

West Cumbria HF Local Group

A friendly social walking group for people of all ages. Walks take place on Saturdays at a variety of levels.

WALKS

“A” walks will take up to 5.5 or 6.5 hours of strong walking, including peaks.

“F” will be between A and B standard

“B” walks will take up to 4.0 to 5.0 hours medium walking & rest periods taken as required.

“A+” walks are available for stronger walkers.

Note - the times may be reduced in mid-winter

Subscription is £5 for all aged over 16. Any persons interested are invited to join us on a walk. If they would then like to become members of our group they should apply with the subscription to the Treasurer. Cheques should be made payable to West Cumbria HF Local Group.

The committee and leaders can accept no responsibility for the safety and well-being of members or guests participating in the activities of the West Cumbria HF Local Group.

Most walks start at **10.15 am**. Allow 15min. before the start for booting up & briefing.

A **sample programme** is included below. For more details and to come on your first walk please contact one of the following:-

Secretary: hfwcumbria@hotmail.co.uk
Treasurer: Eric Cass 01900 823847

Saturday	Walk	Destination	Meeting place
Bank Holiday	F b/h	Broom Fell, Lord's Seat	DarlingHow/Spout Force CP
Week 1	F	Muncaster Fell(plus Ratty train fare)	Ravenglass Village CP
	A+	Crinkle Craggs and Bow Fell	Dungeon Ghyll
Week 2	A	Heron Pike, Great Rigg	Grasmere School
	B	Grasmere Round	
Week 3	F	Rannerdale	Cinderdale CP
	A+	Helvellyn/Catstye Cam	Patterdale
Week 4	A	Bowscale Fell	Mungrisedale Village Hall
	B	Souther Fell Circuit	
Week 5	F	Hencomb	Assemble Kirkstile Inn (Scale Hill NT CP)
	A+	Seat sandal and Fairfield	Dunmail Raise
Week 6	A	Bleaberry Fell	Great Wood
	B	Ashness Bridge	
Week 7	F	White Comb	Beckside Layby

We look forward to meeting you on a walk.

In addition there are monthly social events.