

# Carlisle U3A Sole Mates walking group

## Walks for April, May, June 2019

- 11 April  
9.45  
*bring bus pass!*
- Dalston to Carlisle.** Meet at Bousteads Grassing car park then 10.00 bus to Dalston. Cumbria Way along the River Caldew back to Carlisle. 5 miles, good level surface.  
Leader Bob Reed
- 25 April  
10.00
- Castle Carrock.** Meet 10am Rosehill or 10.30 centre of Castle Carrock. Walk to Garth Head, Brackenthwaite, back past reservoir, 5.5 miles about 200metres climb, 3 stiles.  
Leaders Mel and Lynda Ridley
- 9 May  
9.30?
- Flakebridge Woods** (near Appleby). Bluebell walk. Details to follow when I've checked it out.  
Leaders Sue and Tim Parmley
- 23 May  
9.30
- Portinscale/Skelgill.** Meet 9.30 A6/M6 or 10.30 Lingholme Kitchen (GR 254222). 6 to 6.5 miles  
Leader Liz Law
- 13 June
- Hadrian's Wall.** Details to follow when summer bus timetable comes out.  
Leader Bob Reed
- 27 June  
9.30
- Rosthwaite/Bowder Stone/Grange.** Meet 9.30 A6/M6 or 10.45 Rosthwaite car Park (GR 257148) which is National Trust - bb members bring your cards. 6.5 to 7 miles on paths.  
Leader Dave Moscrop