

ANNAN WALKING GROUP
WALK 140
SUNDAY 13th September 2009
Silloth & Grune Point

Distance	6.5 miles / 10.4 km.
Walk Time	4.0 hours approx.
Walk Description	Easy flat walk from the Lifeboat Station in Silloth following the Allerdale Ramble & Cumbria Coastal Way along the Promenade to Skinburness & Grune Point. Walk covers shore, road & field paths which may have some muddy sections if weather has been wet.
Travel	Murray Street car park at 9.30a.m. Mini bus available for 16 passengers. From Carlisle take the A595 (West Coast). At Thursby Roundabout take A596 (Wigton). Turn right at the far end of the Wigton Bypass on to B5302 (Silloth via Abbeytown). In Silloth turn left along Criffel St then right into Lawn Terrace. Car Park is at the bottom of Lawn Terrace next to the Lifeboat Station. (41.5 Miles Approx)
Walk Start	10.45 a.m. Lifeboat Station Car Park in Silloth. (Toilets at car park) Map: OS Explorer No. 314 Grid Ref: NY 107537
Walkers Dogs	No Dogs
Refreshments	Bring snacks and drinks.
Equipment	Walking boots, waterproof jacket and trousers.

Everyone is welcome. You can turn up on the day but advance notice is always helpful. For further information please phone the walk leader, Robin Richardson, on (01461) 203139.