

PATTERDALE PARISH BOUNDARY WALK

SATURDAY 4th JULY 2020

BE A PART OF IT !



EVERYONE WELCOME !

***** The Patterdale Parish Walk 7 Miles Downhill ***
PLUS QUIZ!**

***** The Second Half – 14 Miles – 3,500 Ft Ascent *****

***** The Full Monty – 30 Miles – 10,000 Ft Ascent *****

www.patterdalewalk.co.uk

In Aid of St Patrick's Church and Patterdale CofE School



See website for details or call Stephen Gorton (82204), Philip Brown (82478), or Rob Shephard (82474)

**INVITATION TO WALK OR RUN ONE OF THE
PATTERDALE PARISH BOUNDARY WALKS
SATURDAY 4 July 2020
IN AID OF PATTERDALE SCHOOL AND CHURCH**

1. **“The Full Monty” - The whole Patterdale Parish Boundary** is about 30 miles long and has about 10,000 feet of ascent – and may take 12 to 18 hours. It starts at Glencoyne and runs over Greenside, Stybarrow Dodd, Raise, Whiteside, Low Man, Helvellyn, Nethermost Pike, Dollywagon Pike, Seat Sandal, Fairfield, Hart Crag, Dove Crag, Red Screes, Kirkstone Top, John Bell’s Banner, Stony Cove Pike, Thornthwaite Beacon, High Street, The Knott, Rest Dodd, Place Fell. The Boundary ends on Ullswater below Kilbert How, opposite Aira Force. Teams then make their way to Patterdale School.
2. **“The Second Half” - The last part of Patterdale Parish Boundary** is about 14 miles long and has about 3,500 feet of ascent – and may take 5 to 9 hours. It starts at Kirkstone Top and runs over John Bell’s Banner, Stony Cove Pike, Thornthwaite Beacon, High Street, The Knott, Rest Dodd, Place Fell. The Boundary ends on Ullswater below Kilbert How, opposite Aira Force. Teams then make their way to Patterdale School.
3. **“The Patterdale Parish Walk”** - is 7 miles long. It starts at Kirkstone Top (roughly the half-way point of the Patterdale Parish Boundary) and ends at Patterdale School – this may take 2 to 4 hours and includes a quiz along the route. From Kirkstone Top car park, this Walk drops down the fell side (NOT down the Kirkstone road) to the Red Pit car park, down the track to the west of the Kirkstone road and beck, over the small Caiston beck bridge, past the Ancient Settlement, Hartsop Hall, Brotherswater, Cow bridge, Hartsop road end, Beckstones farm, Crook-a-beck, Side farm and ending at Patterdale School.

PLEASE JOIN US & TELL YOUR FRIENDS

If you would like to take part please contact before the end of June,

Rob Shephard Philip Brown Stephen Gorton

(017684 82474) (017684 82478) (017684 82204)

rob@barcohouse.com

Please will you get sponsorship or make a donation.

www.patterdalewalk.co.uk

Online Sponsorship - <https://www.give.net/PatterdaleBoundaryWalk>

Guidance Notes for the Patterdale Parish Boundary Walks

ADVICE

- Everyone taking part must belong to a Team which should have 3 people or more. Teams must be registered at the relevant start point and provide full details including a contact mobile phone number.
- Teams should be experienced and fit and able to complete the Walk.
- Young people under 16 should not take part in the full 30 mile Boundary Walk.
- **“Full Monty”** Teams must start at Glencoyne car park (map ref: 387 188) (not Glenridding car park) between 5am and 07:30am. At the start, Teams should take the track up to Greenside via Glencoyne Farm and Seldom Seen (instead of going up the beck). Teams must then check in at half way – Kirkstone Car Park (map ref. 401 080) and finally at Patterdale School (map ref. 394 162)
- **“Second Half”** Teams must start at Kirkstone Top car park (map ref. 401 080) between 9.30am and 1.00pm and should finish (5 - 9 hours later?????) at Patterdale School (map ref. 394 162)
- **“Patterdale Parish Walk”** Teams must start at Kirkstone Top car park between 10.30am and 1.00pm and should finish (2 - 4 hours later?????) at Patterdale School.
- Teams should follow the routes as described above and as detailed on the 1:25 000 Ordnance Survey Map.
- At the end of the day, Teams doing the full monty and second half are advised to take the easiest way off Place Fell (instead of coming down Kilbert How) if they are tired or it is getting dark.
- Checkpoints as follows:
 1. at Glencoyne car park at the start (map ref: 387 188) – Fully Monty Start
 2. at Kirkstone Top (map ref. 401 080) – All three walks
 3. Finally at Patterdale School (map ref. 394 162) – All three walks
- Patterdale School is the Control Centre (Tel. 017684 82383)
- It is essential that everyone reports to Patterdale School at the end of the Boundary Walk so they can be checked out. This includes people who have dropped out – who should report from the valley bottom and not from the fell!
- People within each Team should keep together all the time and should not split up.
- If one Team member wishes to drop out, the other Team members should take responsibility and make sure that he or she is safe and reports to Patterdale School.
- If a Team member becomes a casualty, one member should stay with the casualty while another reports to Patterdale School.
- If there is an accident Patterdale Mountain Rescue Team may be called out in the normal way by a 999 call. Our thanks to the Rescue Team.
- There are refreshments at Kirkstone and at Patterdale School.
- Everyone should carry a map, compass, whistle, wet weather gear, first-aid kit, food, water, torch and spare batteries.
- Sunrise is at 4.40am. Sunset is at 9.50pm.
- Every Team must have a recognition name eg THE SNAILS.
- The weather can be very bad with heavy rain and high winds, even in Summer.

People take part entirely at their own risk.

PATTERDALE PARISH BOUNDARY WALK SPONSORSHIP FORM IN AID OF PATTERDALE SCHOOL AND CHURCH

Walker(s) or Runner(s)

Team Name

Walk

SPONSOR	ADDRESS	PER MILE	TOTAL £

All sponsor monies and donations please

**to Stephen Gorton, Mireside, Hartsop, Penrith CA11 0NZ (Tel. 017684 82204)
or Rob Shephard, Barco House, Patterdale, Penrith CA11 0NW (Tel 017684 82474)**

Please make out any cheques to Patterdale PCC.

You can also donate online via

<https://www.give.net/PatterdaleBoundaryWalk>

Route Check List - Full Monty

PATTERDALE PARISH BOUNDARY WALK OR RUN ROUTE CHECK LIST AND TARGET TIMES

TARGET TIMES BASED ON 3 MILES PER HOUR AND 30 MINUTES FOR EVERY 1000 FEET ASCENT.

ASSUME: 5.00AM START AND 3/4 HOUR REST AT KIRKSTONE TOP

WAY	TARGET TIME	ACTUAL TIME
GLENCOYNE - START	5.00	
GREENSIDE CAIRNS	7.04	
STYBARROW DODD	7.25	
RAISE	7.54	
WHITESIDE	8.16	
LOW MAN	8.50	
HELVELLYN	9.00	
NETHERMOST PIKE	9.16	
DOLLYWAGON PIKE	9.37	
SEAT SANDAL	10.12	
FAIRFIELD	11.04	
HART CRAG	11.29	
DOVE CRAG TOP	11.50	
SCANDALE HAUSE	12.18	
RED SCREES	12.58	
KIRKSTONE TOP	1.15	
KIRKSTONE TOP - START	2,00	
STONY COVE PIKE	3.17	
THORNTHWAITE BEACON	3.55	
HIGHSTREET TOP	4.20	
THE KNOTT	4.47	
REST DODD	5.21	
BOARDALE HAUSE	6.11	
PLACE FELL	7.01	
KILBERT HOW FOOT	7.33	
PATTERDALE SCHOOL	8.30	
OR		
PLACE FELL	7.01	
BESSIE BRAE BOTTOM	7.30	
PATTERDALE SCHOOL	7.50	

Please note the Guidance Notes for All Walkers

Route Check List – The Second Half

PATTERDALE PARISH BOUNDARY WALK OR RUN (FROM KIRKSTONE TOP)

ROUTE CHECK LIST AND TARGET TIMES

**TARGET TIMES BASED ON 3 MILES PER HOUR AND 30 MINUTES FOR EVERY 1000
FEET ASCENT.**

ASSUME: 12.00 START AT KIRKSTONE TOP

WAY	TARGET TIME	ACTUAL TIME
KIRKSTONE TOP - START	12.00	
STONY COVE PIKE	1.17	
THORNTHWAITE BEACON	1.55	
HIGHSTREET TOP	2.20	
THE KNOTT	2.47	
REST DODD	3.21	
BOARDALE HAUSE	4.11	
PLACE FELL	5.01	
KILBERT HOWE FOOT	5.33	
PATTERDALE SCHOOL	6.30	
OR		
PLACE FELL	5.01	
BESSIE BRAE BOTTOM	5.30	
PATTERDALE SCHOOL	5.50	

Please note the Guidance Notes for All Walkers