

Lakeland OC Social Sunday – March 12th

Final Details

Great Tower Scout camp, Windermere

There will be other groups on site at the same time as us.

Helpers

The aim of the day is to manage with minimal helpers – mainly just me :o).

The only task I could do with some help is collecting a few controls. Let me know on the day if you are able to do this.

Parking

Should the main car park become full, please park considerately on the road-side adjacent to the entrance where the road is wide enough.

Assembly

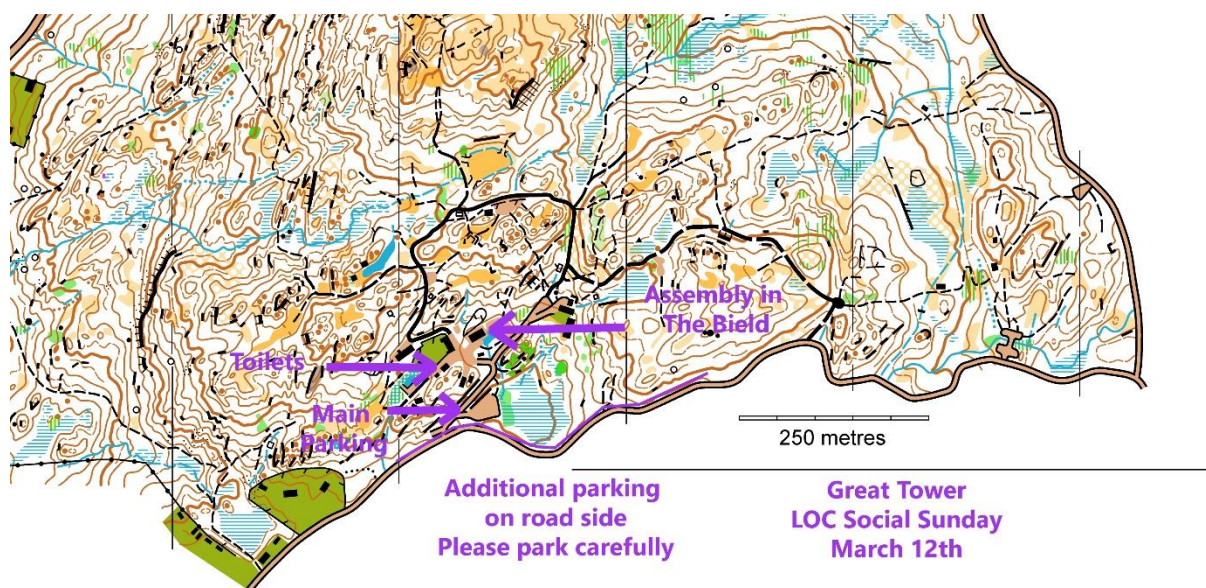
Will be in the The Bield.

There will be chairs & tables inside – one side for tea, coffee & cake – other side for the different course maps and mini-printer

I have added an even shorter beginner course – Mini – about 1km.

There are a few Tech maps without any paths for those who like a challenge.

There will be sign-in/sign-out sheets for the courses



First Aid

First aid kit and first aider at assembly. Travelling companions may have to take injured people to hospital if needed. Participants take part at their own risk and are responsible for their own safety.

Local Accident and Emergency – Westmorland General Hospital (01539 732288) Burton Road, Kendal, LA9 7RG. Or Barrow Infirmary.

Coaching

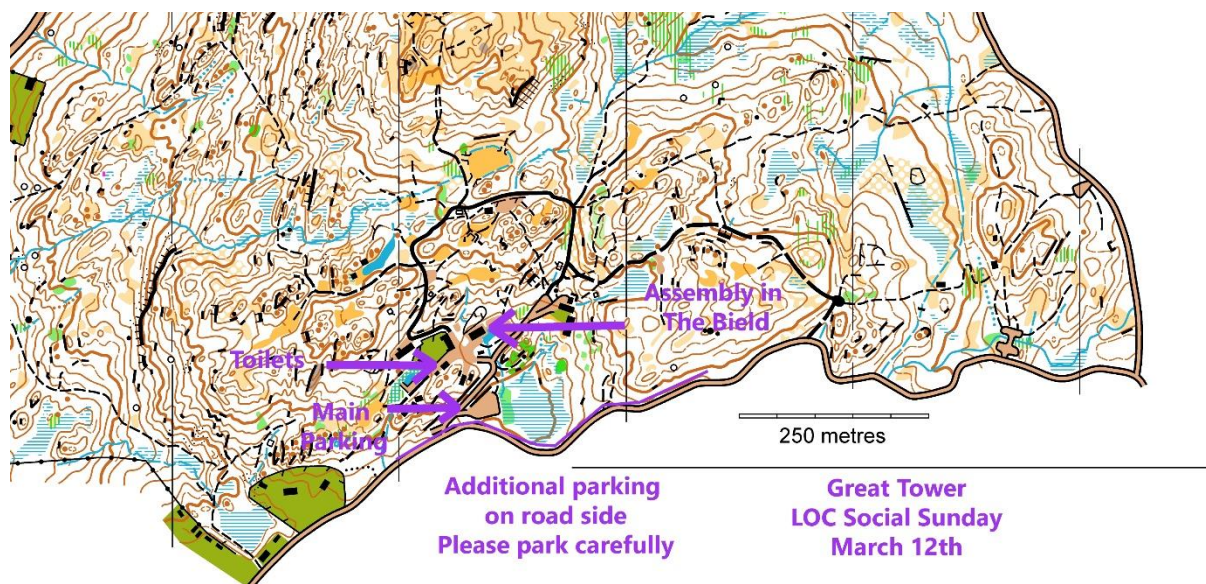
There will be a short map walk (“show & tell”) at 11am, & another at 12noon, explaining about rock and contour shapes

Terrain

Mixed runnability. Tough with some slippery steep slopes and rocky areas on the western side of the map. The storms of the last few years have left patches of windblow which is mapped as green stripes.

Safety

There are many crags – even those without tags can be dangerous, those with tags even more so.



Cost of day - Adults £5, Juniors Free. Pay on the day.