



<http://www.walkeden.org/>

[waw@uppereden.org.uk](mailto:waw@uppereden.org.uk)

## **KIRKBY STEPHEN & DISTRICT WALKERS ARE WELCOME**

cordially invite you to the

### **Walkers are Welcome Annual Get-Together 2019 and AGM**

**Saturday 12<sup>th</sup> and Sunday 13<sup>th</sup> October 2019**

**Masonic Hall, North Road, Kirkby Stephen CA17 4RH**

**and other venues, see information**

**Walks and other entertainment from Tuesday 8<sup>th</sup> to Monday 14 October inclusive**

### **Saturday 12<sup>th</sup> October Get-Together - £15**

**Masonic Hall, North Road, Kirkby Stephen CA17 4RH**

- 09:00 Set-up displays (please book, limited space)
- 09:30 Registration, coffee and networking
- 10:00 **Welcome to Kirkby Stephen**  
Rory Stewart OBE, FRSL FRSGS, MP for Penrith and Border  
Randal Metzger, Chairman of Walkers are Welcome CIC
- Walkers are Welcome AGM** – members' papers to follow  
Members' topical discussion with the National Committee
- 12:00 **Lunch**
- 12:30 A choice of two additional bookable activities, see information  
Networking and a chance to look around Kirkby Stephen independent shops
- 14:00-15:00 **Small Group Sessions ABC**  
Choice of three sessions taking place around the town  
Please indicate your preference on the booking form ABC, see information
- 15:00 **Afternoon tea** & networking back at the Masonic Hall
- 15:30-16:30 **Small Group Sessions DEF**  
Choice of three sessions taking place around the town  
Please indicate your preference on the booking form DEF, see information

### **Evening meal - £24**

19:00 for 19:30 The Bay Horse, Winton village CA17 4HS

Menu overleaf, please advise any dietary requirements when booking

Poetry to include 'Ways with Words', presented by Vice-Chairman, Baz Fewster.

Please bring along your own poems to recite and not necessarily following the walking theme.

### **Sunday 13<sup>th</sup> October**

Choice of two walks or a visit to Kirkby Stephen East Station railway heritage project

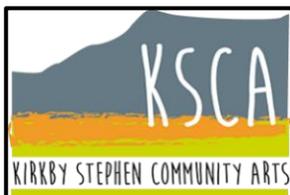
See overleaf

**Enquiries and additional information: [waw@uppereden.org.uk](mailto:waw@uppereden.org.uk)**

## Activities and Small Group Sessions



Kirkby Stephen shops have been asked to decorate their windows in your honour with an autumn walking theme, no doubt a little Halloween will creep in. Why not take time to visit our independent retailers and vote for your favourite window on the feedback form.



### Friday 11 October

Doors open 19:00 for 19:30 £5

Remote Cinema presented by Kirkby Stephen Community Arts  
Kirkby Stephen Sports and Social Club, Market Street

Kirkby Stephen is 25 miles away from the nearest cinema and 50 miles from a large screen showing so we like to encourage our community cinema. There will be a bar available plus traditional ice cream or beverages at the interval. The film to be announced later on <http://kirkbystephencommunityarts.co.uk/whats-on-cinema/>



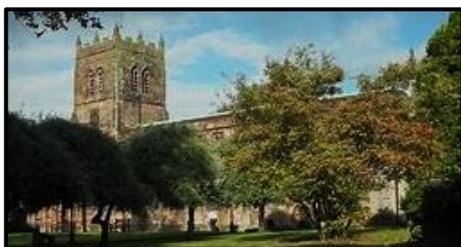
### Saturday 12 October lunch-time

Kirkby Stephen Mountain Rescue Base tour  
leaving the Masonic Hall gardens at 12:30

We are very proud to have a Mountain Rescue team celebrating their 50<sup>th</sup> anniversary. The team are certainly an extra layer of security for walkers particularly out on the surrounding fells. The Mountain Rescue is entirely funded by donations and all its members are unpaid volunteers, willing to respond any day of the year and in any weather. They will be delighted to show you their base and equipment, tell you a little about their roles and their new resilience project.

A short walk from the Masonic Hall after a quick lunch. <http://ksmrt.org.uk/Home.aspx>

Booking essential



### Saturday 12 October lunch-time

Kirkby Stephen Conservation Area historical walk  
leaving the Masonic Hall gardens at 12:30 1.5 miles.

Kirkby Stephen has a rich heritage with evidence dating back to the Anglo-Saxons and buildings dating from the 17<sup>th</sup> century. Mysterious tunnels and local legends. Come and explore the back lanes and alleys. A leisurely walk around the town after a quick lunch.

An alternative self-guided town trail is available <http://www.walkeden.org/Things-to-do.aspx>

Booking essential.

### Small Group Sessions Saturday 12 October afternoon

Please indicate your preferences on the booking form and we will endeavour to give delegates their choices subject to numbers on a first come, first served basis.



**Session A 14:00 to 15:00**  
**Painting Pebbles with Jo Cottrell**  
**Kirkby Stephen Youth Hostel, Market Street**

Painting and hiding and re-hiding pebbles are sweeping the country. This simple idea is wonderful for getting children out for a walk with a bit of fun. The reverse can also be used to advertise or even for competitions. No skill required. Take your pebble home or hide it in Kirkby Stephen during your stay.

Be inspired <https://www.facebook.com/groups/584191291914605/>



**Session B 14:00 to 15:00**  
**Telling the story of your footpaths with Dave Stewart**  
**The Old Forge (opposite the Masonic Hall)**

Our network of pathways has grown over hundreds of years. Discover the origins of your footpaths, Roman roads, Drovers roads, green lanes, pilgrimage routes, corpse roads, stalkers tracks, to name but a few. You'll be amazed to discover their past and maybe use this information to inform your walks or leaflets. There is also a walk on Sunday morning with Dave to look at some of these historical pathways in Belah valley, see walk 11. Further information <http://www.walkingworld.com/Articles/Pathways/Pathways.aspx>



**Session C 14:00 to 15:00**  
**Red Squirrels and the work of Penrith & District Red Squirrel Group**  
**Masonic Hall**

We just adore our local red squirrels that charm residents and visitors alike, we are very protective of them. This group have done so much to increase numbers and their well-being. We also find that these red delights are the favourite marketing tool. The group will also have a stall selling small items to raise additional funds. Also see <http://www.penrithredsquirrels.org.uk/>

**Session D 15:30 to 16:30**

**Making, hiding and registering a Geocache with Peter Goddard  
Kirkby Stephen Hostel, Market Street**

You have probably heard of Geocache, the modern form of treasure hunting suitable particularly for children, young people and families, bringing an added adventure to a walk in the countryside. You will be amazed how many new visitors geocaches can bring to your area. Peter aka Mr. MacGrumpy has made, serviced and monitored his many caches in our area.

Further information see <https://www.geocaching.com/play>

**Session E 15:30 to 16:30**

**How to publish walks for free on an app. with Walkingworld  
The Old Forge (opposite the Masonic Hall)**

David Stewart from Walkingworld, who is also a Kirkby Stephen WaW committee member, will show you how to take advantage of free advertising and uploading apps. on Walkingworld.

For further information see <http://www.walkingworld.com/Articles/Site-stuff/Mapping---GPS-files.aspx>

**Session F 15:30 to 16:30**

**How A Pennine Journey came into being with David Pitt  
Masonic Hall**

David Pitt and his wife Heather devised the Pennine Journey. A 247-mile-long distance trail based on Alfred Wainwright's 1938 Pennine Journey. The unique Pennine Journey Supporters Club was formed and raise funds, promote and monitor the route which has been successfully waymarked through several counties.

Further information <http://www.penninejourney.org.uk/>



**Walkers are Welcome Cumbrian Dinner**

**Saturday 12 October 19:00 for 19:30  
The Bay Horse, Winton CA17 4HS**

**A685 Kirkby Stephen towards Brough, second right turn to Winton, next to the village green in the centre of the village. 1.7 miles <http://thebayhorsewinton.co.uk/>**

**Duo of Cumbrian Lamb**

with dauphinoise potatoes, shallot puree  
and roasted seasonal vegetables

**or**

**Wild mushroom and garden herb roulade (v)**

with dauphinoise potatoes and ratatouille of vegetable

**A plate of Lakeland Desserts**

Kendal Mint Chocolate Mousse  
Sticky Toffee Pudding  
Cumberland Rum Nicky  
Grasmere Gingerbread Ice Cream

**Coffee & Shortbread**

Poetry to include 'Ways with Words', presented by Vice-Chairman, Baz Fewster.  
Please bring along your own poems to recite and not necessarily following the walking theme.

**Please indicate any special dietary requirements when booking**  
**Numbers for dinner are limited**

## Walks



### Walk 1 - Tuesday 8 October

**Lady Anne's Way, Aisgill to Pendragon Castle approx. 4.5 miles**  
**Meet at The Pennine Hotel bus stop 11:15**  
 for the Cumbria Classic Coach bus to Hawes  
**or Pendragon Castle NY 782025 (B6259) for the bus 11:30ish**  
 alighting Aisgill Moor Cottages, concession cards accepted.

We have a treat by initially joining the Cumbria Classic Coach vintage bus taking us up to Aisgill Moor overlooking Wild Boar Fell, the Mallerstang Valley now in the Yorkshire Dales National Park, at the Settle to Carlisle railway's highest point.

This is a spectacular section of the popular long-distance trail, the Lady Anne's Way by Sheila Gordon, guide pages 48 to 53. <https://www.ladyannesway.co.uk/> The trail links the properties of this 17<sup>th</sup> century indomitable woman around her, hard fought for, northern estates.

We will walk down the valley stopping to marvel at Hellgill Force before joining The Highway passing The Watercut sculpture by Mary Bourne. Reaching the bottom of the valley, the walk continues along the infant River Eden to Pendragon Castle, the legendary home of Uther Pendragon, King Arthur's father. We are delighted to be joined by author Sheila Gordon and publisher Chris Grogan of Skyware Press. Cars will be left at Pendragon Castle for the return journey for this linear walk.

Pendragon Castle <https://www.visitcumbria.com/evnp/pendragon-castle/>

Easy, mainly downhill, boots essential, bring a packed lunch.

Booking essential.



### Walk 2 - Wednesday 9 October

**John Strutt Conservation Foundation circuit 5.9 miles**  
**Meet at The Cloisters, Kirkby Stephen 10:00**

This special walk has been designed by this conservation charity to the east of Kirkby Stephen, near Winton and Hartley villages. Permissive paths including a stretch of disused railway with fine views from a limestone escarpment.

Moderate, height gain 350 metres, boots essential and bring a packed lunch.

Learn more about this charity and founder the late John Herbert Strutt <https://jscf.org.uk/>

Walk app. is available <http://walks.walkingworld.com/walk/John-Strutt-Foundation-circuit.aspx>

Booking essential.



### Walk 3 - Thursday 10 October morning

**Dawdle walk Greensike Farm circular 2 miles**  
**Meet at The Cloisters 10:30**

This is an invitation to join Kirkby Stephen's Dawdle walkers, a weekly health walk of about an hour. Today's walk is the route of the Kirkby Stephen Family Adventure Trail designed by Kirkby Stephen WaW for families with children. Free leaflet provided or downloadable from <http://www.walkeden.org/Things-to-do.aspx>

Easy, boots advisable, 1 or 2 stiles.

Optional refreshments after the walk in our favourite haunt as part of this social gathering.

Free afternoon to explore the town and countryside, don't forget walk 5 Horrible Histories tonight.

Booking advisable.



#### Walk 4 – Thursday 10 October

**Middleton-in-Teesdale Low Force, High Force and Bleabeck Force with optional Gibson's Cave 6.2/6.7 miles**

**Meet Tees'pot 10:00 on Bridge Street, Middleton-in-Teesdale**  
(parking available at the Social Club: (946 255))

For those wanting a longer walk, we have arranged a visit to the nearby Walkers are Welcome town of **Middleton-in-Teesdale** <https://www.teesdalechallengewalks.net/> which is a beautiful car journey of 19 miles away across moorland, allow at least 45 mins. Own car or we will try to arrange car share if needed.

This walk takes place deep in the North Pennines AONB, County Durham. High Force is a spectacular waterfall of 71 feet dropping into a plunge pool. <http://www.highforcewaterfall.com/visiting-us>

Route map will be provided to those booking.

Boots essential and packed lunch.

Booking essential.



#### Walk 5 – Thursday 10 October evening

**Kirkby Stephen Horrible Histories 1.5 miles**

**Meet The Cloisters, Kirkby Stephen 18:30**

Kirkby Stephen doesn't have many ghosts but we can find you some "Horrible Histories" to experience on this walk round the alleys and byways of the town. Learn about Jangling Anas, Sir Andreas de Harcla and the fire at the candle factory plus lots more. About 1.5 hours with lots of stops. Can be made suitable for wheelchairs.

Booking essential.



#### Walk 6 - Friday 11 October morning

**Kirkby Stephen Poetry Path 2.5 miles**

**Meet at The Cloisters 10:30**

Our nationally acclaimed Poetry Path was devised by Dick Capel with East Cumbria Countryside Project and local residents in 2004. There are twelve stones inscribed by lettering artist Pip Hall with poems by Meg Peacock associated with a year in the life of a hill farmer. Today, the stones are gloriously camouflaged into the landscape. <https://www.edenbenchmarks.org.uk/poetry-path.htm> We are delighted that Dick will be joining us on the walk to answer any questions.

The Poetry Path booklet priced at £2 is available at the volunteer run Upper Eden Visitor Centre.

Easy, boots recommended, allow extra time for stopping to read the poems.

Booking essential.



### Walk 7 – Friday 11 October afternoon

#### Smardale Nature Reserve

Meet NY 742 083 Car park, Smardale 14:30

This afternoon you are guests of Cumbria Wildlife Trust to see their new facilities at Smardale which serves their nature reserves Waitby Greenriggs and the nationally acclaimed Smardale Reserve both along a disused railway line. A new Red Squirrel feeding and viewing station are now included and you will be free to explore the permissive paths along a disused railway including Smardale Gill viaduct owned by the Northern Viaduct Trust. <http://www.nvt.org.uk/smardale.htm>

<https://www.cumbriawildlifetrust.org.uk/nature-reserves/smardale>

Disabled friendly see <https://theoutdoorguide.co.uk/walks/wheelchair-friendly-walks/smardale-gill/>

Car share can be arranged.

Booking recommended.



### Walk 8 - Sunday 13 October morning

#### Northern Viaduct Trust (NVT) walk and Kirkby Stephen

East Station 2.5 Miles

Meet at The Cloisters 11:00

A Sunday morning stroll to the pretty village of Hartley following the Wainwright Coast to Coast route to join the Northern Viaduct Trust walk along the old Stainmore railway to Stenkrith Park. This is part of a spectacular line and includes two viaducts and the Millennium Bridge over Stenkrith Gorge, not to be missed. We will finish our walk at Kirkby Stephen East Station for the heritage station and railway.

We will be joined by Mike Sunderland ex-Chairman of the Northern Viaduct Trust <http://www.nvt.org.uk/> and Debbie North of The Outdoor Guide (AccessTOG). Debbie's video of this route can be seen <https://theoutdoorguide.co.uk/walks/wheelchair-friendly-walks/podgill-viaduct-nateby/>

Kirkby Stephen East is the home of Stainmore Railway Company <http://www.kirkbystepheneast.co.uk/> where volunteers are renovating the station and rolling stock at a this heritage railway attraction.

Booking essential



### Walk 9 - Sunday 13 October

**Telling the Story of your footpaths at  
Belah Valley, 4 miles with frequent stops.  
Meet Mouthlock Centre NY837120 10:00**

From Kirkby Stephen to Brough take the first turning to Barras. Follow road through Kaber and on to Barras. Mouthlock Centre is on right after passing Barras village sign. (5.5 miles)

Following on from the Saturday session, David Stewart of Walkingworld will show you the delights of local historical footpaths at Belah Valley. Boots essential, uneven terrain. We will try to arrange car share if required. Bring a packed lunch. Pathways book, kindle and related articles see

<http://www.walkingworld.com/Articles/Pathways/Pathways.aspx>

Booking essential



**Sunday 13 October**  
**Stainmore Railway Company**  
**Kirkby Stephen East Station**  
**South Road open 10:00 to 16:00**

Just about a mile's walk up South Road is Kirkby Stephen East old station as opposed to the Kirkby Stephen West which serves the Settle-Carlisle railway. This old station, a short stretch of line and some wonderful rolling stock has been renovated by some very dedicated volunteers into our local railway heritage attraction. There is also a small museum, shop and refreshments in the buffet car. There is a car park on site. Walk 10 will be finishing here or for a shorter walk just continue up the main street south. For further information see <http://www.kirkbystepheneast.co.uk/index.html>



**Walk 10 - Monday 14 October**  
**Alston circular with Alston Moor Walkers are Welcome**  
**6.5 miles**  
**Meet at Gina's Top Café, Front Street, Alston CA9 3SE 11:00**

Why not finish off your stay with a trip to our neighbours, Alston Moor Walkers are Welcome. This circular walk will take in part of the South Tyne Trail and the Pennine Way, past Epiacum Roman Fort. Epiacum (or Whitley Castle) <https://www.epiacumheritage.org/history/> which at 330 metres above sea level, is the highest and best-preserved Roman fort in Britain. It still lies virtually undisturbed under farmland surrounded by other heritage sites from many centuries. The walk will finish at Guy's The Cumberland Inn. See the route <https://www.facebook.com/Wedigfrontier/posts/1284611578356864> Alston is approximately 38 miles from Kirkby Stephen along the Eden Valley A66 and turning off before Penrith to climb into the Pennines. You can make this a beautiful circular ride returning via other WaW towns Middleton-in-Teesdale and Brough.  
[Booking essential.](#)

**Places on the various walks, sessions and the dinner will be limited on a first come first served basis. We reserve the right to make changes in unforeseen circumstances. See separate booking form.**

**Accommodation listings and special offers overleaf**

**Getting here:** <http://www.walkeden.org/Getting-here.aspx>

**Town Map:** <http://walkeden.org/getmedia/4ebe1135-de77-4b96-a370-61bbf841bce5/KirkbyStephen-leaflet.aspx>

**Area information:** <http://www.walkeden.org/Home.aspx> and <http://visituppereden.org.uk/>

**Car Parking:** There is peak hour 2-hour parking in the main street of Kirkby Stephen so ensure parking in the Christian Head free car park or on a back street where restrictions do not apply.

**[Enquiries and additional information: waw@uppereden.org.uk](mailto:waw@uppereden.org.uk)**



### Accommodation in and round Kirkby Stephen

The Upper Eden Valley and Kirkby Stephen is well-served with accommodation. From a campsite which also offers glamping in Mountain Pods and touring caravan pitches, a hostel in the centre of town in a disused church, an award-winning castle and, to everything in between, be that B&B, small hotel or self-catering.

Pennine View Park  
Kirkby Stephen Hostel  
Augill Castle

<https://www.pennineviewpark.co.uk/>  
<http://www.kirkbystephenhostel.co.uk/>  
<https://stayinacastle.com/>

#### Bed and breakfast partners offering Walkers are Welcome discounts:

Lockholme Bed and Breakfast – Chrissie and Joe

\*\*Twin or double en-suite £70 incl. breakfast plus tea and cake welcome (normal rate £85)

<http://lockholme.co.uk/>      [enquiries@lockholme.co.uk](mailto:enquiries@lockholme.co.uk)      017683 71321/07808166380

Old Croft House – Nick and Rachel

\*\*10% discount for stays of two nights or more from £78 per night twin/double incl. breakfast

<http://theoldcrofthouse.co.uk/>      [info@theoldcrofthouse.com](mailto:info@theoldcrofthouse.com)      01768 371638

#### Local accommodation listings:

<http://www.walkeden.org/Where-to-stay/Quality-accommodation.aspx>

and <https://www.kirkby-stephen.com/accommodation>

Ravenstonedale (approx. 5 miles)

<https://www.ravenstonedale.org/accommodation/>

Upper Eden Visitor Centre 017683 71199

<http://visituppereden.org.uk/>      [visit@uecp.org.uk](mailto:visit@uecp.org.uk)

**We look forward to welcoming you to Kirkby Stephen however long your stay.**