

*Third Briefing Note*  
**East Cheshire Ramblers**  
**Weekend Away 17-19 September 2021**  
**Ambleside**

**Useful Information**

**Booking Deadline/Briefings**

The deadline to book for this weekend away, if you wish to join the group for meals, is **25th August**. The registration form was distributed with Briefing Note 2 and is on the website. This is the last briefing note that will be sent to all ECR members. In future only those who have booked will receive briefings.

**Walk lengths**

We are offering 3 types of walk on both Saturday and Sunday. As this is the Lakes, the terms Easier, Harder and Hardest are also used to describe the walks, as our normal understanding of short, medium and long walk lengths does not always apply. Bring lunch on all walks.

**Regardless of whether you have returned your registration form, it would be helpful to know which walks people are intending to do on each day. No commitment to stick to this, but it helps with planning. Please email Melanie Davy: [m.davy2906@gmail.com](mailto:m.davy2906@gmail.com) with this information. Provisional walk descriptions below.**

**Parking & Parking Passes**

If you do not have parking at your accommodation, you can buy a three day parking pass for £17.50 which covers you to park in any eligible car parks within the South Lakes (although it doesn't guarantee a space). Four of our walks start from eligible car parks. The pass can only be purchased at one of the car parks and not in advance. See link below and click on "Three and Seven Day Parking Passes" section for all relevant information.

See <https://www.southlakeland.gov.uk/parking-roads-and-travel/parking/car-parking/>

Apparently, the Lakeside car park is free if you park before 9.00 am, but this has not been confirmed.

**Waterhead Inn Bar**

Following the meals on Friday and Saturday at the Waterhead Inn, we may use their bar, which has seating for 25.

**PROVISIONAL Walk details**

Not all the walk leaders have done a recce, so **details below are provisional**. There will be an update for everyone who has registered for the weekend nearer the time.

**SATURDAY 18<sup>th</sup> September 2021 – PROVISIONAL WALK DETAILS**

Grade	Leader	Length	Description	Start point & Time
Long (Hardest)	John Galligan	10.1 miles 3100 ft total ascent	Helm Crag and High Raise from Grasmere  Route: A typical Lakeland horseshoe circuit from Grasmere village ascending to High Raise, the highest point in the central fells at 2500 ft. The probable outward leg is a ridge walk with three Wainwrights - Helm Crag, Gibson Knott and Calf Crag. Then along Greenup Edge to the summit. The return leg is via Sergeant Man, Easedale Tarn and Sour Milk Gill. If the weather is poor the route could be reversed with an option to return via Far Easedale Gill.	9.30 am Red Bank Road CP*, Grasmere LA22 9PU <a href="http://paintings.verbs.hoping">\\paintings.verbs.hoping</a>  *Parking cost for up to 10 hours is £8, unless you use parking pass described above.

Grade	Leader	Length	Description	Start point & Time
Medium (Harder)	Kathryn Carty	6.76 miles 2089 ft ascent	We follow a track to Stockghyll Force and from there to Wansfell Pike 482m then Baystones 487m. Descend onto Nanny Lane to Troutbeck and towards the church. The route is then along Robin Lane to High Skelghyll and via Skelghyll wood back to Ambleside. There may be some minor variations made to the route.	10.00 am Ambleside Tourist Information office  Central Buildings, Market Cross, Ambleside, LA22 9BS
Short (Easier)	Les Hall	6.5 miles 1100 ft ascent	Easy walk from Ambleside to Troutbeck  Walk to Troutbeck along Wain Lane. Optional stop at the 'Mortal Man' for refreshments Return to Ambleside along Robin Lane and Skelghyll Wood.	10.00 am Meet at bus stop just outside Low Fold car park* opposite Hayes Garden centre Ambleside LA22 0DN. Take the 10:10 505 Bus towards Windermere and get off at Mirk Lane Ecclerigg.  *Covered by parking pass described above
<b>SUNDAY 19<sup>th</sup> September 2021 – PROVISIONAL WALK DETAILS</b>				
Long (Hardest)	Monica Brinkman	Approximately 11 miles 3540 ft ascent	Fairfield Horseshoe A strenuous walk to include the tops of Heron Pike, Great Rigg, Fairfield, Hart Crag, Dove Crag, High Pike and Low Pike. Some sections will be stony and rocky.	9.30 am  *Rydal Rd car park, Ambleside LA22 9 AY  *Covered by parking pass described above
Medium (Harder)	Sue Munslow	8.5 miles 2313 ft ascent	Initially we follow a quiet road and walk northwards, crossing Scandale Beck at Low Sweden Bridge. It is then a steady climb up along the ridge giving us beautiful views in all directions including those of Windermere. We walk over Low Pike and High Pike crossing over the top of Scandale Beck just below Dove Crag. The return route takes us down the valley of Scandale Beck returning to Ambleside	9.30 am  Ambleside Tourist Information office  Central Buildings, Market Cross, Ambleside, LA22 9BS
Short (Easier)	Jane Gay	6.75 miles 1350 ft ascent  <b>This walk will be taken at a leisurely pace.</b>	Loughrigg Fell and Rydal Water A circular walk from Ambleside taking in Rydal Falls before climbing Loughrigg Fell and descending back to the start. There are some fantastic views of the surrounding valleys on all sides there is one climb up to the trig point. We walk through the village of Rydal, along the base of Nab Scar, round the end of Rydal water, along Loughrigg terrace and then climb to top of the fell before returning back to Ambleside.	10.00 am  *Lake Road Car Park LA22 0DB  *Apparently this car park costs £1 for the day if you arrive before 9.00 am. (To be confirmed)  It is also covered by parking pass described above.

Andy Davies