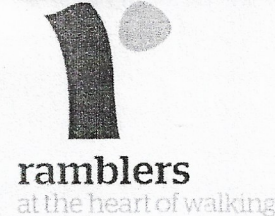


Appleby 05 July 2015



Today we have two coaches for our trip to the beautiful Eden Valley on the western edge of The Pennines. The Blackburn and Burnley coaches will rendezvous, for a hopefully brief stop, at Burton Services, before travelling together to Appleby via Brough.

Pictures and 1965 - 2015

Sylvia, our founder, has lent me many documents that I need to go through to categorise, scan and publish. This has meant adding a pictures section to the web site; Howard and Bill have already contributed to this (and thank-you) but if anyone has any pictures from the last 50 years then please send them to me with details of what trip it was and, ideally, what walk it was.

Today's Walks

A Walk Robert Eccles Off Second 13½ miles Fairly Strenuous

Off near Coupland we start our 13.5 mile walk to Appleby by making for, and going over, the golf course; turning north we pick up the metal road to Murton. Once onto the access land we make a steady and then a just-go-for-it ascent to the top of Murton Pike (594m); this will hurt but that's the main work of the day done. Picking up an alternative path we reach High Cup Scar and High Cup Nick for, hopefully, fantastic views down the glacial valley and across the plain to the Lakeland mountains. This is an awesome spot. Continuing around High Cup Nick, now on the Pennine Way, we drop down to Dod Hill; now it's fields to Castle Hill followed by fields and woodland to Appleby.

A lovely walk that touches the Eden Valley and Pennines with 836m of ascent over the whole walk.

B Walk Michael Counter Off Fourth 10 miles Strenuous

The walk starts off from the village of Dufton and follows the Pennine Way passing Dod Hill to reach High Cup Nick. The view looking down the valley from High Cup Nick is spectacular; the U shaped valley was formed by retreating glaciers. Our descent follows the Scar edge and down Middle Tongue to Harbour Flat. We then follow field paths to Brackenthwaite, through Flakebridge Wood and on to Stank Lane, before finally reaching Appleby in Westmorland.

The climb up to High Cup Nick is long and tedious, but the view on a clear day is more than worth the effort.

C Walk Trevor Whittaker Off First 9 miles Moderate

Starting from Church Brough we essentially head northwest through the Eden Valley to Appleby. Our first port of call is Langrigg and then Flitholme hamlet where we pick up the disused railway to Warcop. Now we reach the Eden for the first time. A bit of a climb to Trickle Banks before field paths to Great Ormside. Dropping down to Jeremy Gill we reach the Eden for the second time and stick with it into Appleby.

If time permits then Trevor will take his party on a tour of Historic Appleby; if time is pressing though then, sorry, it's the pub. A lovely walk in the Eden Valley with just 250 metres of ascent over the whole walk.

D Walk Paul Brown Off Third 6½ miles Fairly Easy

We start in Appleby, and follow field paths and tracks north westwards past Dowpits Wood to Limekiln Hill, then change direction to walk along a track to the pleasant village of Colby. On leaving Colby we join an undulating country lane for about ½ mile, then leave the lane to follow tracks, field and woodland paths to Jerusalem (Farm) and Bandley Bridge. We then return to Appleby along field paths and tracks.

This is a walk through the pastoral countryside of the Eden Valley, with views of the North Pennines throughout the walk. Muddy in just a few places.

E Walk No Leader Off Third 2 miles Easy

There is no leader for this easy stroller walk which has been suggested by Paul. Start at St Lawrence's Church Cloisters (bottom of main street Boroughgate), turn immediately right into Low Wiend at the side of the Crown and Cushion Inn, follow this for a short distance, cross Chapel Street, then follow a tarmac path (car park & toilets on your left) to the River Eden. On reaching the river turn right and follow the path past the swimming pool and then the cricket ground. The path ends at Bridge Street where you turn right, cross the road, walk towards the white pillar, then walk up the left side of Boroughgate to visit Lady Anne Clifford's Almshouses. Continue uphill to the castle gates, cross the road and walk downhill back to the start.

Pick-Up Times and The Return Journey

Today we have just one pick-up point:

17:45	Appleby	Railway Station	
18:00	Appleby	Boroughgate; Hare and Hounds (main street in Appleby)	Walks: A, B, C, D