

Sunday 3rd October

The Lyvennet Valley

A Walk Strenuous 14 miles. Alight Kirkby Stephen, Return Appleby.

Ash Fell ridge, Smardale Bridge, Coast to Coast Path, Ewefell Mire, Sunbiggin Tarn, Sunbiggin, Orton. Coach to Appleby.

C Walk Moderately Strenuous 12 miles. Alight and Return Appleby.

Chapel Bridge, Jackdaws Scar, Barnskew, Maulds Meaburn, Crosby Ravensworth, Raise How, Orton. Coach to Chapel Bridge, from Orton.

D Walk Moderate 9 miles. Alight and Return Appleby.

Kings Meaburn, High Whitber, Maulds Meaburn, Crosby Ravensworth, Crosby Lodge, Robin Hood's Grave, Orton. Coach to King's Meaburn, from Orton.

E Walk Easy 7 miles. Alight and Return Appleby.

Maulds Meaburn, Flass House, Crosby Ravensworth, Slack Randy, Ewelocks, Black Dubs, Thunderstone, Orton. Coach to Maulds Meaburn, from Orton.

And an extra walk at Appleby.

F Walk Easy 5 or 6½ miles. Alight and Return Appleby.

An easy walk close by Appleby, with an optional walk around the historic county town of Westmorland. Brandy Bridge, Colby, Limestone Hill, Dowpit Woods, into Appleby.

Sunday 10th October

Upper Wensleydale

B Walk Strenuous 13 miles. Alight and Return Ribbleshead.

Bainbridge, Helm, Oxnop Beacon, Summer Lodge Tarn, Whirly Gill Head, Elder Hill, Wood Hall, Aysgarth. Coach to Bainbridge, from Aysgarth.

D Walk Moderate 9 miles. Alight and Return Ribbleshead.

Climb a Peak slowly: Addleborough. Thornton Rust, Thornton Moor, Addleborough, Devil's Stone, Carpley, Green road, Worton Scar, Bainbridge.

Coach to Thornton Rust, from Bainbridge.

E Walk Moderately Easy 6½ miles. Alight and Return Ribbleshead.

Bainbridge, Yorebridge, Askrigg, Mill Gill, Skelgill, Hardraw, Pennine Way, Hawes. Coach to Bainbridge, from Hawes.

F Walk Easy 6 ½ miles. Alight and Return Ribbleshead.

Hawes, Gayle, Goudy Head, Aisgill Force, Shaw Lane, Buttersett, Hawes.

Coach to and from Hawes.

Other Walks

C Walk Moderately Strenuous 11 miles. Alight and Return Kirkby Stephen.

Bowber Head, Ravenstonedale, Smardale Bridge, Smardale Nature Reserve, Smardale Fell, Green Riggs.

G Walk Easy Stroll 1½ miles/1½ hours. Alight and Return Carlisle.

An exploration of Carlisle Citadel Station, probably the most important "joint" station in Britain and central to the development of Carlisle. A repeat of this popular tour. Meet at Carlisle booking office at 12:20 pm.