

**ANNAN WALKING GROUP**  
**WALK 232**  
**SAT. Sept. 28<sup>th</sup> 2013**  
**SHAP**

Mainly walking through open countryside with some minor roads. The area on the edge of the Lake District affords attractive scenery and places of interest. The walk includes a short segment of the Coast-to-Coast route.

Distance	5.5 miles, 9 kilometres
Duration	Approx. 4 hours
Description	From the village of Shap, the trail traverses pastureland to Rosgill. The route crosses the River Lowther twice and takes in Shap Abbey and Keld Chapel. Depending on the weather, there may be some soft/muddy parts and a burn to cross. A few stiles are found en route through the dry stane dykes. The return to Shap is via the prehistoric Goggleby standing stone.
Travel	Leave Murray St car park at 9.30am. Mini-bus for 16 passengers. M6 junction 39. Into Shap village on A6. Car park in middle of village, straight off main road.
Walk Start Time/Point	10.40am from car park as above.
Toilets	At car park.
Dogs	Guide dogs only. Stock in fields.
Equipment	Boots and usual outdoor gear.
Refreshments	Bring lunch, snack and drinks.

Everyone is welcome. You can just turn up on the day. Further information – phone co-ordinators Liz and Ed Hudson on 01461 203481