10/04/2022	A	Fleetwith Pike, Grey Knotts, Brandreth, Haystacks, High Crag, Red Pike, Starling Dodd (15mi 4900ft)	Louisa Ridgman & Roger Calderwood	08:00	Gatesgarth CP NY194149	09:15
	B	Carl Side, Ullock Pike, Lonscale Fell, Latrigg (12.5mi 4300ft)	George & Margaret Taylor	08:00	Keswick, Briar Rigg (roadside parking) NY267241	09:00
	C	Glenridding Dodd, Sheffield Pike, Common Fell (8.5mi 2800ft)	John Nash	08:00	Glencoyne Bay NT CP NY386188	08:50
17/04/2011	A	Branstree, High Street, Rampsgill Head, High Raise, Burnbanks (17mi 4400ft)	Mark Tye	08:00	Swindale Foot NY521142	08:50
	B	<i>The Howgills</i> (Green Bell, Randygill Top, Yarlside, The Calf, Dales High Way) (13mi 2600ft)	John Lloyd	08:00	Brow Foot (grass verges on minor road) NY683050	08:35
	C	Knipe Scar, Heltondale (12mi 1500ft)	Chris Lloyd	08:00	Askham CP (behind Queen's Head) NY513237	08:40
24/04/2022	A	<i>Coniston Traverse</i> Fifteen summits including Wetherlam, Grey Friar, Coniston Old Man, Dow Crag, Caw (20 mi 6100ft)	Conan Harrod	08:00	Torver Church SD284943	08:50
	B	Branstree and Selside Pike (13mi 2800ft)	Dave Evans	08:00	Wet Sleddale reservoir CP NY554114	08:35

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	C	Pasture Beck, Threshthwaite Cove, Thornthwaite Crag, High Street, Angle Tarn, Boredale Hause (9mi 2400ft)	Ros Taylor	08:00	Hartsop CP NY410129	08:45
01/05/2022	A	Angle Tarn, Place Fell, Hallin Fell, Steel Knotts, Gowk Hill, High Raise, Rampsgill Head, The Knott (15mi 6200ft)	Elspeth Smithson	08:00	Hartsop CP NY410129	08:45
	B	<i>West Pennine Moors</i> (White Coppice, Great Hill, White Hill, Darwen Tower) (13mi 2100ft) No dogs please, grouse moors	Andy Chadwick	08:00	Ryal Fold CP SD665215	09:00
	C	Hutton Roof and Farleton Knott (9mi 1300ft)	John Hart	08:30	Burton in Kendal (Plain Quarry CP) SD552761	09:05
Thursday 5/5/22 Start of programme of evening walks.						
05/05/2022	E	Craggy Wood and River Kent	Steve & Pam Livingston		Staveley Mill Yard CP SD471983	19.00
08/05/2022	A	Cautley Spout, The Calf, Randygill Top, Green Bell, Wild Boar Fell (18mi 4100ft)	Keith Birbeck	08:00	Cross Keys, Cautley SD698969	08:40
	B	Bowland Fells (Littledale, Grit Fell, Clougha Pike) (12.5mi 2200ft) No dogs please, grouse moors	Nigel Coe	08:00	Little Cragg parking area (roadside hard standing NE of Rigg Lane CP) SD546617	08:45
	C	Sunbiggin Tarn, Potts Valley, Great Asby Scar (11.5mi 2000ft)	Ros Taylor	08:00	Sunbiggin Tarn (cattle grid) NY675078	08:40
12/05/2022	E	Sizergh Fell	John Nash		Strickland Arms (roadside parking) SD500872	19.00
15/05/2022	A	Whitegill Crag, Blea Rigg, Sergeant Man, Tarn Crag, Calf Crag, Steel Fell, Seat Sandal, Blindtarn Moss (15.5mi 5600ft)	Roger Calderwood & Louisa Ridgman	08:00	Stickle Ghyll NT CP (opposite New Dungeon Ghyll NP CP) NY294064	08:45
	B	Pike of Blisco, Cold Pike, Crinkle Crag (9mi 3600ft)	Neil Glover	08:00	Old Dungeon Ghyll NT CP NY286061	08:45
	C	The Howgills (Fell Head, The Calf, Arant Haw, Crook of Lune) (10mi 1800ft)	John Lloyd	08:00	Fairmile Gate SD629979	08:45
19/05/2022	E	Trowbarrow, Gait Barrows, Leighton Moss Reserve	Ken & Ros Taylor		RSPB Leighton Moss CP SD476750	19.00
22/05/2022	A**	Scarth Gap, Black Sail Pass, Pillar Rock (optional), Pillar, Kirk Fell, Brandreth (12mi 5100ft) Optional grade 2/3 scramble (Pillar Rock) if conditions permit (Rope available if required) Please contact leader in advance	Conan Harrod	08:00	Gatesgarth NY194149	09:15

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	B	Holme Knott, Combe Scar, Gawthrop, Frostrow Fells (13mi 2800ft)	Janet Capper	08:00	Sedbergh, Joss Lane CP SD659922	08:35
	C	Green Gable and Gable Girdle (8.5mi 2400ft)	Frank Jones	08:00	Seathwaite Farm NY235122	09:15
26/05/2022	E	Hampsfell	Dave Evans		Grange-over-Sands, Windermere Road CP SD412783	19.00
28/5/22 to 4/6/22 Kendal Fellwalkers week at Lochaber Lodges, near Spean Bridge Contact Frank Jones for details						
29/05/2022	C	Birkhouse Moor, Red Tarn, Catstycam, Lanty's Tarn (9mi 2800ft)	Sandra Board	08:00	Patterdale playing field (Grisedale Road) NY390160	08:45
02/06/2022	E	No walk			Week in Lochaber	19.00
05/06/2022	C	Lazonby, Kirkoswald, Long Meg stone circle (9mi 1100ft)	Chris Lloyd	08:00	Eden Bridge CP (440m N of Lazonby on E of B6413) NY549402	09:05
09/06/2022	E	Cunswick Scar, Cunswick Tarn, Gamblesmire Lane	Frank Jones		Scout Scar CP (old quarry on Underbarrow Road) SD488923	19.00
12/06/2022	A	Skiddaw Little Man (by SW arete), Skiddaw, Great Calva, Lonscale Fell (by NE ridge), Latrigg (15mi 5700ft)	Andy Chadwick	08:00	Keswick, Briar Rigg (roadside parking) NY267241	09:00
	B	Alcock Tarn, Great Rigg, Fairfield, Cofa Pike, St Sunday Crag, Grisedale Tarn, Seat Sandal (12mi 4500ft)	Gundi Kiemle	08:00	Mill Bridge (lay-by north of Travellers Rest on A591) NY335096	08:40
	C	Colt Park, Ingleborough, Chapel-Le-Dale (11mi 1900ft)	Robert & Judith Bellfield	08:00	Ribblehead Quarry CP SD767787	08:45
16/06/2022	E	Circuit of Levens and Levens Park	Maria Chadwick		St John's Church, Levens SD485857	19.00
19/06/2022	A	Dale Head, Grey Knotts, Brandreth, Great Gable, Glaramara (13mi 5900ft)	Elspeth Smithson	08:00	Thorneythwaite Lane (left at Strands Bridge approaching Seatoller) NY249134	09:10
	B	Pike of Stickle, Angle Tarn, Esk Pike, Bowfell (11mi 4500ft)	George Wostenholm	08:00	Old Dungeon Ghyll NT CP NY286061	08:45
	C	High Spy, Maiden Moor (9.5mi 3100ft)	Derek Capper	08:00	Bowderstone NT CP NY253168	09:05
23/06/2022	E	Far Arnside and Arnside Knott	Margaret & Alan Parker		Arnside prom (west end) SD454786	19.00
26/06/2022	A	<i>Summer Challenge</i> Wasdale Horseshoe} (Middle Fell, Seatallan, Pillar, Great Gable,	Conan Harrod	05:45	Greendale (grass verge parking) NY144055	07:00

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		Scafell Pike, Scafell, Illgill Head) (22mi 10,600ft) Please contact leader in advance				
	B**	Coniston Old Man, Dow Crag, Blind Tarn (11mi 4000ft) Swimming opportunity (optional) in Blind Tarn if conditions permit Please bring torch to explore mines	Jackie Coe	08:00	Torver Church CP SD284943	08:50
	C	Eight Tarns and some Crinkles (9.5mi 3300ft)	Bryan & Liz Hardaker	08:00	Old Dungeon Ghyll NT CP NY286061	08:45
30/06/2022	E	Industrial sites of Haverthwaite, Low Wood, Brow Edge, Backbarrow	John Wilkinson		Anglers Arms, Haverthwaite SD348841	19.00
03/07/2022	A	Crag Fell, Lank Rigg, Caw Fell, Pillar (17mi 4900ft)	Mark Tye	08:00	Bleach Green CP NY085153	09:30
	B	The Knight (Place Fell), Martindale, High Raise (12mi 4400ft)	George Wostenholm	08:00	Hartsop NY410129	08:45
	C	Ash Fell, Smardale Fell, Crosby Garrett Fell (12mi 1700ft)	Dave Evans	08:00	Ravenstonedale (near old school) NY723042	08:50
07/07/2022	E	Grandsire and School Knott	Sandra Board		Ings, Biketreks CP (by kind permission) SD447986	19.00
10/07/2022	A	Buttermere Circuit (Red Pike, Haystacks, Fleetwith Pike, Dale Head, Robinson) (14.5mi 5400ft)	Steve Livingston	08:00	Buttermere NT CP (west of village) NY172172	09:15
	B	St Sunday Crag, Cofa Pike, Fairfield, Dove Crag, Dovedale (13mi 4000ft)	Gundi Kiemle	08:00	Patterdale playing field (Grisedale Road) NY390160	08:45
	C	Black Combe (12mi 2700ft)	Bryan & Liz Hardaker	08:00	Silecroft CP SD121811	09:00
14/07/2022	E	River Kent, Cowan Head, Spring Hag Woods	Richard & Nadine White		Staveley Mill Yard CP SD471983	19.00
17/07/2022	A	Catstycam, Helvellyn, Dollywagon Pike, Cofa Pike, Fairfield, Dove Crag, High Hartsop Dodd (15.5mi 5400ft)	Susy Brescia	08:00	Patterdale playing field (Grisedale Road) NY390160	08:45
	B	Wetherlam Circuit (Wetherlam, Swirl How, Great Carrs, Wrynose Pass, Pike of Blisco) (9mi 4000ft)	Amanda Redvers	08:00	Blea Tarn NT CP NY295043	08:45
	C	Walla Crag, Bleaberry Fell, High Seat, Shoulthwaite (10.5mi 3200ft)	Ken Taylor	08:00	Castlerigg Stone Circle (roadside parking) NY291237	09:00
21/07/2022	E	Troutbeck valley	Tony Willey		Holehird Gardens (upper CP) NY410007	19.00

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24/07/2022	A	Megs Cairn, Smittergill, Bowman Hills (15mi 3000ft)	Bill Glaister	08:00	Kirkland NY650325	09:15
	B	Carrock Fell, High Pike, Knott, Great Calva, Bowscale Fell (14mi 4200ft)	Louisa Ridgman & Roger Calderwood	08:00	Mosedale Bridge NY357319	09:05
	C	Brim Fell, Coniston Old Man (9mi 3100ft)	Derek & Janet Capper	08:00	Coniston, Shepherd's Bridge Lane (Sports and Social Centre CP) SD303976	08:45
28/07/2022	E	Levens Park and River Kent	Sarah Roberts		Bridge near Sedgwick SD507868	19.00
31/07/2022	A	Barrow, Causey Pike, Crag Hill, Grasmoor, Hopegill Head, Whiteside, Grisedale Pike (15mi 5800ft)	Keith Birbeck	08:00	Braithwaite School NY232237	09:00
	B	Brock Crag, High Street, Long Stile, Blea Water, Piot Crag, Thornthwaite Crag, Hayeswater (10.5mi 3700ft)	Alison Gilchrist & Jackie Coe	08:00	Hartsop CP NY410129	08:45
	C	Place Fell, Ullswater lakeshore (8mi 2600ft)	Sandra Board	08:00	Patterdale playing field (Grisedale Road) NY390160	08:45
04/08/2022	E	Hugill Fell and Reston Scar	Janet & Derek Capper		Staveley Mill Yard CP SD471983	19.00
07/08/2022	A	Yoke, Ill Bell, Thornthwaite Crag, High Street, Harter Fell, Kentmere Pike, Kentmere valley, Garburn Pass (17mi 5300ft)	Susy Brescia & Lorraine Kane	08:00	Troutbeck Church NY412027	08:30
	B	Hartsop above How, Dove Crag, Red Screes, Stony Cove Pike, Hartsop Dodd (12mi 4700ft)	Gill Murray & Clare Ridgley	08:00	Hartsop CP NY410129	08:45
	C	Uldale Fells: six Wainwrights (Great Cockup to Longlands Fell) (10mi 2100ft)	Frank Jones	08:00	Peter House Farm NY249323	09:15
11/08/2022	E	Scout Scar	Amanda Redvers		Brigsteer Road (lay-by 100m south of bridge over A591) SD502917	19.00
14/08/2022	A	Eagle Crag, High Raise, Angle Tarn, Esk Pike, Great End, Seathwaite Fell (15mi 5300ft)	Mark Tye	08:00	Stonethwaite (road verge near school) NY260138	09:10
	B	High Stile (NE ridge), High Crag, Haystacks, Fleetwith Pike (11mi 4500ft)	Nigel Coe & Alison Gilchrist	08:00	Buttermere NT CP (west of village) NY172172	09:15
	C	Hayeswater, Rest Dodd, Brock Crag, Angletarn Pikes (9mi 2900ft)	Derek Capper	08:00	Patterdale playing field (Grisedale road) NY390160	08:45
18/08/2022	E	Around the Helm	Sarah Roberts		Oxenholme, Station Inn (layby on Hayclose Lane) SD535900	19.00

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21/08/2022	A	Wetherlam (via Steel Edge), Black Sails, Levers Water, Brim Fell, Swirl How, Wet Side Edge (plus optional extras!) (11mi 4800ft)	Bryan Hardaker	08:00	Tilberthwaite CP NY306010	08:45
	B	High Rigg, Clough Head, Great Dodd, Stybarrow Dodd (11mi 3500ft)	Steve & Pam Livingston	08:00	Legburthwaite village hall NY318189	08:50
	C	Ullscarf, High Raise, Codale Head (9mi 2500ft)	Robert & Judith Bellfield	08:00	Thirlmere Dob Gill CP NY315140	08:45
25/08/2022	E	Dallam Park and Haverbrack Fell	Janet & Derek Capper		Milnthorpe, Park Road CP SD495814	19.00
28/08/2022	A	<i>Howgills 2000's</i> (Fell Head, The Calf, Calders, Randygill Top) (18mi 4500ft)	Mark Tye	08:00	Gaisgill (roadside parking) NY640054	08:30
	B	Greenhow, High Cup Nick, Murton Pike (14mi 1900ft)	Roger Calderwood & Louisa Ridgman	08:00	Dufton CP NY689251	09:05
	C	Whinash, Jeffrey's Mount, Bretherdale (11mi 2200ft)	Dave Evans	08:00	Shap summit CP NY553062	08:30
Please submit walks for the winter programme by Monday, 5th September						
04/09/2022	A	Kirk Fell, Pillar, Scoat Fell, Red Pike, Yewbarrow (12mi 4600ft)	John Wilkinson	08:00	Wasdale Head (grass triangle) NY187084	09:30
	B	Steel Fell, Calf Crag, High Raise, Sergeant Man, Easedale (10mi 3500ft)	Rob Jackson	08:00	Mill Bridge (lay-by north of Travellers Rest on A591) NY335096	08:40
	C	Ullock Pike, Long Side, Carl Side, Dodd (8mi 2900ft)	Helen Bingley	08:00	Dodd Wood (Old Sawmill) CP NY235281	09:00
11/09/2022	A	Sheffield Pike, Raise, The Dodds, Gowbarrow Fell (15mi 5000ft)	Janet Capper	08:00	Glencoyne Bay NT CP NY386188	08:50
	B	The Knight, Place Fell, Angle Tarn, Rest Dodd, The Knott, Hayeswater (11.5mi 4300ft)	Gundi Kiemle	08:00	Patterdale playing field (Grisedale Road) NY390160	08:45
	C	Stickle Tarn, Sergeant Man, Harrison Stickle, Pike of Stickle, Stake Pass, Mickleden (9mi 2800ft)	John Lloyd	08:00	Stickle Ghyll NT CP (opposite New Dungeon Ghyll NP CP) NY294064	08:45
16/9/22 to 18/9/22 Kendal Fellwalkers weekend in Snowdonia (Glan Dena) Still to be decided. Contact Janet Capper for details						
18/09/2022	B	White Gill, Wetherlam, Brim Fell, Boulder Valley (10mi 4300ft)	John Nash	08:00	Coniston, Holywath Road (roadside parking beyond Ruskin Museum) SD301978	08:45

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	C	Bowland Fells (Clougha Pike and Grit Fell) (9mi 1500ft) No dogs please, grouse moors	Paulene Byard & Jo Birbeck	08:00	Rigg Lane CP (off Quernmore Road) SD527603	08:45
25/09/2022	A	<i>Yorkshire Three Peaks</i> (Penyghent, Ingleborough, Whernside) (24.5mi 5200ft)	Keith Birbeck	08:00	Ribblehead Station (lay-by on B6255) SD765793	08:45
	B	Ingleborough (via Trow Gill), Park Fell, Sulber Gate (13mi 2600ft)	Helen Bingley	08:00	Clapham NP CP SD745692	08:45
	C	Nine Standards Rigg (11.5mi 2200ft)	Bryan & Liz Hardaker	08:00	Kirkby Stephen, Christian Head CP (near fire station) NY772088	08:45
Dates for your diary <ul style="list-style-type: none"> • 9th October 2022 Annual club supper at Eagle & Child Hotel, Staveley (To be decided) • Wednesday 9th November 2022 AGM • 20 to 27 May Kendal Fellwalkers week in Kintail Please note that this is one week prior to the Bank Holiday week. (Details to follow in the autumn) 						

Kendal Fellwalkers have four different grades of walk

- A A brisk pace; usually between 12 and 18 miles, but occasionally greater. The total ascent may be over 5,000 feet.
- B A steady pace; usually between 10 and 14 miles. The total ascent is typically between 3,500 and 4,500 feet.
- C A moderate pace; usually less than 10 miles. The total ascent is typically up to 3,500 feet.
- E Social summer evening walks, probably ending with a drink in a pub. They are planned to be about 4 to 5 miles in length and to take up to 2 hours.

{**} Indicates a walk that includes some activity which is outside the remit of normal walking (Grade 2 scrambles, icy ridges, snow gullies, swimming etc.). When joining one of these walks each person participates in such activities 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. Such activities are only open to appropriately experienced members.

Please Note

Prospective members coming out with the club for the first time are advised to choose a C or a B walk.

Members are reminded that they are expected to have appropriate equipment, including a headtorch and additional warm clothing, when walking in winter. In snow and ice conditions, ice axe and crampons should be carried. (Microspikes may be appropriate on relatively easy routes.) More details on the expected equipment are given in the club *Safety Guidelines*. Members are expected to familiarise themselves with these guidelines and with the companion document *Conduct of Club Walks* and to act on them appropriately. (Both are posted on the website or may be requested from the Secretary.)

Members intending to go directly to the starting point of a walk (rather than meeting at the Cumbria Wildlife Trust (CWT)) should inform the leader in advance. This is particularly important in winter when road conditions may necessitate a change of plan.

There is a charge at some of the car parks we use. It is advisable to always have a reasonable amount of cash available as not all meters accept card payment.