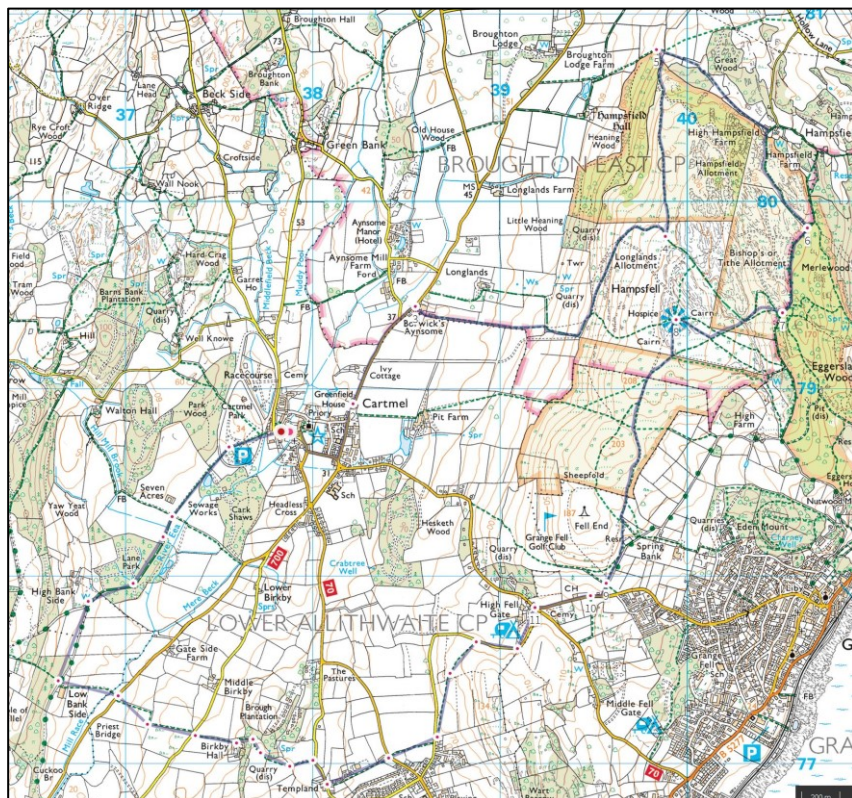


SUNDAY 6th January 2019

Cartmel Ramble: Map OL7



'B' WALK

Route Leader: Peter Danson

Walk Description: Cartmel to Hampsfell via Hampsfield. Return via Birkby Hall.

Walk Stats: 8.6 miles 1400 ft total Ascent. Duration is approx. 5 hours.

Difficulty: 126 POINTS: EASY B / HARD C. Longest sustained ascent is 600ft over 1.5 mile (1 in 16 or 9%)

Average Pace required is 1.9 mph (assuming a 30 min lunch break)

START 10:30

FINISH 15:30

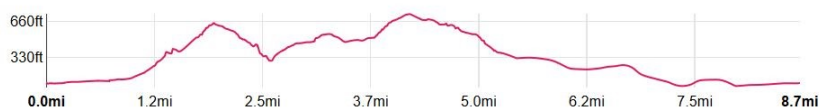
COACH DEPARTS: 16:00

SUNSET: 16:05

Route Summary

Total Distance	8.6mi (13.8km)	Walk	5h 37min
Elevation	58ft at lowest point	Run	1h 15min
	723ft at highest point	Cycle	43min
Total Ascent	1371ft		

Elevation Profile



ALL WALKERS WISHING TO JOIN THIS WALK SHOULD PRINT NAME BELOW
