

**WALKS FOR SUNDAY 26th June 2022
COCKERMOUTH via BRAITHWAITE**

**You are expected to stay with the leader at all times. Observe the Country Code
Leaders plan walks carefully, but you are ultimately responsible for your own Health & Safety.**

PLEASE REMEMBER TO FASTEN YOUR SEATBELT

MASKS MUST BE WORN WHILE ON THE COACH

OUR WALKS ARE GRADED AS FOLLOWS

EASY	Up to 12km/7mils	Up to 150m/500ft ascent
LEISURELY	12-16km/7-10mils	Up to 300m/1000ft ascent
MODERATE	10-20km/8-13mils	Up to 600m/2000ft ascent
STRENUOUS	20km/13mils or more.	Ascent may be over 600m/2000ft

RICHARD SMITH 1st stop	Fairly Moderate 11 miles	BRAITHWAITE (231236) - THORNTHWAITE - POWTER HOW HURSTHOLE POINT - BECK WYTHOP - WYTHOP MILL - EMBLETON - COCKERMOUTH
ADRIAN WADE 2nd stop	Moderate 11.5 miles	WHINLATTER VC (207245) - BARF - LORD'S SEAT - BROOM FELL - GRAYSTONES - SHATTON LODGE FARM - SOUTHWAITE BRIDGE - COCKERMOUTH 1900FT OF ASCENT
DAVE MORLEY 2nd stop	Slow & Easy 3.5 miles	WHINLATTER VC (207245) - THORNTHWAITE - BRAITHWAITE. BUS TO COCKERMOUTH @ 17mins PAST THE HOUR
TONY MURRAY 3rd stop	Strenuous 13 miles	SCAWGILL BRIDGE CAR PARK (181255) - LORD'S SEAT - BROOM FELL - LING FELL - SALE FELL - WYTHOP MILL - LAMBFOOT - COCKERMOUTH 2250FT OF ASCENT
BOB COPELAND 4th stop	Fairly Easy 7 miles	B5292 HOLE MIRE (161259) - LOW LORTON - STANGER HOW - LOW STANGER FARM - SIMONSCALES MILL - RIVERSIDE - OLD RAILWAY - COCKERMOUTH CASTLE - COACH PARK.
SUSAN & BRENDA 5th stop	Easy Moderate 9 miles	SHOTTON HALL (141281) - JENKIN - HIGH SIDE - LING FELL ABBAY - WESTRAY - COCKERMOUTH

WELCOME TO ALL OUR NEW MEMBERS

**PLEASE MAKE YOURSELF KNOWN TO THE COACH ORGANISER, THE LEADER OF THE WALK YOU
CHOOSE TO JOIN AND TO FELLOW MEMBERS SITTING AROUND YOU ON THE COACH**

PLEASE MAKE YOUR WAY TO THE COACHES 5 MINUTES BEFORE THEY ARE DUE TO LEAVE

COACHES WILL LEAVE COCKERMOUTH AT 6:00pm PROMPT

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