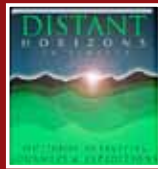


Other Activities

Ridge Scrambling & Kayaking with Distant Horizons



Activities:

Saturday 24th Sept - Kayaking

- Kayak Journey in sea kayaks - 8 places (half day) 9am to 12am
- Tandem kayak journey - 8 places (half day) - 1pm to 4pm

Sunday 25th Sept - Guided Ridge Scramble

- Scrambling on Pinnacle Ridge - St Sunday Crag with 8 places.

Price: £20 per person, all proceeds go to Patterdale Mountain Rescue

Booking: All sessions to be booked via Distant Horizons on 017684 86465 or email info@distant-horizons.co.uk

Canoeing with Reach Beyond Adventure



Activities:

Sunday 25th Sept

- 9am - 11am
- 11.30am - 12.30pm
- 2.30pm - 4.30pm

Number of places available:
8 per session

Price: Minimum donation £5 per person, all proceeds go to Nurture Lakeland

Booking: All sessions to be booked via Reach Beyond Adventure on 017684 83867 or via www.reachbeyondadventure.co.uk



Nordic Walking with Get Active



Activity:

Sat 24th September only

Five 30 minute sessions, start times: 11am, 12pm, 1pm, 2pm & 3pm. Bookings Required. Max 8 per session.

Nordic walking is a great way to get active and appeals to people who like exercising outside, who possibly don't like running, but want to work a little bit harder and get better results than they get from ordinary walking.

Price: Free

Booking: Book directly with Debbie Jackman on 0777 616 2125 or via www.get-active.co.uk

Dinghy Sailing with Glenridding Sailing Centre



Activities:

From Sat 24th Sept to Sun 2nd Oct
- Daily one hour sailing sessions between 1pm and 2pm

Glenridding Sailing & Activity Centre is delighted to offer the chance to be taken sailing for an hour free of charge each day throughout the festival between 1 and 2 pm for 1 to 4 people.

Price: Free

Booking: To book or for more information on this and our other activities please phone 01768 482541 or visit www.glenriddingsailingcentre.co.uk

Navigation Confidence with Wake Effect



Activity:

Sat 1st Oct at 6-9pm - Navigation Confidence (Meet outside Glenridding TIC)

Number places available: 8

Price: Minimum donation £5, all proceeds go to Patterdale Mountain Rescue

Booking: Call Anja on 07939 074197 or email ask@wake-effect.co.uk

Saturday 24th September The 'Festival Launch Day'!



Come and join us on Glenridding village green to celebrate the Ullswater valley with a day packed full of fun activities, events and entertainment.

Activities for all the family include storytelling sessions with Taffy Thomas, childrens entertainment with Laura J, and displays from the Lakeland Bird of Prey Centre. Come and discover more about the area with lots of arts, crafts and conservation activities to see, do and explore.

In addition to the range of outdoor activities on offer, other attractions include: bushcraft demonstrations with Reach Beyond Adventure, a local farmers market, mountain rescue, local craft & artist stalls, a fire engine display, music and even morris dancing!

There's Events in the Evenings too!

Our ever popular evening talks programme runs throughout the festival week and includes epic mountaineering tales, stories of adventurous travel, and fascinating insights into local legends & history. Check out the www.ullswater.com website for regular updates and contact Ullswater TIC on **017684 82414** to be put on the mailing list for the 'Launch Day & Evening Events' brochure which will be printed in July.

Can you Go the Distance to Nurture Lakeland? We're giving people a fantastic opportunity to support our charity and have fun at the same time! Get involved! - for more information visit:

nurturelakeland.org/events/gothedistance.html

nurture lakeland
tourism and conservation working in partnership



catstycam.com
outdoor clothing & equipment

Glenridding--PooleyBridge--Online
01768 482351--01768 486401--info@catstycam.com

ullswater outdoor festival

24th Sept - 2nd Oct 2011

A nine day programme of outdoor activities in and around England's most beautiful lake, starting with a festival launch day for all the family on Saturday 24th September in Glenridding!

sprayway
for all walks of life

adventurecapital
the lake district
Cumbria

nurture lakeland.org
Official Charity Partner

Supported by
englandnorthwest
EUROPEAN REGIONAL DEVELOPMENT FUND

Lake District
National Park



We have twenty guided walks across the nine-day festival. Most walks are free unless otherwise stipulated, but some require bus or boat fares. Some walks are also dog friendly and cater for the hearing impaired. Please choose your walk carefully using the grading system and note any additional comments. All walks require appropriate footwear and outdoor equipment, a packed lunch and water.

Booking hotline for walks only, please ring Ullswater T.I.C. on 017684 82414

Want to help the Lake District?

Help us look after your National Park today and for the future. Every penny counts - and pounds count even more!

Donations are accepted on most walks and at our information centres.

Suggested donation £1 to £5

Sat 24th Sept

1. Kirkstone Descent

Grade: **Moderate**

Start: 10:00am Ullswater Information Centre, Glenridding

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Take the bus to Kirkstone Pass Inn. Descend into the valley to pass a 'tragic' water and a little gem of 17th century lakeland.

Duration: approx 6.0 hrs. 8.8 miles, 14.0 km

Additional Comments: Bus fare required; Public transport to start point available; Suitable for people who are hearing impaired

2. Red Tarn via Glenridding Beck

Grade: **Hard**

Start: 10:15am Ullswater Information Centre, Glenridding

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Walk to The Hole in the Wall via Lanty's Tarn then to Red Tarn below Helvellyn's summit. Return via Glenridding Beck.

Duration: 6.0 hrs. 6.3 miles, 10.0 km

Additional Comments: Public transport to start point available; Suitable for people who are hearing impaired; Well behaved dogs allowed

3. Basic Map and Compass Skills for Women

Grade: **Moderate**

Start: 10:00am Ullswater Information Centre, Glenridding

Type: Special Interest led by Lake District National Park Voluntary Rangers

Description: A practical day outdoors for women to learn basic navigation skills. Map and compass provided. Adults only.

Price: **£8.00**

Duration: 6.0 hrs 5.0 miles, 8.1 km

Additional Comments: please note that there is an £8 fee for this activity

Sun 25th Sept

4. High Hartsop Dodd

Grade: **Hard**

Start: 10:00am Ullswater Information Centre, Glenridding

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Walk beside Caiston Beck, with its many waterfalls, to Scandale Pass, over High Hartsop Dodd with its stunning views and back by Brothers Water.

Price: Bus fare required

Duration: 6.5 hrs 7.4 miles, 12.0 km

Additional Comments: Suitable for people who are hearing impaired; Well behaved dogs allowed

5. Dales and Place Fell

Grade: **Hard**

Start: 9:20am Ullswater Information Centre, Glenridding

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Cruise to Howtown then walk through Fusedale, Martindale and Boredale to the summit of Place Fell. Walk back to Glenridding via Boredale Hause.

Price: Single boat fare required £1.00

Duration: 7.0 hrs 8.0 miles, 13.0 km

Additional Comments: Suitable for people who are hearing impaired; Well behaved dogs allowed

Mon 26th Sept

6. St Sunday Crag via Deepdale

Grade: **Strenuous**

Start: 10:00am Ullswater Information Centre, Glenridding

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: A strenuous ridge walk over St Sunday Crag via Deepdale Hause. Passing through the stunning valley of Deepdale and returning via Patterdale.

Duration: 7.0 hrs 9.9 miles, 16.0 km

Additional Comments: Suitable for people who are hearing impaired - New for this year!

7. Dacre and Dalemain

Grade: **Moderate**

Start: 10:30am Market Cross, Pooley Bridge Market Cross

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: A walk to Maiden Castle settlement and historic Dacre, returning via Dalemain and the River Eamont.

Duration: 6.0 hrs 6.3 miles, 10.0 km

Additional Comments: Public transport to start point available; Suitable for people who are hearing impaired; Well behaved dogs allowed

8. Ullswater Overview for Women

Grade: **Moderate**

Start: 10:10am Aira Force, National Trust car park Grid ref: NY401201

Type: Women only Guided Walk led by Lake District National Park Voluntary Rangers

Description: Bus to Pooley Bridge then a walk to enjoy splendid views of Ullswater and the classic view from Gowbarrow, returning to the Aira Force gorge.

Price: Bus fare required

Duration: 6.0 hrs 8.0 miles, 13.0 km

Additional Comments: Public transport to start point available; Suitable for people who are hearing impaired

Tues 27th Sept

9. High Above Glencoyne

Grade: **Hard**

Start: 10:05am Ullswater Information Centre, Glenridding

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description:

We take the bus to Aira Force then traverse the hillside path for magnificent views of Ullswater

Price: Bus fare required

Duration: 6.0 hrs 7.1 miles, 11.3 km

Additional Comments: Public transport to start point available; Suitable for people who are hearing impaired.

10. Pooley Bridge, Martindale and Howtown

Grade: **Moderate**

Start: 10:00am Market Cross, Pooley Bridge

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Walk on low level paths through Martindale, around Hallin Fell to Howtown for the steamer trip back to Pooley Bridge.

Price: Boat fare required £1.00

Duration: 6.5 hrs 8.9 miles, 14.5 km

Additional Comments: Suitable for people who are hearing impaired; Well behaved dogs allowed.

Wed 28th Sept

11. Steamer, Dale and Fell

Grade: **Hard**

Start: 9:20am Ullswater Information Centre, Glenridding

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Cruise to Howtown then walk over Beda Fell to view the ancient deer forest of Bannerdale, returning via Boredale Hause.

Price: Single Boat Fare Required - £1

Duration: 6.0 hrs 7.1 miles, 11.3 km

Additional Comments: Suitable for people who are hearing impaired; Well behaved dogs allowed.

12. Moor Divock and the Lowther Valley

Grade: **Moderate**

Start: 10:00am Market Cross, Pooley Bridge

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Walk up to the cairn circles and standing stones on High Street, returning via Heughscar Hill.

Duration: 6.0 hrs, 9.1 miles, 14.5 km

Additional Comments: Suitable for people who are hearing impaired; Well behaved dogs allowed.

Thurs 29th Sept

13. Explore Fusedale Valley

Grade: **Hard**

Start: 9:20am Ullswater Information Centre, Glenridding

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Cruise to Howtown and explore Fusedale. Learn about Martindale's history and stroll back by the lakeshore for the return cruise.

Price: Boat fare required £1.00 each way

Duration: 6.5 hrs 7.1 miles, 11.3 km

Additional Comments: Suitable for people who are hearing impaired; Well behaved dogs allowed.

14. Ullswater Overview

Grade: **Moderate**

Start: 10:10am Aira Force, National Trust car park - Grid ref: NY401201

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Bus to Pooley Bridge then a walk to enjoy splendid views of Ullswater and the classic view from Gowbarrow, returning to the Aira Force gorge.

Price: Bus fare required

Duration: 6.0 hrs 8.0 miles, 13.0 km

Additional Comments: Suitable for people who are hearing impaired.

Fri 30th Sept

15. Dales and Place Fell

Grade: **Hard**

Start: 9:20am Ullswater Information Centre, Glenridding

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Cruise to Howtown then walk through Fusedale, Martindale and Boredale to the summit of Place Fell. Walk back to Glenridding via Boredale Hause.

Price: Single boat fare required £1.00

Duration: 7.0 hrs 8.0 miles, 13.0 km

Additional Comments: Suitable for people who are hearing impaired; Well behaved dogs allowed.

16. Hallin Fell Circuit and Summit

Grade: **Moderate**

Start: 10:45am Ullswater Information Centre, Glenridding

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Cruise to Howtown then head inland to the quiet, secluded Martindale valley. Climb to the summit of Hallin Fell before returning by steamer.

Price: Boat fare required £1.00 each way

Duration: 7.0 hrs 4.9 miles, 8.0 km

Additional Comments: Suitable for people who are hearing impaired.

Sat 1st Oct

17. Dovedale and Deepdale

Grade: **Moderate**

Start: 10:00am Ullswater Information Centre, Glenridding

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Compare and contrast the beauty and wildness of the Deepdale and Dovedale valleys

Price: Bus fare required

Duration: 6.5 hrs 8.6 miles, 14.0 km

Additional Comments: Suitable for people who are hearing impaired.

18. Greenside and Keppel Cove

Grade: **Hard**

Start: 10:15 a.m. Ullswater Information Centre, Glenridding

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: A tour above ground of the extensive remains of Greenside mining activities, set amongst stunning mountain scenery.

Duration: 6.0 hrs 7.4 miles, 12.0 km

Additional Comments: Suitable for people who are hearing impaired; Well behaved dogs allowed.

Sun 2nd Oct

19. One Tarn and Two Waters

Grade: **Hard**

Start: 10:20 a.m. Ullswater Information Centre, Glenridding

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Up to Angle Tarn and then to Hayeswater, tucked under High Street. Finally, descend to idyllic Hartsop and Brothers Water.

Price: Bus fare required

Duration: 6.5 hrs 8.0 miles, 13.0 km

Additional Comments: Suitable for people who are hearing impaired; Well behaved dogs allowed.

20. Fell, Pike and Knott

Grade: **Moderate**

Start: 10:00 a.m. Market Cross, Pooley Bridge

Type: Guided Walk led by Lake District National Park Voluntary Rangers

Description: Walk via Heughscar Hill to Arthur's Pike and its nearby viewpoint. Continue over Bonscale Pike and White Knott before descending for a return trip by steamer.

Price: Single boat fare required £1.00

Duration: 6.5 hrs 8.0 miles, 13.0 km

Additional Comments: Suitable for people who are hearing impaired; Well behaved dogs allowed.

Please note all walks are graded for your safety and comfort. You should select walks that are suitable for your level of fitness, so that you can get the most enjoyment and satisfaction from the festival. On the day should your guides have any reservations regarding your fitness and ability to undertake the walk we reserve the right to refuse participation. Please do not hesitate to consult with the walk leader if you have any concerns on the day.

Participants in all walks require:

- A packed lunch
- An adequate quantity of water
- Appropriate footwear and walking equipment (see below).

Moderate

Appropriate footwear required

Footpaths may be rough, stony or boggy. This grade may involve walking up to heights of 366 meters. A reasonable level of fitness will be required.

Hard

Appropriate footwear required

Footpaths may be rough, stony or boggy. A long, energetic walk on higher footpaths. Some ascent/ descent may be quite steep. A good level of fitness will be required

Please ensure that you have suitable equipment. We recommend that hill walking gear including appropriate footwear, windproof, waterproof clothing and rucksacks are used. You should provide your own refreshments and plenty of water for the walk. All dogs must be kept under strict control and on a lead.

Please note for safety and comfort there is a maximum number of people per walk. Higher walks have smaller limits due to distance and severity of the terrain. Pre – booking walks is therefore essential.

If your selected walk is full, we will try to offer alternative walks. There will also be a range of self-guided walks leaflets that visitors can obtain from the main walking bases. We reserve the right on the day to change the walk route in the event of adverse weather conditions. Unfortunately we cannot accommodate children under 7 years of age.

