



Wednesday Hancock Coach

Wednesday 17th April 2024 Castle Carrock

Route: A69, B6413; Maps: OL5 Lakes NE, Ex315 Carlisle

Return at 6.00pm

New walkers please telephone 07816176959 first as the coach may be fully booked

Booking is required. To book contact Ruth Sides: email wedhancock.tynesideramblers@mail.com or text **07816176959** with name & contact details. Alternative: text Sheila on (07488251174)

Bookings can be made up to 4 weeks in advance. A minimum of 7 days notice is required to transfer your booking. **If you are booked & cannot now walk, please text 07816 176959 with your full name**

Pick-up and return: Lay -by outside Gt North Museum, Claremont Road, Newcastle NE2 4PT
Please be at the coach at least 15 minutes before the start time. Dirty boots are not allowed on the coach, so bring a change of footwear

For safety reasons a minimum of 3 walkers (incl leader) is required on any walk. Please stay behind or near the leader at all times. Observe the Country Code

Leaders plan walks carefully, but you are ultimately responsible for your own Health & Safety.

OUR WALKS ARE GRADED AS FOLLOWS

EASY	Up to 12km/7mls	Up to 250m/500ft ascent
LEISURELY	12-16km/7-10mls	Up to 300m/1000ft ascent
MODERATE	10-20km/8-13mls	Up to 600m/2000ft ascent
STRENUOUS	20km/13mls or more.	Ascent may be over 600m/2000ft

Leisurely & Moderate walks are at steady pace Long walks will be at brisk pace

1	Stuart Cameron & Brian Kram 12.2mls/19.6km 2200ft/670m ascent	STRENUOUS	NY584625 A60 Denton House; Carnetley; New Garth; Hallbankgate; Thorn; Cats Crag; Howgill; NY608564; Cold Fell trig (<i>alternative route if weather/conditions are poor</i>); NY581563; Gairs; High Hynam; Garth Head; NY545558; Castle Carrock
2	Tom Patterson and Sheila Harrison 10.4mls /16.6km 1067ft /326 m	MODERATE	NY 525 611 B6413, Elmfield, Low Gelt Bridge, Middle Gelt Bridge, Long Wood, Townhead, Hayton, How, Gowran, Roxboro, Castle Carrock
3	Steve Germain & Kenneth Wright 8.5mls/13.7km 300m/985ft ascent	LEISURELY	NY539594 Tarn Road (B6413); Wreay; Low Gelt Bridge; Gelt Woods; River Gelt; Middle Gelt Bridge; Greenwell; Meadow View; Garth Head; Tottergill; Nixon Head; Reservoir; Castle Carrock
4	Sue Lawson and David Maxted 6.5mls/10.5km	EASY	NY557491 Newbiggin in Eden ; Foulisike Wood ; Cumrew Farm ; Albyfield ; Brackenfield ; reservoir ; Garth Foot ; Castle Carrock

The Duke of Cumberland (01228 670341) will be open

Future walks:

24th April Kirkbymoorside (9.30 start)
1st May Ridsdale

Route: A171, Blakey Ridge
Route: A686 via Knowesgate

Walks to Stuart Cameron