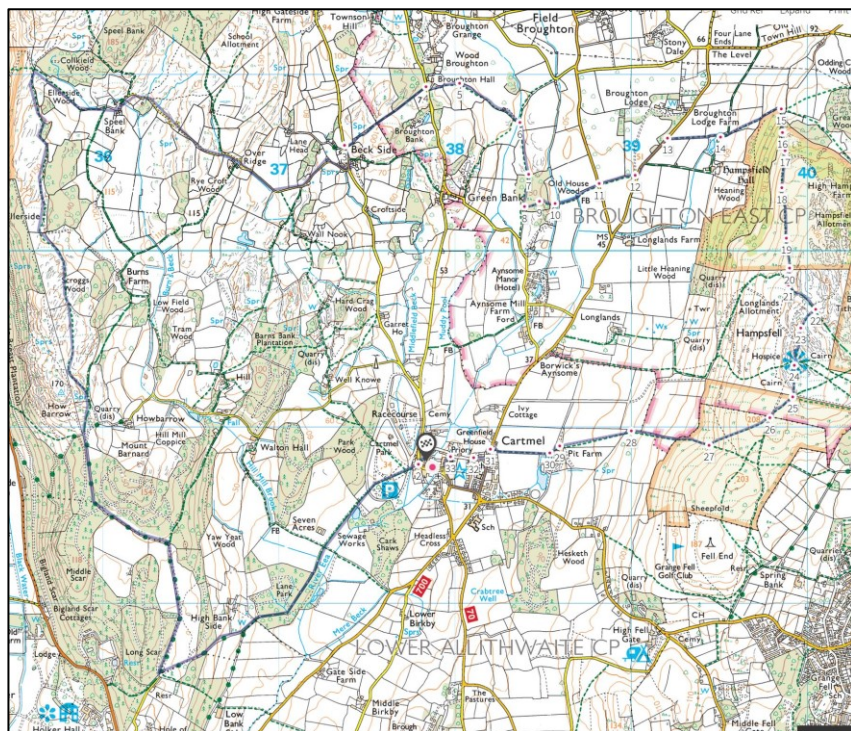


SUNDAY 6th January 2019

Cartmel Ramble: Map OL7



'A' WALK

Route Leader: JAYNE ANDREWS

Walk Description: Cartmel to Long Scar, Scroggs Wood, Beck Side, Hampsfield HGall and Hampsfell Hospice.

Walk Stats: 10.2 miles, 1823ft total ascent, Duration approximately 5.5 hours. Longest sustained ascent 500ft over 1 mile.

Difficulty: 180 POINTS; EASY A / MED B.

Average Pace required is 2.1 mph (assuming a 30 min lunch break)

Route Summary

| | | | |
|----------------|------------------------|-------|----------|
| Total Distance | 10.2mi (16.5km) | Walk | 7h 1min |
| Elevation | 69ft at lowest point | Run | 1h 29min |
| | 726ft at highest point | Cycle | 52min |
| Total Ascent | 1573ft | | |

Elevation Profile



START 10:15

FINISH 15:15

COACH DEPARTS: 16:00

SUNSET: 16:05

ALL WALKERS WISHING TO JOIN THIS WALK SHOULD PRINT NAME BELOW

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