

9th September – Given a clear day this is one of the most scenic walk in the Lake District. Whilst the walk never reaches the lofty heights of a Scafell or Helvellyn (the highest point is Dale Head at 2473ft) the views available are magnificent, particularly to the Skiddaw and Blencathra massifs in the north east. It is a classic horseshoe walk around the beautiful pastoral Newlands valley and although the walk aims for ridges as much as possible it is an undulating circuit with three separate ascents and descents - although most are easy - that is apart the first ascent and last descent which are anything but. The work is worth it though as the awesome views will just blow you away.

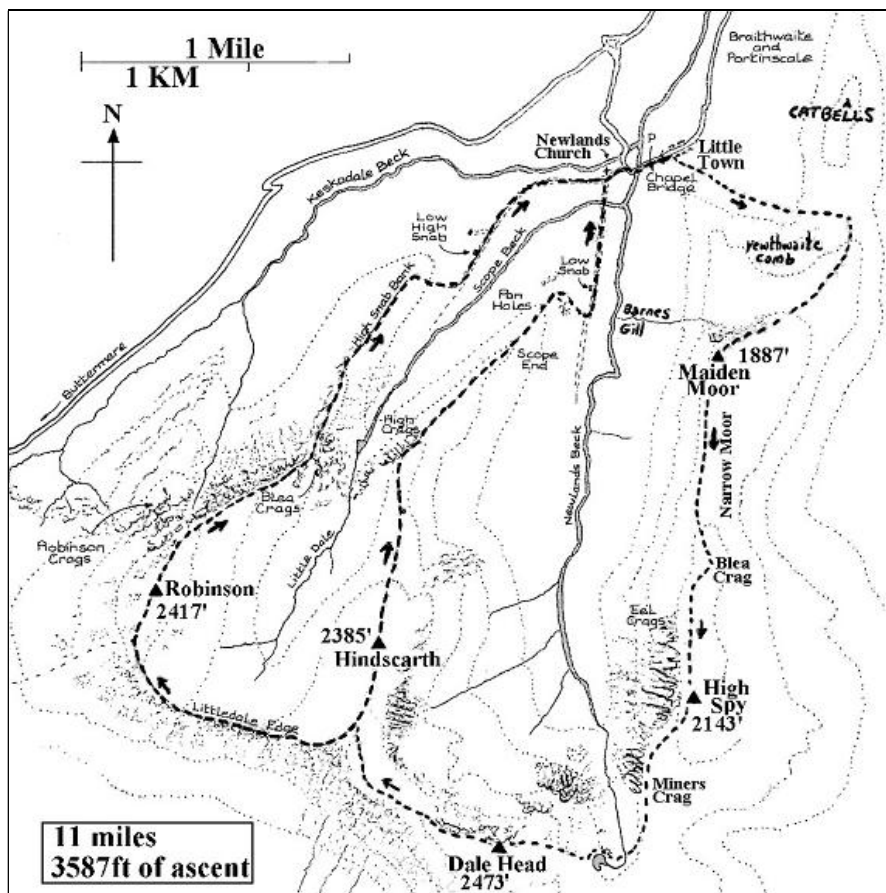


civicwalker@talktalk.net - to eMail the club.

Latest News – Please check out the website for the very latest Club news: <http://www.geocities.com/civicwalker>

Mobile Phones - will be carried at all Club events:

Check = 07899072521, Blue = 07899870136,
Red = 07733107877 & White = 07833987222.



Congratulations are due to Rose Envy & John Tetlow who reached the roof of Africa [Kilimanjaro summit] as the sun came up at 8am on 7th July. Also less than 24 hours after the last Coniston walk, Louise Billcliffe and John Bell braved the 20 mile course to successfully complete the Great North Forest Mountain Bike Ride.

