

## **Carlisle u3a Sole Mates walking group**

### **Walks for April to June 2024**

Walks take place on the second and fourth Thursdays of each month, weather permitting. Unless otherwise stated, walkers should be ready to start walking at 10.30

- April 11      Lanercost, Banks, along by Hadrian's Wall then down to the River Irthing. About 6.5 miles, uphill in a couple of sections in the first half of the walk. Park in car park on the left, just after the bridge at Lanercost. Cafe at end! Leaders Sue (tel 07899 837871) and Tim Parmley
- April 25      Rosthwaite, Grange, Bowder Stone. 6.5 miles  
Leaders David and Barbara Morcrop.
- 9 May        Haltwhistle bluebell walk. Park on road behind Sainsbury's. 6.5 miles  
Leaders Lynda and Melvyn Ridley
- 23 May      Canonbie, passing Fairy Loup waterfall. We did part of this walk last October, in the rain. Decided to revisit it, hopefully in better weather. 7 Miles  
Leaders Neil and Margaret Sutton
- 13 June      Burgh by Sands circular via Beaumont and along the River Eden. 6 Miles  
Leader David Stevens
- 27 June      Either Laversdale, 7/8 miles, fairly flat and easy walking, or Melmerby, 6 miles, also easy walking. Decide nearer the time, see what everyone would prefer. Leader Graham Bell