

## HANCOCK COACH

Walks Sheet for Sunday - 21st April 2024

Lauder via Earlston - 6.00pm return

Maps EX338

Please observe the following for safety reasons:  
 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

Drop	LEADERS	GRADE	WALK ROUTES <i>subject to change due to weather/conditions</i>
1	Malcolm McVey 11 Miles 1425' Ascents	Moderate  Steady Pace	A68/layby NT 572 372 - Anniesfield House - SW to Southern Upland Way, then all the way to Lauder
2	Brian Kram 13 Miles 1639' Ascents 1388' Descent	Strenuous	A68 Craigsford NT 572 380; Clatteringford Bridge; NT 545 380 Southern Upland Way; SUW to Herriot Side NT 520 460; The Harefold; Girthgate; Brown Rig; Scarce Law; Lauder
3	Sue Patterson 9 Miles 1100' Ascent	Leisurely	Start NT 573 384 Earlston-Huntshaw - Birkeneside - Galadean - Nether Blainslie - Southern Upland Way to Lauder
4	Christine Jackson 7 Miles	Easy	NT564410 A68 South Lodge; Chapel on Leader; West Lodge; Chapel Mains; Nether Blainslie; Upper Blainslie Cottages; Fordswell; Southern Upland Way; Lauder

**PLEASE NOTE: WALKS ARE 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

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

Future Destinations Sun 28th Apr **Hawes** 6.00pm return  
 Sun 5th May **Slayley** 5:30pm return  
 Sun 12th May **Alnmouth** via Alnwick 5:30 pm return