

Uberash to the Rakes – Peter Standing **Walk Booking Code W6**

BASICS	
Date	Friday June 2nd 2017
Times	9.30 AM PROMPT START from Clawthorpe Fell Road Finish around 1PM
Start Location	Clawthorpe Fell Road at SD 550 787
Parking	There are several laybys near the top of the Clawthorpe Fell Road
Public Transport	None.
Duration	Up to 3.5 hours
Nature of Walking	Around 6 km with moderate ascents and some uneven rocky ground.
Route	Uberash Breast, Hutton Roof Crags summit, lower Potslacks, The Rakes and Limestone Link back to start. The route may be modified or shortened to suit weather conditions and the needs of the group.
Leader	Peter Standing, Landscape Geographer
Some Landscape Features	Urswick Limestone scars and pavements; karren features, erratic boulders, faults, landscape history and flora. The rinnenkarren at The Rakes are the finest in the UK.
PRACTICALITIES	
Places & Booking	BOOKING IS ESSENTIAL This walk is limited to a maximum of 20 people for educational and health & safety reasons.
Children	Sixth formers interested in physical geography are welcome
Dogs	This walk is not suitable for dogs.
Health and Safety	A risk assessment has been carried out for this event. There is some walking on rough rocky surfaces so surefootedness is essential. For all walks in the AONB 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. 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 Bring a flask and snack if you need refreshments
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 LTevents@arnsidesilverdaleaonb.org.uk 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. If you don't have internet access you send a message via the AONB Office at The Old Station, Arnside on 01524 761034

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

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 3rd 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. 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. 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 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 LTevents@arnsidesilverdaleaonb.org.uk 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. If you don't have internet access you can book via the AONB Office at The Old Station, Arnside on 01524 761034	

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

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

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

Leaders Route	See individual walk briefings for details of leaders, route and terrain
Health and Safety	<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>Neither the Landscape Trust nor its officers, nor those leading events, accept responsibility for any loss, injury or inconvenience however caused.</p>
Recommended Equipment	<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>
Telephones	The leader will carry a mobile phone
First Aid	A first aid kit will be carried by the leader