

PATTERDALE HALL GUIDED WALKING WEEK

Individuals & Families

25th July – 1st August 2020

Itinerary:

Day 1 Saturday 25th July 2020

- Arrive at Patterdale Hall c 3.00pm on Saturday 25th July
- Afternoon tea available from 3.00pm – 4.00pm
- 3.30pm induction talk and settle in to rooms
- Free time to explore the centre
- 6.30pm dinner
- Self - led evening. Can use the games room, relax in the visitors lounge or take an evening stroll down to the Lake
- Sign up to the walk of your choice, as well as the evening quiz if you wish to join in, for tomorrow
- Complete sandwich selection for the next days packed lunch

Day 2 Sunday 26th July 2020

- Breakfast at 8.00am
- 9.15pm meet in group rooms and introduction to your walk leader
- 9.30pm set off for the days exploration
- Return to the centre by 4.30pm (will depend on the walk chosen)
- 6.30pm dinner
- 7.30pm -9.00pm evening quiz
- Sign up to the walk of your choice for tomorrow
- Complete sandwich selection for the next days packed lunch

Day 3 Monday 27th July 2020

- Breakfast at 8.00am
- 9.15pm meet in group rooms and introduction to your walk leader
- 9.30pm set off for the days exploration
- Return to the centre by 4.30pm (will depend on the walk chosen)
- 6.30pm dinner
- Self - led evening. Can use the games room, relax in the visitors lounge or take an evening stroll down to the Lake
- Sign up to the walk of your choice, as well as the evening bush craft session, for tomorrow
- Complete sandwich selection for the next days packed lunch

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Day 4 Tuesday 28th July 2020

- Breakfast at 8.00am
- 9.15pm meet in group rooms and introduction to your walk leader
- 9.30pm set off for the days exploration
- Return to the centre by 4.30pm (will depend on the walk chosen)
- 6.30pm dinner
- 7.30pm – 9.00pm bush- craft session with campfire
- Complete sandwich selection for the next days packed lunch

Day 5 Wednesday 29th July 2020

- Breakfast at 8.00am
- Day to explore the surrounding area – self led – please see detailed itinerary for suggestions of things to do in the local area
- 6.30pm dinner
- Self - led evening. Can use the games room, relax in the visitors lounge or take an evening stroll down to the Lake
- Sign up to walk of your choice as well as the Family Rockets Challenge for tomorrow
- Complete sandwich selection for next days packed lunch

Day 6 Thursday 30th July 2020

- Breakfast at 8.00am
- 9.15pm meet in group rooms and introduction to your walk leader
- 9.30pm set off for the days exploration
- Return to the centre by 4.30pm (will depend on the walk chosen)
- 6.30pm dinner
- 7.30pm – 9.00pm family rockets challenge
- Sign up to walk of your choice as well as the family orienteering challenge for tomorrow
- Complete sandwich selection for the next days packed lunch

Day 7 Friday 31st July 2020

- Breakfast at 8.00am
- 9.15pm meet in group rooms and introduction to your walk leader
- 9.30pm set off for the days exploration
- Return to the centre by 4.30pm (will depend on the walk chosen)
- 6.30pm dinner
- 7.30pm – 9.00pm family orienteering challenge
- Complete sandwich selection for the next days packed lunch

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Day 8 Saturday 1st August 2020

- Breakfast at 8.00am
- Vacate rooms by 10.00am.
- Morning self - led
- Collect packed lunch to eat at the Hall or take for your journey home
- Depart Patterdale Hall by 1.00pm

Walking Itinerary

We offer 3 levels of walk each day so you can decide to have a gentle stroll or a high level challenge.

We have graded our walks 1, 2 and 3 with green being the easiest and red being the hardest walk on offer each day.

The sign - up sheet with the walks will provide lots of detail so you can see which is most appropriate for your family grouping.

Please find a sample programme on the next page.

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Daily Choice of Walks – Sample Programme

Day 2 Ullswater (Aira Force)

1. Easy = Walk to Aira force and back, incorporating the waterfalls and a wander onto Gowborrow fell if appropriate for the group.
2. Moderate = Out to Aira force via the mines and around Glencoyne head traverse path, return via Ullswater way.
3. Hard = the mines up to Sticks Pass to Stybarrow Dodd to white stones, to Hart Crag and down to Dowthwaitehead, Dockray onto Aira Force and return.

Day 3 Helvellyn Range

1. Easy = Glenridding follow footpath up Red Tarn beck and then to Red Tarn, return via Hole in the Wall path back to the Hall.
2. Moderate = Helvellyn via zig zags return same route
3. Hard = Helvellyn via Striding edge and return via Swirral edge.

Day 4 Place Fell (East of the Lake)

- Easy = Place fell up and back.
- Moderate = Boredale house onto Place Fell down to Sandwick and return via Lake short path.
- Hard = Boredale House onto Angle Tarn, Satura Crag, the Knott, High street to Threshthwaite cove down Pasture Bottom to Hartsop and return. This route can be shortened as needed, as is a big day out.

Day 5 Self Led Day of Exploring or Visiting Local Attractions

Day 6 St Sunday Crag Area

1. Easy = from centre to Oxford Crag up to Arncliffe Crag depending on weather descend via Hag Beck, (needs to be dry)
2. Moderate = walk up Grizedale Valley explore the tarn and return on far side of valley if hot cool feet in the beck.
3. Hard = St Sunday Crag, Deepdale House down to Grisedale Tarn and return via the valley.

Day 7 Blencathra Area

1. Easy = wander up to Scales Tarn.
2. Moderate = follow Glenderamakin Beck up to House up to Atkinson Pike and onto Summit of Blencathra. Descent via Scales Fell.
3. Hard = Scales Beck to Scales Tarn, Sharp edge to Blencathra summit, follow summit path west to Knowe Crag and descend to Blencathra centre return to Threlkeld.