

Walking



The Walking Group is co-ordinated by Annette Linsdell

2nd and 4th Tuesdays – 9.30am start. Walks under 5 miles.

1st and 3rd Thursdays – 9.30am start. Walks 6 to 10 miles.

There are occasional walks on the 5th Thursdays.

Groups meet for walks at 9.30 a.m. at **Settle Cricket Club** car park on Kirkgate in Settle, to share lifts, unless otherwise stated. Group members should park carefully on the left hand side of the car park as far away from the car park entrance and the Clubhouse as possible. A u3a car parking pass must be left in the car. These are available from the Group Leaders.

All walkers must be members of the u3a and should be aware that they walk at their own risk. All decisions regarding the viability of the walk rest with the leader.

****IMPORTANT:** It is required that each walker provides the leader with emergency contact details before commencing the walk.

In line with Settle District u3a advice drivers should be reimbursed at the rate of £2 per hour pro rata, total journey

time there and back.

Programme from September 2023 to December 2023

	Tuesday Walks			Thursday Walks	
Date	Venue	Leader	Date	Venue	Leader
12th September	None		7th September	Postponed	
			21st September	Settle Winskill Stainforth	Margaret & Ian Gray
26th September	Clapham	Clive & John			
			5th October	Rathmell 5 miles	Kath Mason
10th October	Little Stainford Catrigg Force	Lid Wijnekus			
			19th October	Crummackdale Hoeton Helwith Bridge 9 miles	Jane Naik
24th October	Chapel le Dale	Joan Mitton			

	Tuesday Walks			Thursday Walks	
			2nd November	Settle Victoria Cave Attamire 7 miles	Avril Cuthbert
14th November	Settle Little Stainforth	Lid Wijnekus			
			16th November	Settle Rathmell Ribble Way 12 miles	Diane Lalor
28th November	Thornton in Lonsdale	Annette Linsdell			
			30th November	Clapham Austwick 6 miles	Sheila & John Longden
			7th December	Christmas Walk	Jean & Dave Hall
12th December	Gargrave Pennine Way Leeds Liverpool Canal	Catherine Bristow			

Walks Safety Advice

Walks Photo Gallery and Archive

Walks Lists Archive

WALK DETAILS

THURSDAY 30th NOVEMBER

This will be a relatively short walk of no more than 6 miles in familiar territory for many of the group as it is a circular route starting and ending in Clapham village via Austwick. Parking on the road next to the river should be possible on a Thursday in November and there are toilets nearby at the public car park.

There is a short steady ascent in the first half mile along a stony path which could be wet on the day but otherwise the walk is along good surfaces. There is a short section along a minor road and an opportunity to stop for lunch in Austwick in a bus shelter complete with benches! The last part of the walk is across open fields which have a few stiles and kissing gates to negotiate. These fields are also likely to be very wet and muddy in parts given the recent rain but definitely passable. The walk ends in Clapham village which offers a good cafe and pub should refreshments be required.

The contact number to confirm attendance is 07729891062 or via email to john.longden67@hotmail.co.uk

Meeting at Settle Cricket Club as usual at 9.30 or if travelling direct to Clapham meet outside the public toilets in the village at 9.45.

TUESDAY 28th NOVEMBER

The walk will be lead by Annette Linsdell

Meet at the Cricket Club at 9.30 am to share lifts to the

start at Chapel in Lonsdale Church at 10am.

The walk is across the fields to Westhouse Farm, along the lane to Edith's Wood . Through the woods to Westgate Lane, across the fields to Cowgill Farm, and the Lane to Thornton Hall. Through the fields to Ingleton where we can stop for a coffee at the waterfalls cafe if it is open or at one of the other cafes in Ingleton before walking up the road back to Thornton in Lonsdale.

Distance is about 3.5 miles. Several stiles including 2 ladder stiles. No long or steep inclines.

THURSDAY 16th November

The walk is to be lead by Diane Lalor

It's a biggie at around 12 miles! There is an option to reduce the distance but only by 1.5km.

Starting from the Cricket Club we follow the route out of town towards Long Preston with views of lovely Autumn colour in the Ribble Valley out to Pendle Hill in the distance. From Long Preston, we follow a quiet(ish) road to Cow Bridge and then head along the Ribble Way towards Rathmell. There are views here of Long Preston Deeps a wetlands project on the River Ribble. The flood plain on the valley floor makes it perfect for migratory bird life. A chance here to view the Ribble Valley from a different vantage point and on a clear day Whernside, Ingleborough and Pen-y-ghent.

Joining the road again at Hollow Gill Brow we head towards Cattleside, on through Layhead Farm and up to Rathmell Common. Heading down hill we pick up the river side path again for the home straight to Settle.

Please note, due to recent wet weather conditions, parts of this walk are extremely muddy. We will cross mostly well maintained stiles and some road walking is unavoidable.

TUESDAY 13th JUNE

. 4.5miles approximately

This walk has no stiles! It starts on the Pennine Bridleway between Horton- in- Ribblesdale and Selside on a track towards Borrans Farm, soon we are in open country. There were lots of orchids and mountain primula when I did it. After following a fence for sometime we turn and make our way back the track we started on to return.

Meet in the Rugby Club car park at 10am to share cars to the lay-by where we start the walk.

Bring refreshments. Let me know you are coming by phone 01729 825512

or by text on 07530519779

THURSDAY 1ST JUNE

The walk will this time include the Lancaster canal, Farleton Knott, and Hutton Roof Craggs.

The walk will start at the layby on the left of A65 just before the Endmoor roundabout. We will drop down onto the Lancaster canal towpath. We leave the towpath at Dukes bridge and take the footpath up Farleton Knott, a long moderately steep path to the top. We will continue across to Hutton Roof, walk a circular route back to the road and return back to the start across fields and using very quiet lanes. Distance about 8.5 miles. Mostly very easy walking with some rocky bits and tree roots.

The forecast for Thursday is very sunny so don't forget sun tan lotion, a sunhat and lots to drink. The walk is partly

shady. Bring lunch.

There are cafes and a great ice cream shop in Kirkby Lonsdale.

Meet at the Rugby Club at 9.30am as usual to share lifts.

Please let me know if you intend coming with your contact number and an emergency contact number.

Hope to see you on Thursday

Annette

annettelinsdell@yahoo.com

07512551715

TUESDAY 23RD MAY

3 miles approximately

We are hoping to see bluebells on this walk through Cleatop Woods.

it is a steady uphill climb through the woods, and 4 stiles en route.

Meet in the Rugby Club car park at 10am to off down Watery Lane, then accross fields to enter the woods and an upward path. The return is down hill.

Bring refreshments for a stop.

Send a text to Aileen on 07981207183 or phone 01729 824733

THURSDAY 18TH MAY

The walk on Thursday 18th May will be lead by Jane Naik and will include Wharfe woods where the bluebells should still be in flower and Moughton Scar. 7.5 miles, 5 stiles

Details as follows:

Meet at the Rugby club at 9.30 to share lifts. Park at Austwick Bridge where I will meet you.

Walk though Wharfe woods along the Bridleways to Helwith Bridge The climb up to Moughton Scar is strenuous but the views are worth it. Along the top of Moughton scar then down the old waterfall, again steep and has to be done with care. Back to Austwick.

It may be possible for Annette to lead anybody who doesn't want to do the more strenuous part of the walk but would like to see the bluebells, back to Austwick after Wharfe woods.

Please let me know if you are coming with your contact number and emergency contact number.

Jane

janenaik4@gmail.com

07756774563

TUESDAY 9TH MAY

The walk starts by the River Skirfare to Foxup. Then up and over moorland, followed by a downward stretch to Nether Hesleden and back by fields to Halton Gill. Fabulous views.
5.5 miles

Bring refreshments/ lunch for a stop. Meet in the Rugby club car park at 9.30am for a 40 minute journey,

Send text to Gill on 07530519779

THURSDAY 4TH MAY

Meet in the Rugby Club car park at 9.30.

The route goes up Constitution Hill and then follows in a clockwise direction the map.

It's 8 miles with a total ascent of 399 feet.

If you wish to join the walk then please contact ahead of May 4th

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email: ianandmargaretgray@hotmail.com

mobile: 07969876882

Could we also have your contact number, so that we can phone you should the

walk need to be cancelled for any reason, as well as the usual emergency

phone number.

Please bring a packed lunch

TUESDAY 25TH APRIL

Slaidburn approx 4 miles

A short walk following the River Hodder towards Newton. Mostly easy walking on field paths and tracks. There are 5 stiles and a couple of short stretches where the path is tricky owing to tree roots and uneven stone slabs. Poles helpful here. Bring a snack for a refreshment stop on route. Refreshments at the Riverbank cafe back in Slaidburn.

Meet at the Rugby Club car park at 9.30am for car sharing.

Please let Kath know that you are coming.

Kath Mason 07790534327 or 01729 822603

TUESDAY 11TH APRIL

– 3 miles approx.

A short walk from Clapham to Austwick over fields with wall stiles and back by road or track.

Maybe a drink in Austwick or Clapham.

the walk leaders, Clive and John, live in Clapham and will meet walkers at the entrance to the car park in Clapham at about 10am. Other walkers meet in the Rugby Club car park at

9.30am to share cars to Clapham.

please let Clive know you are coming on +44 792991390

POSTPONED – Thursday 6th April

Meet at the Rugby Club at 9.30am to share lifts.

Starting from the car park at Hellifield Health Centre, this is an 8 mile circular walk on a mixture of paths, tracks and farmers fields with some boggy stretches (especially in the first 2 miles). There is a steady ascent in the early stages and although the walk is undulating there are no significant climbs and just a small number of stiles. The walk offers some excellent views at a number of different points. It is worth pointing out that the route takes us through a field in which the magnificent Highland cattle could be grazing although on the recce this was not an issue at all. Similarly, on the wide path into Otterburn, horses occasionally wander nearby. There is a short part of the walk on a minor road but otherwise a combination of well marked paths across moorland, through valleys and a wooded area before returning to Hellifield town centre.

Please let John and Sheila know if you are intending to come with your contact number and emergency contact number.

John & Sheila Longden

john.longden67@hotmail.co.uk

07729891062 078905707710

01729 825206

POSTPONED- TUESDAY 28TH MARCH – 3 miles approx.

A short walk from Clapham to Austwick over fields with wall stiles and back by road or track.

Maybe a drink in Austwick or Clapham.

the walk leaders, Clive and John, live in Clapham and will meet walkers at the entrance to the car park in Clapham at about 10am. Other walkers meet in the Rugby Club car park at 9.30am to share cars to Clapham.

please let Clive know you are coming on +44 7929913909

POSTPONED WALK – TUESDAY 14TH MARCH – 5.5 miles

We will travel a bit further afield for this walk to Halton Gill in Littondale.

meet in the Rugby Club car park at 10am to share cars for a 40 minute journey. I suggest £1.50. to the driver.

We walk by the River Skirfare to Foxup. Then up and over moorland , followed by a downward stretch to Nether Hesleden and along the dale to Halton Gill.

Fabulous views throughout the day.

Bring refreshments/lunch for a stop.

Send text to Gill on 07530519779 or phone 01729 825512

POSTPONED WALK – TUESDAY 14TH FEBRUARY – 3 miles easy

Meet at.10am in the Rugby Club car park. We will take a short drive to the other side of the bypass to park in a lay-by. First there is a stretch of road walking to Lawkland Green, then a track to Four Lane Ends and another track to the road at Craven Ridge.

Bring refreshments/ lunch.

please tell Gill if you are coming. Text 07530519779 or phone 01729 825512