

# Paul Mitchinson Guided Walks Programme

February 2012			
Date	Route	Distance	Time
08	Cow Green and Widdybank Fell	10 miles/16 k	5 hours
09	Dufton-High Cup Nick-Great Rundale	10 miles/16 k	6 hours
10	The Knott-High St.-Gray Crag	7.5 miles/12 k	6 hours
16	Ingram-Reaveley Hill-Greensidehill	6.5 miles/10 k	4.5 hours
17	The Fairfield Horseshoe	11 miles/17 k	7 hours
18	Helvellyn	7.5 miles/12 k	6 hours
24	Deel's Hill-Chew Green-Lamb Hill-Yearning Hall-Blindburn	9 miles/14.5 k	5 hours
25	Windy Gyle and The Border Ridge	14 miles/22 k	6 hours
26	Alwinton-Pass Peth-Copper Snout-Clennell St.	8.5 miles/13 k	5 hours
27	Long Crag and Thrunton Wood	10 miles/15 k	5 hours
March 2012			
Date	Route	Distance	Time
03	Scafell Pike	9 miles/14 k	7 hours
04	The Coledale Horseshoe	6 miles/10 k	6 hours
05	Lordenshaws-Spylaw-Coquet Cairn-Simonside	6.5 miles/10 k	4.5 hours
06	Widy Gyle and The Border Ridge	14 miles/22 k	6 hours
13	Cross Fell from Kirkland Hall	8.5 miles/13.5 k	5 hours
14	Hartside-Alnhamoor-Little Dod-Low Bleakehope	7.5 miles/11.5 k	4.5 hours
21	Wether Cairn-Cushat Law-Bloodybush Edge-Clennell St.	15 miles/24 k	6.5 hours
22	Alwinton-Pass Peth-Copper Snout-Clennell St.	8.5 miles/13 k	5 hours
April 2012			
05	Humbleton Hill - Tom Tallons Crag - Commonburn.	8.5m/13.5k	4.5 hours
06	Harthope Burn - Cairn Hill - Cheviot - Scald Hill.	8.5m/13.5k	5.5 hours
14	Coquet Valley - Barrow Law - Windy Gyle - The Street.	9.5m/14.5k	5 hours
15	Kielder - Deadwater - Peel Fell.	12.5m/20k	6.5 hours

16	Wether Cairn - Cushat Law - Bloodybush Edge.	15m/24k	6.5 hours
21	The Cheviot and Hedgehope.	9m/14k	5 hours
22	Windy Gyle and The Border Ridge.	14m/14k	6 hours
23	Lordenshaws - Spylaw - Coquet Cairn - Simonside.	6.5m/10k	4.5 hours
24	Greenhaugh - Black Middens - Sidwood - Hill House Clints.	9m/14k	4.5 hours

