

SUNDAY HANCOCK COACH

Walks Sheet for Sunday – 14 April 2024

Pooley Bridge via Dockray – 6.00pm return

Maps OL-5

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.

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

Walks etiquette: Please walk in single file on any road sections.

Please remember and observe the country code

D R O P	LEADERS	GRADE	WALK ROUTES <i>subject to change due to weather/conditions</i>
1	Christine Jackson	7 miles Easy	NY471282 A66 Baron's Hill (pull-in); Park House; Dacre; Dalemain; West Park; Flusco Hill; River Eamont; Dunmallard Hill; Pooley Bridge
2	Malcolm McVey	10 ml 1700'ascent SteadyPace Moderate	NY423273 A66/track Junction - Stoddah Fm. - Thackthwaite - Little Mell Fell - Great Meldrum - Shooting Lodge - Little Meldrum - Bennethead - Maiden Castle - Pooley bridge
3	Brian Kram	11.5 miles 3,000' ascent 3,500' descent Strenuous	NY387257 A5091 Greenbank Farm ; Great Mell Fell; Foxhill Farm; Little Mell Fell; Greenbank; Gowbarrow Fell; Little Meldrum; Bennethead; Maiden Castle; Waterfoot; Pooley Bridge
4	Susan Patterson	9 miles ' 1100'ascent Leisurely	NY397211 High Cascades Car Park - Aira Force - shoulder of Gowbarrow - Little Meldrum - Wreay - Maiden Castle - Dunmallard Hill - Pooley Bridge
5	Eric Patterson	10 miles 2100' ascent Moderate	NY399-Aira Force Bus Stop- Aira Force- Gowbarrow Fell- Swinburn's Park- Little Mell Fell- Wreay- around Dunmallard- Pooley Bridge <i>The ascent on to Little Mell Fell can be missed out by anybody not wanting to do it as it is an up and down on same route: they could wait at the bottom. The circuit of Dunmallard can be missed at the end if anybody wanted to shorten the route.</i>

PLEASE NOTE: WALKS ARE GRADED AS FOLLOWS:

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

LEISURELY 6 to10 miles with up to 1,000 feet of climbing- leisurely pace

MODERATE 8 to13 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

Sun 21st April – **Lauder** via Earlston 6.00pm return

Sun 28th April – **Hawes** via Ayesgarth 6.00pm return

Sun 6th May – **Slayley** via Blanchland 5.30pm return

Refreshments – Various –