

# Kendal 02 December 2012



Today we have two coaches for our trip to Kendal; a place, as far as I can tell, we last visited in 1982. We'll have a stop at Lancaster Services for the two coaches to meet up and then on to Kendal via Milnthorpe.

We're parking courtesy of K Village so they deserve a bit of a plug:

*"Of particular interest to walkers we have the outdoor shops Trespass and Mountain Warehouse. Clarks, Pavers and Cotton Traders might also be of interest for sturdy footwear and clothing. ... For refreshments we have Costa Coffee on the riverside ..."*

## Today's Walks

- A Walk**      **Chris Thornley**      **11 miles Moderate**  
Alight at Milnthorpe. From here we pick up the Cumbria Coastal Way. Follow it across Milnthorpe Marsh to the A6 and Levens Hall. Then we take a path to Levens village. Through the village to Middle Plantation. Then we take field paths to Sizergh Castle. Continue to Rash Spring and Brigsteer Road. Then onto Helsington Barrow, Scout Scar and Hodgson's Leap. Great views over the Lyth Valley to the lakeland fells if it's clear. Then we drop down to Bradleyfield and into Kendal via Stainbank Green.
- B Walk**      **Sue Baxendale**      **10 miles Moderate**  
Alight from coach by Kendal college on A6 on outskirts of the town and then follow path by riverside from Romney Bridge to Scroggs Wood. Minor road to Helsington Laithes then across fields to High House and Brigsteer Lane. Short road walk to take track along Scout Scar, past viewpoint and on to Underbarrow Road. Then paths to Cunswick Scar and Gambleside Lane. Along past Cunswick Hall to Ash Wood, through Scar Wood to top of Cunswick Fell. Drop down through fields to cross A591 (footbridge) and follow paths round Helsington Nab, through Kettlewell Crag and into Kendal. An undulating walk with no steep climbs but beautiful views (weather allowing) back towards the coast and the Lakeland Fells.
- C/D Walk**      **Paul Brown**      **7½ miles Moderate**  
We alight in Kendal town centre and walk uphill steadily for about 1½ miles in a NW direction passing Kettlewell Crag, crossing the A591 ( footbridge ), to reach Cunswick Scar. We then walk South along the Scar, cross Underbarrow Road, then continue along Scout Scar to reach the viewpoint. From here there are panoramic views with mountains, hills and landmarks to pick out , quite spectacular if we get a clear day. We continue southwards, then change direction again to walk NE across Helsington Barrows to join Brigsteer Road, which takes us back into Kendal.

## Pick-Up Times and The Return Journey

We have three pick-up points to try and make the most of our visit. The coaches will be parked at the Leisure Centre for most of the day before making a couple of pick-ups closer to the centre of Kendal.

04:45 PM	Kendal	Leisure Centre Coach Park	Walks:
04:50 PM	Kendal	Shakespeare Inn, A6	Walks:
04:55 PM	Kendal	K Village, A65	Walks:

Please register your pick-up point with the couriers to avoid delays and ensure that no one is left behind. Coaches are down to return via the M6 or A65 at the drivers' discretion.

## Our next trips

Today we'll be taking bookings for Glossop (06 January), The Roaches (03 February) and Coniston (03 March). Ticket cost is the usual £13:00 / £6:50 and there will be no increase in 2013. After today then contact Robert by email ([bookings@coach-rambles.org.uk](mailto:bookings@coach-rambles.org.uk)), telephone (07795 250502 / 01282 798145) or on-line at [www.coach-rambles.org.uk/book](http://www.coach-rambles.org.uk/book).

# Dates and Destinations from Kendal to The Roaches

## Events

Fri 07 Dec Burnley and Pendle Christmas Party. This will be at Saint Cuthbert's church hall, Burnley and starts at 19:30. Tickets are £7 each and available from Margaret Clark (Burnley coach).

## Walks

Date	Group	Time	Destination
Tue 04 Dec	Burnley and Pendle Ramblers	10:30	Local impromptu
Wed 05 Dec	Rossendale Ramblers	09:00	Tockholes
Sat 08 Dec	Clitheroe Ramblers	09:00	Chipping
	Pendle Walkers	10:00	The Ribble Way (A)
		10:00	Barden from Victoria Park (B)
		10:00	Foulridge
	Spring Vale Rambling Class	11:00	Clough Head Car Park, Haslingden
Sun 09 Dec	Hyndburn Ramblers	09:30	Hebden Bridge
	Rossendale Ramblers	09:00	Rimington
Tue 11 Dec	Clitheroe Ramblers	13:00	Bolton by Bowland
	Pendle Walkers	10:00	Barden Bridge (C)
Wed 12 Dec	Rossendale Ramblers	09:00	Skipton
Sat 15 Dec	Clitheroe Ramblers	09:00	Grassington
	Hyndburn Ramblers	09:30	Grassington
	Pendle Walkers	10:00	Worston, walks and Christmas Meal (A and B)
Sun 16 Dec	Burnley and Pendle Ramblers	10:30	Local Christmas Walk
	Rossendale Ramblers	09:00	Turton / Entwistle
	OXO Coach Rambles	08:45	Settle, walks and Christmas Meal (A and B)
Tue 18 Dec	Clitheroe Ramblers	10:00	Langcliffe
	Pendle Walkers	10:00	Towneyside (C)
Wed 19 Dec	Rossendale Ramblers	09:00	Longridge
Sat 22 Dec	Pendle Walkers	10:00	Sutton-in-Craven (A)
		10:00	Barrowford (C)
Sun 23 Dec	Clitheroe Ramblers	09:00	Barley
	Hyndburn Ramblers	09:00	Healy Dell
Sat 29 Dec	Pendle Walkers	10:00	Mytholmroyd (A)
		10:00	Wycoller Panopticon (B)
Sun 30 Dec	Burnley and Pendle Ramblers	10:45	Bill Clegg Winter Walk

Burnley and Pendle Ramblers  
Clitheroe Ramblers  
Hyndburn Ramblers  
OXO Coach Rambles  
Pendle Walkers  
Rossendale Ramblers  
Spring Vale Rambling Class, Darwen

Janet Lofthouse on 01282 435352  
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