

**ANNAN WALKING GROUP**  
**WALK 162**  
**SATURDAY 28<sup>TH</sup> AUGUST 2010**  
**Carlisle / Cummersdale**

Distance	6 .25 miles
Walk Time	4. 5 hours
Description	Flat circular walk on tarmac surfaces and riverside paths. Some single file walking. We follow the River Eden through Bitts Park crossing the A595 by the Millenium Bridge to connect up with the Caldew Riverside Path to Cummersdale.
Travel	Murray St. car park 9.30.am. Bus available for 16 passengers. Annan to Carlisle, at Hardwick Circus Roundabout, take the first exit left, then left into the Sands car park. Car and Bus parking fee £4.00. (4)6hrs)
Walk Start	Sands car park 10.15am.
Toilets	Bitts Park en-route.
Equipment	Usual outdoor.
Refreshments	Bring lunch and drinks.

**Walk Leaders--- Kay MeBeath and Ev Murray**

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