

SHORT WALKS GROUP

This year all the walks, with the exception of September, have been blessed with good weather. Each walk has been lead by a different member of the group and this has worked out well. In fact so well that I think I may be redundant! Below are short descriptions of the walks since the start of the year.

January

I lead a walk mainly along quiet roads from the motor museum at Backbarrow with frequent crossings of the River Leven. Some of the group climbed up Brow Edge while others took the lower route through the woods, all meeting up again at Haverthwaite for a stroll back to the museum and welcome refreshments at the cafe.

February

Mary Stokes lead a walk from Arnside Station up to the summit of Arnside Knott. The rain earlier in the morning ceased and clear blue skies gave a fine view of the estuary and Lake District mountains beyond with a covering of fresh snow. After coffee at the viewpoint the group descended through woodland to New Barnes Bay, for lunch in Bobs Cafe or a picnic in the sunshine. The route back to Arnside was through Grubbins Wood and along the shore before catching the train back to Grange.

March

Christine Bold stepped in as I was unwell and lead a walk from the bridge over the River Kent near Sedgwick through Low Wood crossing the river via the suspension bridge. Following the riverside path one member of the group spied a kingfisher, while we all saw the old gunpowder works across the river. Our coffee stop was on the river bank listening to the sounds of a waterfall. We followed the river towards Kendal before heading back along the route of the old canal. We passed many remnants of the old canal and had lunch by bridge 180. The path then deviates from the canal as the canal has been incorporated into private gardens before it continues across the road at Sedgwick and across fields to the cars.

April

Liz Armitage lead a large group of walkers from Cark along easy footpaths to Flookburgh and around the coastal path and along the embankment. The weather was fine, cloudy but not too windy. The route then followed the road for a while before taking footpaths back to Cark. Everyone enjoyed the walk, the company is always good.

May

Pete and Sue Nelson lead a walk from Sizergh car park. 14 walkers started the walk, 15 finished (that's another story)!! From the car park we walked around Sizergh fell with fields full of cowslips, orchids and ant hills and views towards Arnside and the estuary. Then down through woods and fields to Ashbank Lane and up the grassy slope to St Johns church Helsington with great views over the Lyth Valley. A saunter through fields gave views towards Natland, Kendal and the Kent Valley before returning to the church for lunch. From there it was all downhill back to Sizergh.

June

Christine Bold lead 14 U3a members, 2 visitors and Charlie the dog on a walk from Bardsea up Birkrigg Common, passing through Bardsea Green en route with views of the triangular Bardsea Monument

above the golf course and the lighthouse on the Hoad. After a pleasant walk and short steep pull up Appleby Hill we had coffee and enjoyed the views. Then downhill, along a slightly overgrown footpath with sticks and secateurs at the ready past a stone circle and down to the coast for lunch and a refreshing icecream.

July

John Davis lead a walk from Heron corn mill at Beetham. The group walked at a leisurely pace to Fairy Steps as the weather was very hot. Some of the group climbed up the steps to join the rest for coffee at the top. The route then went down through Beetham woods, along back lanes to reach the coast for a lunch stop in the sun with a gentle sea breeze before returning through Dalham Park to the cars.

August

The 3 musketeers, Chris Dawson, Sue Jones and Sandy lead a walk from Roose to Dalton. The group caught the train from Grange or Kents Bank to Roose and walked for a short while through houses before joining an excellent meandering, well surfaced path to Furness Abbey. Lunch was enjoyed in the sunshine up the hill overlooking the Abbey. After descending to the Abbey the path wiggled through woods, across the main road, before following good paths to arrive at Dalton. Unfortunately the next 2 trains to Grange had been cancelled!! so some of the group caught the bus back while others enjoyed refreshments in the pub garden while waiting for the train.

Many thanks to all the group leaders

Jan Tomlinson