

| Uberash to the Rakes – Peter Standing |                                  | Walk Booking Code W6      |
|---------------------------------------|----------------------------------|---------------------------|
| BASICS                                |                                  |                           |
| Date                                  | Friday June 2 <sup>nd</sup> 2017 |                           |
| Times                                 | 9.30 AM PROMPT START             | from Clawthorpe Fell Road |

|   |  |
|---|--|
| <b>BOOKING FORM</b>                             | We need your name, address and contact telephone number and email details to <a href="mailto:LTevents@arnsidesilverdaleaonb.org.uk">LTevents@arnsidesilverdaleaonb.org.uk</a> You can use this form if you like. |
| <b>Event</b>                                    | W6 Uberash to the Rakes - 9.30AM Friday June 2 <sup>nd</sup> 2017  |
| <b>Name (s)</b>                                 |  |
| <b>Address</b>                                  |  |
| <b>Telephone</b>                                |  |
| <b>E-mail</b>                                   |  |
| <b>Are you a member of the Landscape Trust?</b> |  |

**Please be sure to read the Health and Safety Briefing on page 3**

| Flowers of Lancelot Clark Storth – Ann & Charles Dale |   | Code W7                   |
|---|---|---------------------------|
| BASICS  |   |                           |
| Date  | Saturday June 3 <sup>rd</sup> 2017  |                           |
| Times   | 10.30AM PROMPT START  | Finish around 2.30 or 3PM |
| Start Location  | On the Clawthorpe to Hutton Roof road about 4kms east of Hale at the start of the public footpath at SD 5431 7828.  |                           |
| Parking   | Limited roadside parking near the start.  |                           |
| Public Transport                                      | none  |                           |
| Duration  | About 4 hours including short lunch break   |                           |
| Nature of Walking                                     | About 3 miles with moderate ascents. Some paths are uneven and may be wet.  |                           |
| Route   | Circular walk. From spot height 118m (on 25k map) along path to Pickles Wood and ascent to Lancelot Clark Storth limestone pavements.   |                           |
| Leader  | Ann and Charles Dale are the wardens for this Cumbria Wildlife Reserve.   |                           |
| Some Landscape Features                               | Local iconic woodland and flower species. Limestone grasslands, Limestone pavements ecology. The inclined pavements here have dramatic runnels draining into small potholes. Grikes are much less common than on the AONB pavements.  |                           |
| PRACTICALITIES  |   |                           |
| Places & Booking                                      | BOOKING IS ESSENTIAL This walk is limited to a maximum of 20 people for educational and health & safety reasons.  |                           |
| Children  | The walk is suitable for students over 16 interested in natural history.  |                           |
| Dogs  | Well behaved dogs on leads may attend.  |                           |
| Health and Safety                                     | A risk assessment has been carried out for this event.<br>It is important to be aware of the small risk of Lyme Disease and learn how to search for and safely remove ticks. A free leaflet is available from the AONB Office at Arnside Station.<br>Neither the Landscape Trust nor its officers, nor those leading events, accept responsibility for any loss, injury or inconvenience however caused.  |                           |
| Recommended Equipment                                 | Boots, walking pole and waterproofs<br>Bring refreshments for a short lunch stop  |                           |
| Cost  | The walk is free but donations to the Trust are appreciated. Guided walk leaders donate their time, expertise and enthusiasm to support the Landscape Trust.  |                           |
| How to Book   | Our preferred method of booking is by e-mail<br><a href="mailto:LTevents@arnsidesilverdaleaonb.org.uk">LTevents@arnsidesilverdaleaonb.org.uk</a> Sometimes we may circulate last minute plans or educational briefings by e-mail. All we need are the names and addresses of each person coming, a contact telephone number and an email address.<br>If you don't have internet access you can book via the AONB Office at The Old Station, Arnside on 01524 761034 |                           |

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|---|---|
| <b>BOOKING FORM</b>                             | We need your name, address and contact telephone number. Please email <a href="mailto:LTevents@arnsidesilverdaleaonb.org.uk">LTevents@arnsidesilverdaleaonb.org.uk</a> You can use this form if you like. |
| <b>Event</b>                                    | Lancelot Clark Storth 10.30AM Saturday June 3 <sup>rd</sup> 2017  |
| <b>Name (s)</b>                                 |   |
| <b>Address</b>                                  |   |
| <b>Telephone</b>                                |   |
| <b>E-mail</b>                                   |   |
| <b>Are you a member of the Landscape Trust?</b> |   |
| <b>Where did you hear about this event?</b>     |   |

**Please be sure to read the Health and Safety Briefing on the next page**

**HEALTH & SAFETY ASSESSMENT – AONB LANDSCAPE TRUST FIELD TRIPS**  
**June 2017**

|                              |   |
|------------------------------|---|
| <b>Leaders Route</b>         | See individual walk briefings for details of leaders, route and terrain   |
| <b>Health and Safety</b>     | <p>A risk assessment has been carried out for these field trips</p> <p>Although none of the walks involved are difficult a modest level of physical fitness is desirable and participants should be confident walking over ground that can sometimes be uneven, boggy or rocky. Bare wet limestone can be slippery especially when wet and surefootedness is needed.</p> <p>For all walks in the AONB, Holme Park and Hutton Roof it is important to be aware of the small risk of Lyme Disease and learn how to search for and safely remove ticks. A free leaflet is available from the AONB Office at Arnside Station.</p> <p><b>Neither the Landscape Trust nor its officers, nor those leading events, accept responsibility for any loss, injury or inconvenience however caused.</b></p> |
| <b>Recommended Equipment</b> | <p>Boots, walking pole and waterproofs</p> <p>Bring a drink and a snack if you need refreshments; the field trips usually last between 2.5 and 4 hours</p>  |
| <b>Telephones</b>            | The leader will carry a mobile phone  |
| <b>First Aid</b>             | A first aid kit will be carried by the leader   |