



GRANGE-OVER-SANDS – 6TH FEBRUARY 2022

Today we have one main coach and a feeder coach. The rendezvous point is Darwen Services, and the comfort stop is on the M6. The first drop-off point is GRANGE for all the guided walks. Our day visitors have an option to stay on the coach and go to CARTMEL for a couple of hours and return to Grange by coach or do a self-guided road walk back to Grange (2 miles approx). (See reverse)

WALKS INFORMATION FOR GRANGE-OVER-SANDS

We have three led walks at Grange-over-Sands. On the walks -- You must not walk in front of the leader. There may be safety instructions during the walk which you need to be aware of. The Leaders pioneer and risk assess each route, but their experience may mean they need to respond to changes on the day and you must be able to hear their instructions. At the comfort stop please ask the leaders about their walks if you are unsure which ramble to select.

B walk Leader: Tony Culverhouse 9 miles Moderate

There are good views (of course), some muddy bits and a bit of road walking on this walk. From Grange we ascend a rocky path through Eggerslack Wood on to Hampsfell. We then follow a gradually descending path north to Hampsfell Hall. Field paths take us on to some road walking (not too busy but caution needed). We then descend a bridleway (Hollow Lane) with good views of Lindale. Next, we climb fields to Merelwood and Eggerslack Woods before descending back to Grange.

C walk Leader: Michael Bates 8 miles Moderate

The route initially takes us uphill through a wooded area before emerging on to a tarmac lane. There follows a long, steady climb the lane becoming no more than a stony track eventually emerging on to a grassed area. This leads to the highest point of the walk. Weather permitting there are amazing views both towards the Lake District and Morecambe Bay. There is then a steep descent followed by a very muddy field before reaching Pit Farm. The route then takes us to the pretty village of Cartmel which, subject to progress, is an ideal place to stop for lunch. There are public toilets here by the racecourse. On leaving Cartmel the route takes us along a broad track through a wooded area. We may need to retrace our steps if fallen trees have not been removed and follow a minor road instead. The route then follows fields making our way to Birkby Hall and then skirting the village of Allithwaite. After passing High Fell Gate the final mile or so follows the road downhill back into Grange. There are several wall stiles on the second half of the walk which enjoys outstanding views. Mainly good paths and tracks.

D walk Leader: Jane Cordingley 6 miles Moderate

The initial 1st mile of this walk, will head westward uphill through the town on roads climbing to join Spring Bank Road where we continue uphill on field paths to reach Fell End. We continue northwards, over moorland and limestone towards The Hospice, (lunch stop). Continuing northwards, we gently descend Hampsfell. Taking field paths (muddy) and a short road section we head back towards Hampsfield Farm (drink stop). We then enter Merlewood and Eggerslack Woods for our return to Grange. An initial pull up Fell End, and some shorter up-hills throughout the walk. Weather permitting, we may get views of Arnside, Morecambe Bay, the Lake District and beyond. Four stiles.

If you want to do a SELF-GUIDED WALK, then you must tell the Courier or Coach Secretary. You will be given a coach ramble contact number. It is important for safety reasons that independent walkers leave details of your names, a brief route or map and a contact mobile number with the Coach Secretary or Coach Courier as we need this information in case of an incident.

Return Journey All the guided walks start and finish in Grange. The coach will leave the Windermere Road car park, Grange-over-Sands, LA11 6EG (B5271 Windermere Road) at **5:00pm prompt** as we are now in the winter programme. Please arrive 10 minutes early. The rendezvous with the feeder coach is Darwen Services.

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