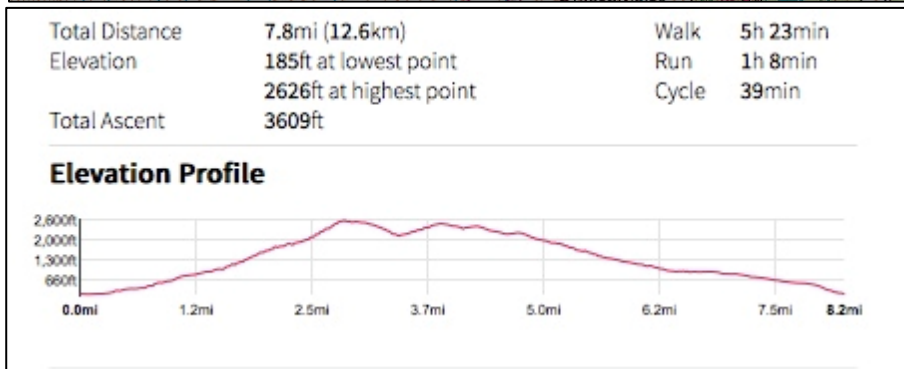
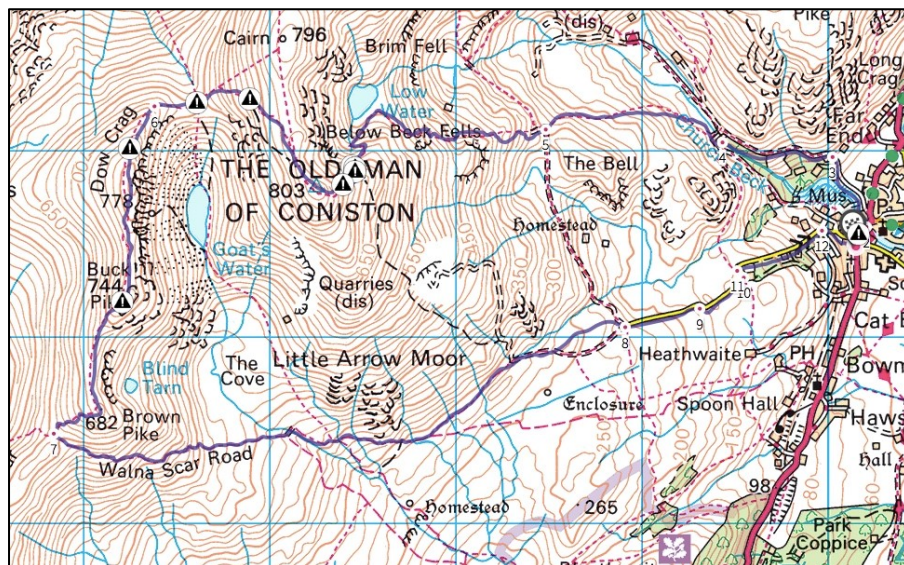


'A' WALK



Route Leader:

Chris Cox

Walk Description

From Coniston to Low Water up to Old Man and returning via Dow Crag, Brown Pike and Walna Scar Road.

Walk Stats

7.8 miles 3600 ft total Ascent. Duration is approx. 5hrs 30min hence expected back by 16:30 hrs.

Difficulty

Medium A (290point) walk

Longest sustained ascent is 2300ft over 3.0 miles (1 in 6)

Average pace required is 2 mph (assuming a 30 min lunch break).

START TIME: 10:50

FINISH TIME: 16:30

COACH DEPARTS: 18:15

SELF FIND

ALL WALKERS WISHING TO JOIN THIS WALK SHOULD PRINT NAME BELOW
