

DALESRAIL WALKS INFORMATION 2012

PLEASE READ THIS CAREFULLY:

DalesRail offers an extensive programme of guided walks with an experienced guide and provides a great opportunity to see the best of the Dales and Eden Valley countryside. You can join any of the guided walks. **At all times safety is your own responsibility.** The guides reserve the right to vary walks, dependant on the weather conditions and the capabilities of the walking parties. The walks are arranged by the Lancashire Rail Ramblers and are led by volunteers from the Ramblers Association. Each walk is graded - choose one to suit yourself. **Should you have any doubts about your capabilities on the hills avoid 'strenuous' walks.**

For all walks you should have strong footwear, warm outdoor clothing and rainwear. On most walks stops are made for lunch or tea, so remember to bring your own food and snacks.

Where a coach journey is required as part of the walk an additional fare will be payable. A full list of the walks will be published on www.dalesrail.com and a news item on the website will give details of the next Sunday's walks. If you want to know more about a specific walk then ask the walk leaders on the train.

The walking grades are:

Easy stroll - suitable for those not accustomed to walking in the countryside (F,G and H walks)

Easy - a slower pace than for moderately easy walks and with short rest periods (E walks)

Moderately easy - a generally easy walk that may include steep climbs (D walks)

Moderate - no scrambling involved. These walks are suitable for experienced and energetic walkers (C walks)

Strenuous - these walks may be rough, steep, lengthy or against the clock (A and B walks)

To join a guided walk from the main walks programme you will need to travel on the 08.36 DalesRail service from Blackpool North. The 2012 DalesRail season will see a continuation of shorter 'stepping out' walks and to join one of these walks you will need to join the 10.00 DalesRail service from Preston (20th May 2012 to 9th September 2012). If the walk starts and finishes at different stations please ensure you buy a ticket to the furthest station.