

## FESTIVAL PROGRAMME 2017

DATE	START (APPROX FINISH)	TYPE GRADE LENGTH	DETAILS	FEE	LEADER	SEE MAP
Sat 22 Apr	10am (1pm)	Easy Walk / Activity 3 miles	<b>Introduction to Basic Map Reading Skills.</b> Booking essential on 07730 870298. Compasses and maps will be provided. Outdoor clothing essential, some muddy and uneven ground. No dogs. Meet at start of Cumbria Way in the Gill.	£2	Owen Osmotherley	4
Sat 22 Apr	10.30am (2.30pm)	Easy Walk 3½ miles	<b>Swarthmoor Circular Walk.</b> Including visits to Swarthmoor Hall (home of the Quakers), the Quaker Meeting House, and tea at Swarthmoor Chapel. Meet at Ulverston train station (linked to Barrow train). No dogs. Entry to Swarthmoor Hall £6, Café available - or free tea at Chapel.	£2	David Jackson	7
Sat 22 Apr	10.30am (3pm)	Moderate Walk 5½ miles	<b>Waterfall Walk from Satterthwaite.</b> Takes in 'The Bathers' (Grizedale sculpture), Force Falls, Rusland Church and Arthur Ransome's grave. No steep ascents but some steepish descents. Start at Satterthwaite Bridge (SD337921) but encouraged to share cars at Ford Park at 10am.	£3	Jane McQuillin	2
Sat 22 Apr	10.30am (3.30pm)	Moderate Plus Walk 6 miles	<b>Tilberthwaite to Cathedral Cave, Colwith Force &amp; Hodge Close.</b> Start Tilberthwaite Car Park or car share from Ford Park at 9.45am. Lunch, torch and full fell kit needed. Dogs welcome. Some sections similar to walk on Sat 29 Apr.	£3	John Wealthall	2
Sun 23 Apr	2pm (4pm)	Easy Walk 1 mile	<b>Historic Ulverston - Guided Walk.</b> Join Morecambe Bay Partnership and Greenlane Archaeology looking at how Ulverston developed in the medieval period. To book, and for meeting point, follow the link <a href="http://www.morecambebay.org.uk/events">www.morecambebay.org.uk/events</a> or telephone 01539 734888.	Free	Morecambe Bay Partnership	On booking
Sun 23 Apr	10.45am (3pm)	Moderate Walk 6 miles	<b>Ulverston to Conishead</b> – out by Priory Road, back via coast & canal. Meet Ulverston Station (linked to Barrow train). Lunch at Canal Foot.	£3	Richard Scott	7
Sun 23 Apr	10.30am (3.30pm)	Moderate Plus Walk 5 miles	<b>Coniston Copper Mines &amp; Levers Water</b> An historical walk around the Coppermines Valley and Red Dell, via Levers Water and Boulder Valley. Start: Coniston Sports & Social Club, Shepherds' Bridge road (cheaper parking!) (SD305978). Full hill going boots & clothing essential. Well-behaved dogs allowed. Car share from Ford Park at 9.45am.	£3	John Dennis	2
Mon 24 Apr	2pm (3.30pm)	Easy Walk 1 Mile	<b>Blooming Ulverston!</b> Entering the Cumbria in Bloom Competition is much more than putting flowers in hanging baskets! Come and find out what is involved and get a preview of the judge's tour. Meet at Cumbria Way sculpture in The Gill.	£2	Kim Farr	4
Mon 24 Apr	10.30am (2.00pm)	Easy Plus Walk 3 miles	<b>Leven Valley Industrial Archaeology.</b> Woods & fells of Backbarrow & Haverthwaite, including mineral works and cottage industries. Meet outside Motor Museum. 9.52am X6 bus from Victoria Road (returning at 2.47pm) is an option. (NB. Café at Museum!)	£3	John Wilkinson	1
Mon 24 Apr	9.45am (2-2.30pm)	Moderate Walk 7 miles	<b>Lovely Rural Walk from Spark Bridge</b> - via Colton, High Ickenthaite and Oxen Park. Meet by bridge over River Crake or car share from Ford Park at 9.30am. Moderate due to length but following bridle ways, tracks and minor roads. Gently undulating once out of Crake Valley.	£3	Sheila Bull	2
Tue 25 Apr	10am (2pm)	Moderate Walk 4 miles	<b>The Hidden Woodland Valley.</b> Chance to explore with knowledgeable ex NP/NT Ranger. Both woodland and low fell but with a few rough patches, covering flowers, birds and history at a leisurely pace. Meet Woodland Church (SD247891) or car share from Ford Park at 9.30am.	£3	Chris Berry	2

Tue 25 Apr	10.30am (3pm)	Moderate Plus Walk 8 miles	<b>Ulverston Circular Walk.</b> ⅔ of the full circle, including fell, coastal, rural and wooded sections. With brief history of key points and features including the canal, maritime heritage and geology of Birkkrigg Common. Meet at pick-up point at Booths. Dogs welcome on lead.	£3	Jack Rice & Andrew Hudson	8
Tue 25 Apr	10.30am (2pm)	Moderate Walk 5 miles	<b>Bigland Barrow.</b> Circular walk, taking in wartime observation tower, 360 degree views of Furness and fells. Meet Canny Hill Road (SD369859) or car share from Ford Park at 10am. 9.52am X6 bus from Victoria Road also an option. Only 180m of ascent.	£3	Keith Raine	2 1
Wed 26 Apr	10am (1pm)	Easy Saunter 5 miles	<b>Plumpton Landscape.</b> The influence of man on the landscape with a wildlife interest. Led by member of The Wildlife Trust. Meet at Booths pick-up point. Binoculars useful. For a longer walk to Plumpton see below.	£3	Jane Carson	8
Wed 26 Apr	10.40am (3.30pm)	Moderate Plus Walk 8½ miles	<b>Iron Age to Iron Mine.</b> Newbiggin to Plumpton coastal walk, with some history. Meet at Victoria Road for the No 11 bus at 10.15am to start at Newbiggin, south of Sea Mill (SD271695). Bring lunch, but NO Dogs. A pause at The Bay Horse (Canal Foot) is planned before returning via the Canal. For a shorter walk to Plumpton see above.	£3	Colin Pickthall	1
Wed 26 Apr	10.50am (3pm)	Moderate Walk 7 Miles	<b>Arnside Circuit.</b> Including: Fairy Steps (where you can make a wish!) and Marble Quarry (limestone pavement). Meet Arnside Station or catch 10:28am train from Ulverston, returning at 14:57 or 15:54pm (£5.40 return or £3.55 with railcard).	£3	Peter & Christine Quiggin	7
Thu 27 Apr	6.15am (8.15am)	Easy Walk 1½ miles	<b>Breeding Birds of Birkkrigg Common &amp; Sea Wood.</b> See and hear many breeding and migrant birds in full song. Hear of their arduous journeys and fantastic displays. Meet at grassy parking area near stone circle approx. 500m up minor road from the A5087 by Sea Wood (SD291738).	£2	Mike Douglas	-
Thu 27 Apr	10am (2.00pm)	Activity	<b>Painting at Ford Park Gardens and Café.</b> Join Dudley with your pencils, paints and a folding seat. Beginners very welcome. Car parking, café and toilets available. No dogs please.	£2	Dudley Clark	2
Thu 27 Apr	8.50am (3pm or 4pm)	Moderate Plus Walk 8½ miles	<b>Cark to Newby Bridge.</b> A lovely mixed terrain walk (1 short steepish climb), with views of Leven estuary and taking in part of Coastal Way and Bigland Heights. Meet Ulverston Station for 9.08am train (£2.90 without card), returning by bus from Newby Bridge (£2.50). 2.44pm bus used last year (just) but next bus gets to Ulverston by 4pm. (Newby Bridge Hotel on hand!)	£3	Jane McQuillin	7
Fri 28 Apr	2pm (4pm)	Easy Plus Walk 3 miles	<b>Introduction to Nordic Walking.</b> Fitness walk over Birkkrigg Common (for all levels of fitness). Bring walking poles or supplied by leader. From age 12. No dogs please. Booking on 07713 626204 and for meeting point.	£2	Roger Holmes	On booking
Fri 28 Apr	10.15am (3pm)	Moderate Walk 7 miles.	<b>Two Tarns from Newby Bridge.</b> Visit Boretree Tarn and High Dam through woodland, open fell and the lovely village of Finsthwaite. May be boggy in parts - please wear appropriate footwear. Meet in front of Swan Hotel, Newby Bridge, or 9.52am X6 bus from Victoria Road.	£3	Simon Hughes	1
Fri 28 Apr	11.30am (3pm)	Moderate Walk 4 miles	<b>Ulpha Park Circular Walk.</b> Mountain and valley views, taking in Castle How, Bleabeck Bridge (old packhorse bridge) and Frith Hall, (romantic 400-year-old ruined hunting lodge). Meet at Beckstones off Corney Fell Road (SD183902) or 11am at Ford Park for car share.	£3	Keith Raine	2
Fri 28 Apr	7pm (optional)	Activity ½ mile	<b>Ulverston Ale Trail.</b> A get-together for walkers and leaders, visiting several real-ale pubs of historical interest. Meet Ulverston Brewery, Victoria Road.	Free	Richard Scott	5
Sat	10.30am	Easy Walk /	<b>Rusland Moss National Nature Reserve.</b> A leisurely walk around the Reserve focusing on the	£3	Dave	2

29 Apr	(2pm)	Visit 4 miles	Osprey nest (hopefully occupied). To include old iron forge. Level walk on tracks, board walks and minor roads. Can be muddy in places. Binoculars recommended. Start at Rusland Church (SD 338897) but encouraged to meet to share cars at Ford Park at 10am.		Robson	
Sat 29 Apr	9.45am (1.30pm)	Moderate Walk 5 miles	<b>Conishead Priory, Birkrigg Stone Circle - Circuit.</b> Local history, natural beauty and great views. Free parking. Meet at reception in historic house. Temple, shop and café open 11am to 5pm, with meditation in Temple from 2pm.	£3	Geoff Roe	6
Sat 29 Apr	10.30am (4.30pm)	Moderate plus Walk 6 miles	<b>Tom Gill to Tarn Hows, Colwith Force &amp; Hodge Close.</b> Start Tom Gill/Glen Mary NT car park (SD321998) (2 miles north of Coniston). Non-NT members parking £5.50 (coins only) or free up the road. Or car share from Ford Park at 9.30am. Great views, tarns, waterfalls and quarry. Some steepish slopes. Full fell kit and lunch needed. Dogs welcome. Some sections similar to walk on Sat 22 Apr.	£3	John Wealthall	2
Sun 30 Apr	2pm (4pm)	Easy walk / Activity 2 miles	<b>Family Fun at Alpaca Encounter.</b> Walk to farm for talk, feeding & sale of products. Children under 16 free but must be accompanied by an adult. No dogs. Boots recommended. Nos limited so booking essential on 01229 467916 (with answerphone). Meet at start of Cumbria Way in Gill.	£2/ adult	Maggie Hook	4
Sun 30 Apr	10.30am (2.30/3.30 pm)	Moderate / Moderate Plus Walk 4 / 6 miles	<b>Wallowbarrow Gorge from Seathwaite</b> - follow the hidden section of River Duddon through magnificent gorge to Fickle Steps (or Birks Bridge) followed by a climb up to Grassguards (or through Harter Fell Forest) and back over the fell. The path through the gorge is rocky and some parts are likely to be muddy, requiring good footwear. Meet Seathwaite Parish Room (SD228960) or car share from Ford Park at 9:45am. No dogs. Length to be decided on the day with possibility of leaders splitting to cover both options.	£3	Stephe Cove Dave Hughes	2
Sun 30 Apr	10.30am (3.30pm)	Hard Walk 5½ miles	<b>Wetherlam from Tilberthwaite.</b> 640m ascent and quite steep in places. Passing old copper mines with wonderful views of Scafells, Langdales, Coniston fells and out to sea. Start Tilberthwaite car park (NY306010). Car share from Ford park at 9.45am. Full hill gear needed.	£3	Keith Raine	2
Mon 1 May	10am (12noon)	Easy Walk 2 miles	<b>Herb Walk.</b> Bardsea Birkrigg circuit, looking at hedgerow herbs. Meet Braddylls Arms, Bardsea. Led by Medical Herbalist. Dogs are welcome.	£2	Sarah Atkinson	3
Mon 1 May	11am (4pm)	Moderate plus Walk 4 miles	<b>Mining, Cists and Cairns of the Dunnerdale Fells.</b> Total height gain 437 metres. A ramble exploring historic sites recorded by the 'Ring Cairns to Reservoirs' Project. Full fell-walking clothing essential. Dogs on leads welcome. Bring lunch. Meet Ford Park 10.30am to share cars. Call Linda Marshall on 07747 815 169 for start point.	£3	Linda Marshall	2
Mon 1 May	11am (3pm)	Moderate plus Walk / Activity, 4 miles	<b>Map Reading in Wild Country.</b> For those with some basic map-reading experience. Practise use of compass, measuring distance and contours. Meet lay-by near Gawthwaite (SD267847). Book on 07792 422160 and for lift or car share.	£3	Martin Cooper	-

### Notes:

- Packed lunches, snacks and drinks should be brought for all but the shortest walks; as well as appropriate footwear and outdoor clothing suitable for predicted weather.
- Bus timetables can change after publication of our programme. We have tried to show where a bus may be appropriate but suggest you check this nearer the day.

- For further clarification e-mail: [walks@ulverstonwalkfest.co.uk](mailto:walks@ulverstonwalkfest.co.uk) or tel: 07792 422160.