

ALSTON MOOR WALKERS ARE WELCOME

WHITFIELD LOUGH CIRCULAR WALK, TUESDAY 21 JUNE 2016

From Lintley car park the route will be along the Pennine Way to Thompson's Well Bridge and then by way of Williamston Farm, the Parson Shields footpath and the ruined shepherd's hut up on to the open access land of Williamston Common. The route continues for four kilometres on indistinct/non-existent paths across extremely uneven and/or extremely unstable/boggy terrain eventually arriving at Whitfield Lough, the highest natural lake in Northumberland. From here it is short distance to the summit of Pike Rigg from where there are extensive views in all directions. The return is via Whitfield Law and the gorge and waterfall at the head of Barhaugh Burn.



ESSENTIAL INFORMATION	
Meeting point	Lintley car park, nr Slaggyford (Ref – NY 687 511)
Start time	10.00am
Route length	10 miles
Difficulty	STRENUOUS. There is a gradual/steep ascent. Once on moorland the terrain is extremely rough underfoot and in places extremely boggy. One stream has to be crossed and this must be done with care.
Who can take part?	If you think the walk is suitable for you, then you're welcome to take part! There is no membership, or commitment to come on future walks, and no need to register in advance, just turn up on the day. All we ask is for a minimum donation of £1 to cover our insurance costs, and other overheads. The suggested minimum age for participants is 16 for this walk, but all under-18s must be accompanied by a responsible adult. Because of ground-nesting birds NO DOGS are allowed on the walk.
What to bring	Weather conditions can change quickly, so it's recommended that you wear quick drying long trousers, and that you bring a waterproof jacket and trousers, hat, gloves plus a spare upper layer (e.g. a fleece) in a rucksack. In terms of refreshments, it's suggested you bring a drink and food, as there are no facilities on the route.
Further information	Keith 01434 382798 or 07531 128535

