

SUNDAY 6th January 2019

Cartmel Ramble: Map OL7



'D' WALK

Route Leader: Kirsteen

Walk Description: Cartmel to Hampsfell, return via Pit Farm

Walk Stats: 4 miles, 7500ft total ascent, Duration approximately 4 hours.

Difficulty:

20 POINTS: EASY D

Longest single ascent 500ft over 1 mile

Average Pace assumed is 1.5 mph

(30 min lunch break)

START 11:00

FINISH 15:00

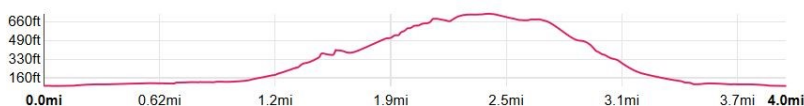
COACH DEPARTS: 16:00

SUNSET: 16:05

Route Summary

Total Distance	3.9mi (6.3km)	Walk	2h 38min
Elevation	94ft at lowest point	Run	34min
	726ft at highest point	Cycle	20min
Total Ascent	750ft		

Elevation Profile



ALL WALKERS WISHING TO JOIN THIS WALK SHOULD PRINT NAME BELOW
