



Grasmere Fells, Tarns & Gingerbread

17th April 2010

A new walk taking in some of the fells and tarns around Grasmere including Alcock Tarn, Fairfield, Helm Crag, Easdale Tarn, Blea Rigg & Loughrigg.

START: Grasmere Sports hall GR 339073

ROUTES: 21miles/13 mile/9 miles

MAP: 13 & 9 mile Explorer 5, 21 mile route 5 & 7. All on Landranger 90. Map and compass must be carried by each group/ individual & ability to use them essential especially on long route

REFRESHMENTS: Hot drinks & toast at start, Only 1 CP providing hot /cold drinks sandwiches and cakes. Light meal at finish.

ENTRY FEE: £8.50 (9 mile £5.00) £12 on the day
Entry Limit 250

 **01539 724011 e-mail lilian.millen@talktalk.net**

Proceeds to Motor Neurone Disease Association & Grasmere First Responders



Entry form Grasmere Fells & Tarns. 17/4/10 21 mile 13 mile 9 mile

Route Description please tick ✓ Large SAE Web

NAME:.....

ADDRESS:.....

.....

Mobile Phone:..... **Car reg.**.....

Vegetarian Y/ N E-mail Please print clearly.....

Entries to Lilian Millen, 92 Bleaswood Rd, Oxenholme, Kendal, Cumbria LA97EW

Cheques made payable to **Morecambe Bay and Bowland**

I understand that the organisers cannot be held responsible for any loss or injury sustained by me. I agree to abide by the Country Code.

Signed:.....

Under 18 must be accompanied by parent or guardian Under 18 Y/N