Grange over Sands, Cumbria. Sunday 15th Nov 2026

Transport Information: Coach leaves Toby Carvery at 8.30am. Cost: £20.00 (£21 for non-members)
There will be a Comfort stop today @ Burton (Total Rtn journey is 183miles)
The coach will be available on your return from 3.30pm and will depart at 5.00pm prompt.
PHONE NUMBER during the day the coach mobile number will be: 07984 251 579

For more information and guidance on walking please visit our website – www.wirralramblers.org.uk

A Walk– Alan Moore	**Rucksacks on Coach**	**Points range 18-23**
We start near the B5271/A590 junction. We go along parts of Newton Fell before crossing the A590 south of Newby Bridge. Then we go past pt178, then southeast to Hampsfield Hall and over Hamps Fell to Grange-over-Sands. The first part of the hike has some pathless bits, the middle part has some lane walking and it ends on fine limestone country.		
Distance: 23Km (14mls)	***Ascent: 710 m (2,329 ft)***	***Walk Points: 19***
B Plus Walk – Martin Donaldson		**Points range 14-18**
From coach park head NW through Eggerslack Wood to the Hospice. N along ridge and descend W to Hampsfield Hall. Con<nue W to Green Bank and Speel Bank. Then S and E to Cartmel Village. Return to Grange-over-Sands via Spring Bank. Good paths, some of which can be muddy, and a liJle quiet lane walking.		
Distance: 190Km (12 mls)	***Ascent: 550m (1,800 ft)***	***Walk Points: 15***
B Minus Walk – Josie Nicholls		**Points range 11-14**
From the coach, we walk SW along the promenade (card needed for toilets) and beach/path to Kent Bank. Then head NW along quiet roads to Barn Hey and North to Templand (approx.1.5 mls on narrow road with some single file). Taking field paths to Low Bank Side, we then head NE through woods to Cartmel. Quick visit to the Priory. Then East and North for a steepish climb to the Hospice (tower) on Hampsfell. We return through Eggerslack Wood to Grange-over-Sands. Great views of Morecambe Bay and the mountains . Eight wall stiles, some awkward.		
Distance: 15Km (10mls)	***Ascent: 320m (1,250 ft)***	***Walk Points: 12***
C Walk– Pam McEwan		**Points range 7-11**
Heading N on the B5271 from the car park we take the footpath through Eggerslack Wood towards Hampsfell and the Hospice Cairn. Dropping down from the cairn we head E to Cartmel. Through the racecourse we take a SE path to Low Bank Side then heading W to Birkby Hall dropping down to Kent's Bank and following the coastal path and promenade back to Grange Over Sands. Wonderful views over Morecambe Bay and the estuary.		
Distance: 14 Km (9 mls)	***Ascent: 335 m (1,100ft)***	***Walk Points: 11***
D Walk– Lorraine Moran		**Points range 5-7**
From Windermere Road we enter Eggerslack Woods and follow a woodland path upwards, steep in places with rocky outcrops, heading towards Merlewood. Leaving the denser woodland we continue towards High Farm revealing some impressive coastal views of Morecambe Bay and surrounding countryside. We continue our route towards Spring Bank along grassy paths & lanes to Eden Mount and the final stretch brings us back into Grange.		
Distance: 9Km (5.5 mls)	***Ascent: 180 m (600 ft)***	***Walk Points: 6.5***

Needed – New and existing leaders for all our 2026 walks. New leaders particularly welcome (help will be given, if required). If you would like to lead one of the walks then please contact Martin (rambles@wirralramblers.org.uk)

Please Note :- Coach return time is 5 pm

2026 -27 Programme			
22	Betws y Coed	Wales	Booking Now
29	Hayfield	Pea Dist	
6 Dec	Hebden Bdg	S Pennines	
13	Kendal	Cumbria	
20	Castleton	Peak Dist Xmas Lights	
27	Llandudno	Wales	
3 Jan	Chirk	Welsh Borders	
10	Bollington	Cheshire	
17	Arnside	Cumbria	
24	Conwy	Wales	
31	Hathersage	Peak Dist	
7 Feb	Montgomery	Welsh Borders	
14	Orton	Cumbria	
21	Llangollen	Wales	
28	Glossop	Peak Dist	
7 March	Stainforth	Yorks Dales	
14	Edgworth	Lancashire	
21	Llanberis	Wales	
28	Whaley Bridge	Peak Dist	

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