

Lake District

2024 MAY

Date	Day	Area	Mileage	Ratings	grid ref	meet point	
16-May	Thur	Travel to Ambleside					
17-May	Fri	Ambleside - Rayal - Grasmere Optional Return by Bus	9 Miles	Easy- flat	Woodland paths	NY376047	The Bridge House
18-May	Sat	Pike O Blisco - Crinkle Cags	8.5 Miles	Strenuous	Rough Paths	NY286061	Old Dungeon Ghyll pub
19-May	Sun	High Raise - Pavey Ark - Harrison Stickle	9 Miles	Strenuous	Rough Paths	NY295064	New Dungeon Ghyll car park
19-May	Sun	Evening Meal At The Salutation Hotel		Meet time 19-00 19-30 Hrs			
20-May	Mon	Thirlmere Water	10 Miles	Easy- flat	Easy paths	NY327136	Swirls Car Park A591
21-May	Tues	Wansfell- Troutbeck for pub Lunch	6.5Miles	One Fell	Easy paths	NY377045	Salutation Hotel Rydal rd
22-May	Wed	Fairfield Horse Shoe	12.25 Miles	Strenuous	Rough Paths	NY376047	The Bridge House
23-May	Thurs	Cumbria Way Langdale Valley	7-8 miles	Esay	Fields low level	NY295064	New Dungeon Ghyll car park
24-May	Fri	Dollywagon - Helvellyn	11 Miles	Strenuous	Rough Paths	NY396159	Car Park opp Patterdale Hotel
25-May	Sat	Travel Home					