

DFROT Weekend 16 - 17 November 2013, Patterdale, Lake District

Before autumn and winter fully set in all are welcome to join me on a scenic run from Patterdale taking in Angle Tarn, High Street, Caudale Moor and Kirkstone Pass. As per last year the following is entirely optional so please feel free to come along simply for the run, a pint, or both.

Saturday 16

High Street via Angle Tarn and The Knott, then onto Stony Cove Pike and over Caudale Moor down to Kirkstone Pass where there are options to go further or head back to Patterdale depending on how people feel and how the weather plays.

Meet for a 10.00am start at the car park next to Side Farm and the school, GR 395 159. Rehydration afterwards will likely be necessary in the White Lion Inn.

Sunday 17

Very much a do what you want day - I plan to pop into Ambleside and start my Christmas wish list for kit but there is plenty to do around Ullswater, be it walking, running or al-fresco painting if you want to stay local, or by all means head off in the car elsewhere.

Please note that no arrangements have been made with regards to accomodation or meals, with food/eating arrangements most likely to be decided on the day depending on what people want to do (the White Lion Inn serve meals and there are options in Glenridding also).

While i'll be hoping for blue skies and sunshine please bring appropriate kit regardless to cater for whatever the weather has in store on the day.

Hope to see you there.

Steve G