

SUNDAY HANCOCK COACH

Ambleside via Grasmere 27th July 2025

Maps Explorer 5, 6, & 7

Please observe the following for safety reasons:

Carry an ICE (in case of Emergency) card or information.

Please stay behind or in sight of the leader throughout the walk.

Please make sure you are suitably dressed and equipped for conditions.

Please walk in single file on any road sections.

Please remember and observe the country code

Walks leaders: A minimum of 3 people are required on any walk (inc. leader)

D R	LEADER	GRADE	WALK ROUTES <i>subject to change due to weather/conditions</i>
1	Brian Kram	10.6ml 4000' ascents Strenuous	NY330111 Dunmail Raise bus stop; Raise Beck; Seat; Sandal; Fairfield; Hart Crag; Dove Crag; Red Screes; Snarker Pike; Kirkstone Road; Ambleside Brisk Pace
2	Malcolm McVey	8.75ml 3000ft ascents Strenuous	NY336092 A591/ Mill Bridge - Little Tongue Gill - Hause Gap - Fairfield - Hart Crag - High Pike - High Sweden Bridge - Rough Sides - Ambleside Moderate Pace
3	Dave Medd	8.5 miles, 1100' ascents Moderate	NY341071, Grasmere Town End, Wray Gill, The Wyke, Nicholas Wood, Elterwater, Cumbria Way, Yew How, Skelwith Bridge, Loughrigg Tarn, Pine Rigg, Brow Head Farm, Ambleside Steady Pace
4	Ian Bell	8.25ml 1500 ft ascent Moderate	.NY 348 065. White Moss CP, Bus stop. River Rothay, Grasmere Lake, The Lea, Redbank Wood, Loughrigg Terrace, Rydal Water, Cote How, Fox Ghyll, Todd Crag, Lily Tarn, Brow Head,, Ambleside. Steady Pace
5	Christine Jackson	7.5 miles 850ft ascents Leisurely	NY372052 Scandale Bridge Bus Stop; Rydal Hall (Lunch/Refreshment stop); Rydal Water; Loughrigg Terrace and Tarn; Bridleway over Loughrigg Fell to Rothay Park, Ambleside Easy Pace

No pub selected - our Coach will be parked at NY 372 040 until 6.20 pm when it will move to NY 376 042 - the bus Interchange and depart at 6.30 pm

PLEASE NOTE: WALKS ARE USUALLY GRADED AS FOLLOWS:

EASY Up to 7 miles with up to 500 feet of climbing, - slow pace

LEISURELY 6 to 10 miles with up to 1,000 feet of climbing, - leisurely pace

MODERATE 8 to 13 miles with up to 2,000 feet of climbing, - steady pace

STRENUOUS Over 13 miles or over 2,000 feet of climbing, - brisk pace

Future Destinations

3rd August	Danby via Guisborough	18:00 return
10th August	Malham via Harrogate and Skipton	18:30 return
17th August	Feetham via Reeth and Gunnerside	18:00 return
24th August	North Berwick via A1	18:00 return