

North East Lancashire Ramblers – Coach Ramblers Grange Over Sands Sunday 4th March 2018

Today the coaches will rendezvous at Burton in Kendal services on the M6 for a comfort stop before continuing on towards Grange and the start of our walks.

A Walk Leader - **Anthony Fleetwood** Moderate 10 miles

We start the days walk in the village of Cark, joining the Cumbria Coastal Way via Holker Hall. We ascend Howbarrow Hill. 170metres, with glorious views of Ulverston and the southern Lakeland peaks. Then onward to Hampsfell and the Hospice Tower with lunch in Cartmel, we continue to Grange through Eggerslack Wood. 1723 feet total ascent.

B Walk Leader - **Michael Counter** Moderate 9 miles

We alight the coach in Grange over Sands and continue on up through Eggerslack Wood and onto Hampsfell (712ft). A climb to the top of the Hospice, a notable viewing platform, is a must. The route now continues along the Cistercian Way down into Cartmel, passing the Priory and racecourse. A sharp left takes us into Birkby Hall and then Allithwaite. The Cumbrian Coastal Way is now followed from Kents Bank back into Grange along the promenade. The field paths are likely to be very muddy.

C Walk Leader – **Carol Higgins** Moderate 8 miles

Leaving Grange we head up through Eggerslack Woods to Hampsfell Hospice, a bit of a climb (we'll take it slowly) but it's well worth the effort for the stunning 360 degree view from the top. From here we descend northwards to Hampsfell Hall Farm before making our way west across the valley bottom fields to Old House Wood (although a small wood it is the muddiest part of the walk) and then south to the village of Cartmel. Passing the race course and Priory we make our way back to Grange via the golf club, and finally drop down to join the Promenade and a stroll back to the coaches along the sea front with views across the estuary. Most of the walk is on field tracks which can be muddy in places and does have various stiles along the way.

D Walk Leader – **Paul Brown** Moderate 6 ½ miles

We start this walk at the coach park in Grange over Sands and walk steadily uphill (fairly steeply) for about ¾ mile to reach High Farm. We continue to Spring Bank, walk past Grange over Sands golf club then on into the village of Allithwaite to join the Cumbria Coastal Way. We walk to Kents Bank then further on join the promenade for a pleasant walk alongside the bay to take us back to the coaches. We will take time to look at some interesting local features, including Guides Farm, and the Lido Gallery at the former outdoor swimming pool. Most of this walk is on good surfaces but may be wet and muddy in just a few spots, some ups and downs, no stiles, good views across Morecambe Bay.

Pick up time for return journey. Returning Home: 5.30pm from the coach park opposite the railway station. Please do not ask the driver for extra stops on the way home as this can be dangerous and make the return journey longer for everyone. Blackburn coach to drop off in Clitheroe first, Burnley coach has Clayton le Moors as first stop.

Book today for our next two coach rambles – **Llandudno on 8th April and Bakewell on 6th May** After today telephone Kathleen Parker on 01254 396894 (6.00pm and 9.00pm) for the Blackburn coach, or Margaret Boothman on 01282 692901 (6.00pm to 9.00pm) for the Burnley coach.

Leaders needed We still need A leader for Llandudno on 8th April and A and D leaders for Bakewell on 6th May. Plus other dates throughout 2018. If you are willing to lead at any time just let me know, or want more information give me a ring. Tel No 01254 235049. Thanks to all our leaders and helpers. Sue.

When we go to **Llandudno on 8th April** Michael Bates is leading a joint C and D walk. The walk will be a linear one out of Llandudno for the D walkers and they will return to Llandudno by local bus whilst the C walkers continue to complete a circular walk back to the town. So if you are likely to go on the D walk and you have a bus pass bring it with you for a half price ticket.

The Tour de Yorkshire will be going through Leyburn on the weekend of 5/6 May so our **destination on Sunday 6th May has been changed to Bakewell**. Hopefully we will return to Leyburn next year.

If you use Facebook or Twitter or any other such wonderful social media please tell everyone about the coach rambles, tell them about today, and the future trips to spread the word.

Everyone is invited to come along to a **Spring Walk and Meal on Saturday 24th March**. The walk, followed by a meal, will be in the Settle/Long Preston area. Contact Margaret Fletcher on 01282457909 for all details of choice of menu and walks.