

SUNDAY 19th August 2018 Langdale Ramble: Map OL6/7

'D' WALK



Route Leader: Kirsteen & Gayle

Walk Description

Coffee in Skelwith Bridge: then follow the Cumbria Way NE towards Elterwater ; crossing Langdale Beck at Chapel Stile. Finally ending at the car park next to the New Dungeon Gill Hotel

Walk Stats

4.5 miles, 750 ft total ascent, Duration approximately 4 hours.

Difficulty

A leisurely (22 point) D walk; this should be considered an **EASY D**.

Longest single ascent 300ft over 1 mile

Average Pace assumed is 1.5 mph

(30 min lunch break)

START TIME: 11:00

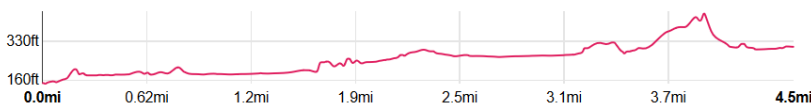
FINISH TIME: 15:00

COACH DEPARTS: 17:15

Route Summary

Total Distance	4.4mi (7.1km)	Walk	2h 25min
Elevation	149ft at lowest point	Run	38min
	455ft at highest point	Cycle	22min
Total Ascent	745ft		

Elevation Profile



ALL WALKERS WISHING TO JOIN THIS WALK SHOULD PRINT NAME BELOW
