

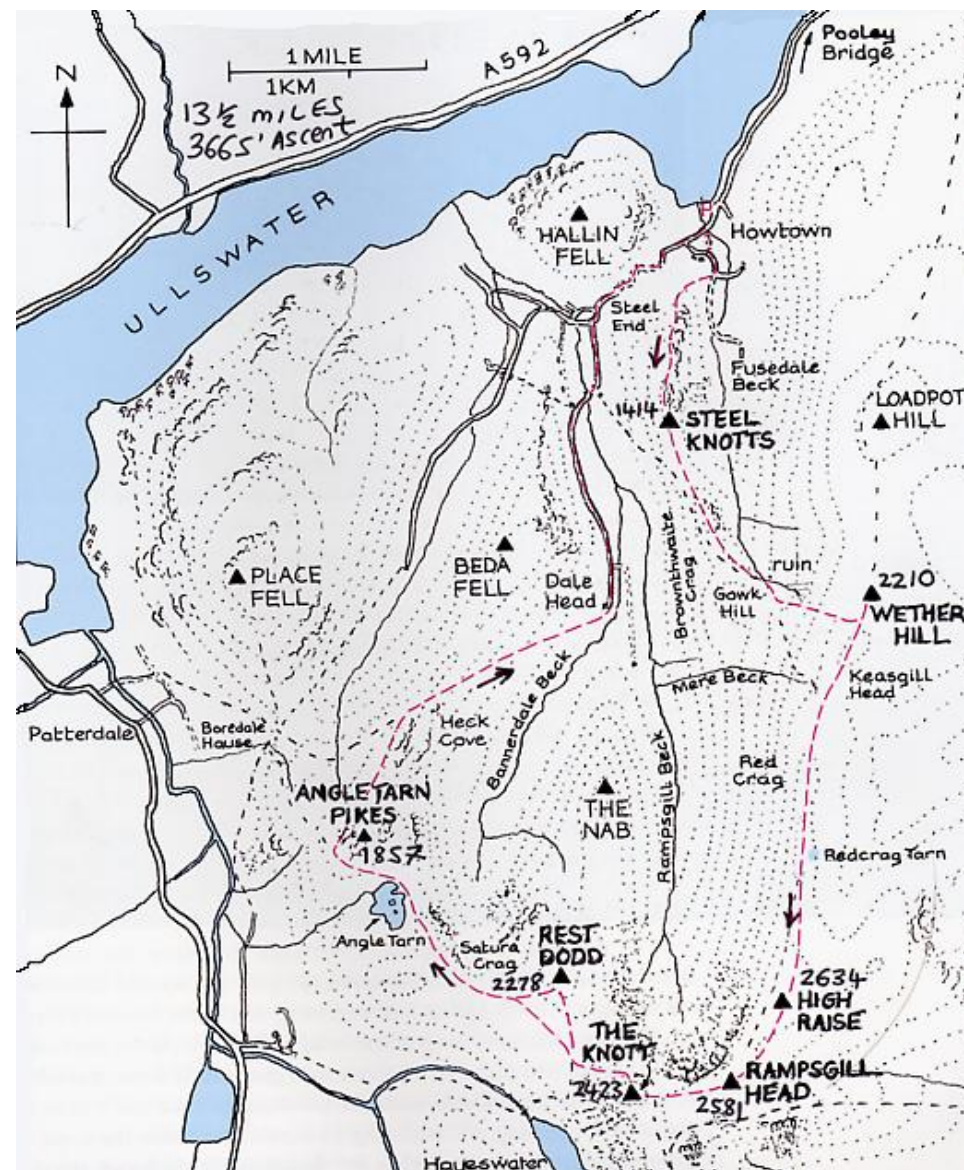
Buttermere [30th July] - The long ridge separating Ennerdale from Buttermere is uniformly dull on its Ennerdale flanks and largely given over to conifer plantations, but the northern slopes are as exciting as the southern ones are boring. Here the retreating ice took great bites from the ridge, exposing sharpe-edged glacial combs buttressed by fine crags. This is classic fellwalking country.



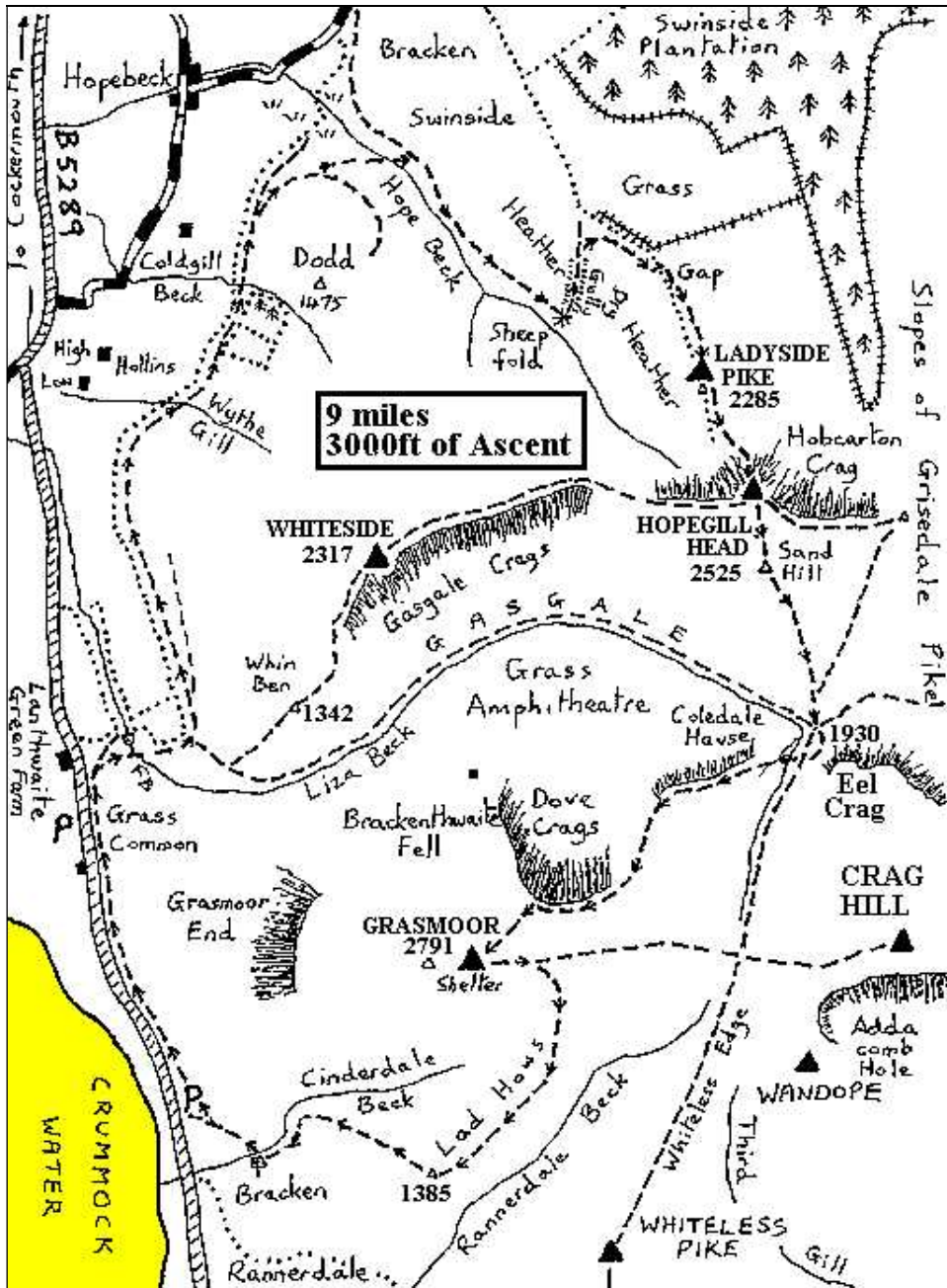
Lowther Hill & Green Lowther [3rd September] - Walkers undertaking that fine trans-Scotland trek, the Southern Upland Way, pass two milestones on the Lowther Hills; one is the halfway stage in their journey, the other is its highest point (2378ft). The walk is a splendid circuit of the main hills, following for part of its length the Southern Upland Way, but thereafter once Green Lowther is left behind, rambling freely across wide heather-clad hills.



Martindale [14th May] - is one of those little known Lakeland valleys which remains hidden from general view. As well as lying off the main highway which runs beside Ullswater, the valley is protected by a gear crunching hairpin system of no mean gradient. Its popularity is therefore reserved for very discriminating walkers. The suggested 13½ mile walk will involve 3665ft of ascent and visit the summits of High Raise (2634ft), Rampsgill Head (2581ft) and Angletarn Pikes (1875ft).



Crummock Water [11th June] –



Little Langdale [9th July] The valley of Greenburn offers a tranquil approach to the Conistone Fells via the back door. This has not always been the case, however, as the relics of a once thriving slate and copper industry testify. At the valley head, Great Carrs dominates the surrounding crags, presenting a formidable barrier to the uninitiated; Swirl How provides the key to a successful and relatively easy passage to the heights above via the crenellated spine of Prison Band. The suggested 8½ mile walk will involve 3095ft of ascent and visit the summits of Wetherlam (2502ft), Swirl How (2630ft) and Great Carrs (2575ft).

