

ANNAN WALKING GROUP
WALK 91
SATURDAY 28 JULY 2007
LOWTHER VALLEY & SHAP ABBEY

Distance	6 miles / 9.5 km.
Walk Time	4.0 hours approx.
Walk Description	Walk across an austere limestone landscape of fields & drystone dykes to descend into the Lowther Valley via the quaint hamlet of Rosgill. Following part of the Coast-to-Coast Walk we continue through meadowlands along the valley of the River Lowther to the ruins of Shap Abbey and on to the hamlet of Kells. From here field paths lead back to Shap village. Fairly easy walking with gentle climbs. Part road, open fell tracks, and grass track. Some muddy sections if weather has been wet. Lots of stone stiles and a few ladder stiles.
Travel	Murray Street car park at 9.30a.m. Mini bus available for 16 passengers. From ANNAN – M6 to Penrith junction 40, left on A66 to next roundabout then 4 th exit on to A6 south. Continue on A6 to Shap village (approx. 10 miles from Penrith).
Walk Starting Point	10.30 a.m. Car park in Shap, midway through village on the left next to village hall and bowling green (opposite public library). Toilets in Car Park.
Walkers Dogs	Sorry no dogs (livestock in fields).
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.