

ANNAN WALKING GROUP
WALK 297
SATURDAY 25 June 2016
Armathwaite & Ainstable- CUMBRIA

Distance	About 5 ½ miles (approx).
Walk Time	4 hours. (approx)
Walk Description	Mainly flat with a couple of gentle hills through woodlands, fields and riverside paths (circular)
Travel	Murray Street car park at 9.30 a.m. Mini-bus available for 16 passengers. FROM ANNAN: A74 south to M6 exit junction 42 take second turning onto A6 (Penrith). Turn left after High Hesket (signed Armathwaite) at T junction turn right into village. Drive through to bridge where cars can be parked on roadside
Walk Starting Point	Leave 10.30 a.m. from the Fox and Pheasant where the owner has kindly permitted us to use their car park for the minibus. Coffee, drinks and other refreshments can be purchased if using the toilet facilities.
Walkers Dogs	Guide dogs only on minibus. Well behaved dogs allowed in owners own cars.
Refreshments	Usual lunch/bananas etc
Equipment	Walking boots, waterproofs etc. If there has been rain boots and gaiters recommended.

Everyone is welcome. You can turn up on the day but advance notice is always helpful. For further information please phone the walk leaders, Ruth Williams on (01461) 339954 and Betty Elliot (01461) 203188.