

ALSTON MOOR WALKERS ARE WELCOME

PARK FELL CIRCULAR WALK, TUESDAY 15 NOVEMBER 2016

The primary destination of the walk is the summit of Park Fell at 511m above sea level and with excellent views over Alston yet involving a mere 765' of ascent. The route is out along the Wardway then over Park Fell and returning via Gilderdale and the Pennine Way. The section over Park Fell is on Open Access Land where the paths tend to be indistinct but otherwise the paths are reasonably good.

ESSENTIAL INFORMATION	
Meeting point	The Cumberland Hotel, Alston
Start time	10.30am
Route length	6 miles
Difficulty	EASY. The ascent to the summit of Park Fell is for the most part reasonably gentle. Also one small section of the walk can be VERY muddy.
Who can take part?	<p>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.</p> <p>The suggested minimum age for participants is 16 for this walk, but all under-18s must be accompanied by a responsible adult.</p> <p>Although some of the walk is across Open Access Land there are no special restrictions in force so DOGS are allowed on the walk but must be kept on a short lead. Moreover there are various fields with livestock in including sheep and cows as well as ground-nesting birds on the moorland.</p>
What to bring	<p>Weather conditions can change quickly and it can be cold in November, so it's recommended that you wear warm clothing as well as 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.</p> <p>In terms of refreshments, there will be a coffee break on the summit so bring a hot drink. We should be back in time for lunch at the Cumberland or, if you prefer, bring a packed lunch.</p>
Further information	Keith 01434 382798 or 07531 128535