



Kendal - 7 April 2024

A/B Walk Details

Leader: Tony Culverhouse
Distance: 8 miles moderate

Today we will explore the fells to the west of Kendal. From the centre, we make our way to the outskirts of the attractive town of Kendal - probably the steepest part of the walk - before heading north-west with panoramic views of the town. We skirt Kendal Fell, continuing to Kettlewell Crag and Helsfell Nab. We then head south along Cunswick Fell and Scout Scar to the cairn above Helsington Barrows where we start a steady descent back to Kendal.

The initial part of the ramble to the edge of town is probably the most challenging. After that it is mostly level. Excellent views if the weather co-operates!

C/D Walk Details

Leader: Jane Cordingley
Distance: 7.5 miles moderate with shorter options available

Along the River Kent with option to visit Kendal Castle - flat apart from the pull up to the castle at the end.

Leaving the coach, we head towards the riverside which we follow south through Kendal (some road work) passing a Roman fort before taking field and woodland paths to Hawes Bridge, hopefully for a dry lunch stop. Here we almost retrace our steps on the other side of the river bank, through fields again (expect mud). We hit the outskirts of Kendal after about 4 miles and here there are options for those who want a shorter walk, or want to hit the shops, to break off back into town. Those wishing a longer walk will follow the filled-in Lancaster canal, a car-free track through town, to the castle via the cemetery. At the cemetery, those who do not wish to visit the castle have the option to return to town at this point. We then have a short uphill pull to the castle (total ascent of the whole walk is only 318ft), from where we hopefully have good views over Kendal and surrounds. Finally we descend back into town.

4 stiles, some squeeze stiles, plenty of mud when walk was recced. Some road work and farmac paths, but it is a town walk. If really lucky (and quiet!) we may see an otter - Jane did when reccyng the walk.

Self-guided walkers:

Please let Lynn or Elaine know your general route and take a contact number card in case of emergency.

Return Journey:

The coach will be parked outside Majestic Wines on Blackhall Road - W3W

///leads.fake.before - and will leave at 5:30pm prompt. Please be back at the coach at least 10 minutes before this time.

Our Next Trip:

Bookings open today for the next coach trip to Bakewell on 12th May 2024. Tickets are £21 per person for this trip. You can pay by cheque or cash on the coach, or by card through Ticket Tailor (booking fee applies):

<https://www.tickettailor.com/events/northeastlancscoachrambles>

Telephone bookings (cheque/cash payments) will be available from **Monday 8th April 2024**. Jane Cordingley is our volunteer for telephone bookings. Her number is 01254 773913 and she will take bookings from **8am-9am and 6pm-8pm, Monday to Friday only**. If Jane is unavailable, please ring Lynn and leave a message (07895760045) and she will get back to you.

2024 Coach Rambles

Our coach trips in 2024 will take us to the following destinations:

Date	Destination	Price
4/2/24	Grassington	£19
3/3/24	Ilkley	£19
7/4/24	Kendal	£20
12/5/24	Bakewell	£21
2/6/24	Hawes	£20
7/7/24	Keswick	£23
4/8/24	Frodsham	£20
1/9/24	Appleby	£23
6/10/24	Holmfirth	£20
3/11/24	Saltaire	£19
8/12/24	Knaresborough (Christmas Market)	£20

Could you lead a walk for us?

We are desperately in need of walk leaders for our coach trips! Leaders must be a member of Ramblers and must have previous walk-leading experience.

Walk leaders receive a free coach seat on the trip that they are leading for and £20 towards expenses for completing the recce of the route. Support is available with planning a route and travelling to the destination for the recce.

If you are interested, or if you have any questions, please email Lynn at nelcoachrambles@gmail.com with details of your experience.



If your walking/Ramblers group would like an event advertising on this monthly information sheet free of charge, please send details to Lynn at nelcoachrambles@gmail.com