

Carlisle u3a Sole Mates walking group

Walks for October to December 2023

Unless otherwise stated, walkers should be ready to start the walk at 10.30

October 12 Linstock. Info that was in my last email:

Meet at Linstock, car park by the village green (access from the roundabout where Brampton Road meets the A689).

Walk is 5 miles, on the level with no stiles, but be prepared for some muddy stretches.

Leaders Lynda and Melvyn Ridley.

I will be on hoilday, so any queries, their email is hillyview@hotmail.co.uk, tel 01228 319036 or 07733 999001.

October 26 Canonbie, passing Fairy Loup waterfall. More details to follow.
leaders Neil and Margaret Sutton.
margaretsutton82@gmail.com

November 9 Armathwaite
leader David Stevens
davestevens59@talktalk.net

November 23 Lowther/Askham
leaders Sue and Tim Parmley
sueparmley@gmail.com

December 14 tbc

Last year we had two December walks, the one closer to Christmas being a short walk plus a meet up for coffee. Because of the way the dates fall, this year the second and fourth Thursdays are 14th and 28th. We can discuss during our walks, what we would like to do in December.