

Fell Run – 4 July 2007

Just six of us (Mick, Chris, Ruth, Phil, Lindsey & I) turned out for the monthly fell run. This month we ventured to the fells south of the Garburn Pass, Sour Howes and Sallows, starting from the Dubbs Road.

The route took us along the Dubbs Road, pass the reservoir and then breaking right up a small but obvious ridge line to the summit of Sour Howes (483m). From here an easy run led us in an arc to Sallows (516m) and then descending South East to Park Beck. Good paths, popular with mountain bikers, then took us to High Borrans and back across to Dubbs Road.

The weather remained fine and the views to Morecambe Bay and the Lakeland Fells were stunning. These fells are very quiet and make an ideal evening run; the circuit is about 7½ miles long and took us 1½ hours. Suitable post run refreshments were found at the Watermill in Ings.

The next evening fell run will be on **1 August** and will take us over **Brunt Knott** from Staveley. Depart from the **Leisure Centre at 6.30pm** (lifts available) or from **Barley Bridge in Staveley** (just to the North of the village as you head towards Kentmere) at **7pm**. Post run refreshments will be at the Eagle & Child (good beer !).

David White