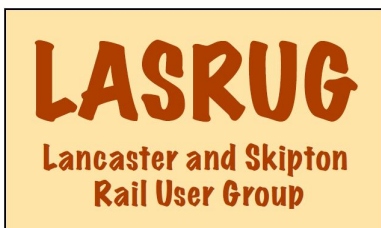


**Leeds, Lancaster & Morecambe
Community Rail Partnership**

**Guided Walks
Programme
Spring 2012**

**18 February 2012 to
12 May 2012**



Date	Level of Walk	Start/End	Details
Saturday 18 Feb 2012	Moderate 13 miles	Alight and return Lancaster	A circular walk of 13 miles taking in Glasson Dock, Lancaster Canal, Conder Green and the Coast Path. Meet at Lancaster off 08.19 Leeds departure or 09.32 Morecambe departure. (S&C)
Saturday 25 Feb 2012	Moderate 8 miles	Alight Clapham and return Settle/ Giggleswick	A walk of 8 miles from Clapham to Settle via the Craven Ridge. Meet at Clapham off 08.19 Leeds departure or 08.24 Lancaster departure. (S&C)
Saturday 3 Mar 2012	Moderately Strenuous 13 miles	Alight Gargrave and return Settle/ Giggleswick	A walk of 13 miles from Gargrave to Settle via Eshton, Calton, Malham, Nappa Cross and Attermire. Meet at Gargrave off 08.49 Leeds departure or 08.24 Lancaster departure. (S&C)
Saturday 24 Mar 2012	Moderate 10 miles	Alight and return Grange-over- Sands	A circular walk of 10 miles. Meet at Grange-over-Sands off 08.19 Leeds departure (change Carnforth) or 10.01 Lancaster departure (to Barrow-in-Furness) (S&C)
Saturday 28 Apr 2012	Moderately Strenuous 15 miles	Alight Oxenholme and return Arnside	A walk of 15 miles from Oxenholme to Arnside via Sedgewick, Heversham Head, Milnthorpe and the Dallam Estate. Meet Oxenholme off 05.55 Leeds departure (change Lancaster) or 08.08 Lancaster departure (to Edinburgh) (S&C)
Saturday 5 May 2012	Strenuous 17 miles	Alight Hellifield and return Settle/ Giggleswick	A 17 mile walk from Hellifield to Settle via Kirkby Malham and Gordale Scar. Meet at Hellifield off 08.49 Leeds departure or 08.24 Lancaster departure (D)
Saturday 12 May 2012	Easy 8 miles	Alight and return Arnside	A circular walk of 8 miles from Arnside taking in Arnside Knott, Arnside Tower, Waterslack and Silverdale. Meet at Arnside off 08.19 Leeds departure (change Carnforth) or 10.01 Lancaster departure (to Barrow-in-Furness) (D)

IMPORTANT INFORMATION

Walk classification

Easy - these are leisurely walks with regular stops for viewing and refreshment. Modest gradients.

Moderate - these cater for the more experienced walkers. Expect a full day at a steady pace. Steeper gradients and more difficult terrain.

Strenuous - A full day's walk at a brisk pace. Steep slopes and difficult terrain, yomping and/or short scrambles. Possible time constraints.

What to take

Whilst leaders take every care, your comfort and safety is your own responsibility. The pace of the walk is appropriate to the distance and the available time. We ask that walkers accept the pace set. Anyone getting ahead of the leader may be deemed to have left the walk at their own risk. Dogs are allowed (unless otherwise stated) but must be kept on a short lead. Good footwear and adequate waterproof clothing is essential. Carry enough food & drink for the day.

Walk leaders

Walk leaders normally arrive off the train from Leeds, meet on the appropriate platform.

Train Times

Train times are correct at time of publication. Engineering work often takes place at weekends. Please check your train times in advance. National Rail Enquiries www.nationalrail.co.uk or tel: 08457 484950, Northern Rail www.northernrail.org or tel: 0845 000 0125.

Contact details

Walks marked (D) are led by Friends of DalesRail, walks marked (S&C) are led by Friends of Settle-Carlisle Line. Any changes to the programme will be published on the following websites: www.friendsofdalesrail.org/walks.html or www.foscl.org.uk/guided-walks. Phone contact details if urgent - 01132931924 (D) or 01228576856 (S&C). Please only call these numbers if the reason for the call is urgent. The Lancaster and Skipton Rail User Group thank both groups for permission to publish the walks in this leaflet.

This leaflet has been produced by the Leeds, Lancaster & Morecambe Community Rail Partnership and the Lancaster & Skipton Rail User Group. For details of other guided and self guide walks visit www.leedslancastermorecambecrp.co.uk/publicity or www.communityrailancashire.co.uk/publicity/walking-cycling-for-health