

AYCLIFFE FELL WALKING CLUB

NEXT OUTING: Saturday 22nd April 2017 (Walk no. 338)

Visit our website www.afwc.org.uk for all club news including Information on this & other planned events during the year.

WALK AREA	Buttermere to the Vale of Lorton (Lake District)		
COACH FARE	MEMBERS: £10.00	NON-MEMBERS: £15.00	JUNIORS: £3 / £5
TO RESERVE YOUR PLACE	To reserve a coach seat, contact Alan Holmes on landline 01325 488225, mobile 07791 239008 or send an email to: alanholmes3@virginmedia.com		
CANCELLATION POLICY	<i>Demand for coach seats is always high! If you've had your place on the coach confirmed & then cancel within 7 days of the outing i.e. after midnight Friday in the week before, or fail to show, you will be asked to contribute £10 towards Club funds in lieu of the coach fare; payable on your next trip out with the Club</i>		
MAPS	LR89 West Cumbria – or – OL4 English Lakes (N W area) - South Sheet		
PICKUP TIMES	Darlington – Feethams Beaumont Hill Newton Aycliffe – Big Club Bishop Auckland – Cabin Gate Barnard Castle - Gilesgate	07.30 07.35 07.45 08:05 08.30	Please arrive at your chosen pickup point 5 minutes early, so that you don't keep the coach waiting. Thank you! Pickup details assume a single coach will be used; when two coaches are required, these details will be subject to change!
SUGGESTED ROUTES (researched by Alan Holmes)	<ol style="list-style-type: none"> 13.5 miles (4,300' ascent), Crag Houses, Buttermere (PH), Burtness Wood, Burtness Comb, High Stile, Red Pike, Lingcombe Edge, Scale Force, x Black Beck, Mellbreak, White Crag, Loweswater (PH), Scalehill Bridge, Beck House, above intake wall to High Swinside Farm, Scales & Boonbeck, to Low Lorton. 12.5 miles (3,400'), As walk 1 to Scales Force, x Black Beck, then proceed along Mosedale to Loweswater (PH), then as walk 1 again to Low Lorton. 10.5 miles (1,300'), Crag Houses, Buttermere (PH), Nether How, Crummock Water shoreline, Rannerdale FB, Lanthwaite Wood, thence via Peel, Park Bridge & Loweswater village (PH). Continue onward as walk 1 to Low Lorton. 9.5 miles (1,200'), Crag Houses, Buttermere (PH), Scale Bridge, west side of Crummock Water to Park Bridge & Loweswater (PH), thereafter as walk 1. 7.0 miles (800'), Lanthwaite, Lanthwaite Wood, Peel, Park Bridge, and Loweswater (PH), thereafter as walk 1 to Low Lorton. 		
NOTES	<ol style="list-style-type: none"> Should you wish to undertake a different walk from those suggested above, the coach will set you down at any safe and convenient point en-route. End of walk hostelry: the staff at the Wheatsheaf Inn, Low Lorton have been alerted to our outing and have agreed to open their kitchens early for anyone requiring a meal or snack – full menu available. Parking at the Wheatsheaf is limited, so our coach will park 300 yards south of the pub, at the road junction beyond Lorton Hall. The coach will depart for home at 6.30 pm prompt. 		
IN EMERGENCY	In the event of an emergency during the walk phone and send a text to Alan Holmes on 07791 239008 – or contact Enterprise Travel on 01325 286924		

Aycliffe Fell Walking Club (hereinafter the Club) shares the view of the British Mountaineering Council.

Those joining this outing or any other activity organised by the Club are reminded that "hill walking, scrambling and mountaineering are activities with a danger of personal injury or death. Participants should be aware of and accept these risks & be responsible for their own actions and involvement!" The Club and its officers accept no responsibility or liability for accidents, howsoever incurred.