



Barrow Pilgrimage

Easter 2017

Monday 10th to Thursday 13th April 2017

Participant information

Why are we doing this?

Quakers in Kendal and Sedbergh Area Meeting are concerned that recent changes to the welfare state are damaging our community and are hitting those who are the most vulnerable. This challenges our belief in equality, peace and social justice.

We welcome you to walk with us:

- *As a sign of our **common humanity** and our solidarity with the poorest and most vulnerable.*
- *To support our belief in an **inclusive society** in which all are considered of **equal worth**.*
- *To show support for our **welfare system**.*
- *To show willingness to pay **a level of taxation** that will support the **care and dignity of all**.*

Where are we going?

Our journey will take us from Sedbergh via Kendal, Rookhow and Ulverston, with accommodation arranged en route. Our walk will end outside Barrow Town Hall with a period of silent witness. Much of the route is accessible by public transport. Please use this when you can to avoid congestion.

The itinerary gives a brief outline of where we are going. A more detailed route plan is also attached. The named meeting points in the itinerary have been chosen as places where participants can join during the route. These have been chosen because they are places where parking is possible. Please be aware of local residents and other road users. Distances each day vary between 15 miles and 20 miles so you may wish to join us for a full day or part of a day.

NOTE:

This activity is quite strenuous so please do judge what you can manage and also please follow guidance given by our marshals especially on public highways for the sake of everyone's safety.

Itinerary

Day 1: 10th April 2017

Total Distance	19km 12miles	Time	5hrs
Ascent	500m	Descent	500m

(Minibus will be picking up from Kendal Friends Meeting House at 08-15 to arrive at Brigflatts for 8.45am)

<i>Where</i>	<i>OS Ref</i>	<i>What</i>	<i>When</i>
Brigflatts Meeting House		Arrive Meeting for Worship Leave	8.45am 9am-9:15am 9.30pm
Fox's Pulpit	618 937	Morning break	11am-11:30am
Grayrigg Foot	567 966	Lunch	1:30pm-2:30pm
Laverock Bridge	535 951	Afternoon break	3:30pm-4pm
Kendal Meeting House		Arrive	5:30pm. (No parking at meeting house until 5pm)
Kendal Meeting House		Shared meal Epilogue	6:15 pm 7.30pm – 8pm

Day 2: 11th April 2017

Total Distance	24km 15miles	Time	7hrs
Ascent	760m	Descent	790m

<i>Where</i>	<i>OS Ref</i>	<i>What</i>	<i>When</i>
Kendal Meeting House		Arrive Meeting for Worship Leave	8.45am 9.00am- 9:15am 9.30pm
Crook Church	450 950	Lunch	12:00-12:45pm
Bowness Ferry Nab	394 958	Catch ferry across Windermere	2:45pm-3:30pm
Hawkshead ferry carpark- Far Sawrey		Re-congregate	3:30pm-3:40pm
Hazel Seat	368 924	Afternoon break	4:45pm - 5:00pm
Rookhow Meeting House		Arrival	6:30pm
Rookhow hostel		Shared meal Epilogue	7pm 7.30pm – 8pm

Day 3: 12th April 2017

Total Distance	16km	10miles	Time	4 ½ hours
Ascent	600m		Descent	500m

<i>Where</i>	<i>OS Ref</i>	<i>What</i>	<i>When</i>
Rookhow Meeting House		Assemble Meeting for Worship Leave	8.45am 9.00am – 9.15am 9.30am
Lowick Church	289 860	Morning break	11:30am-12:00
Church between Broughton Beck and Netherhouses	278 821	Lunch	1:30pm-2:30pm
Swarthmoor Hall		Arrival Shared meal	4pm 6pm
Swarthmoor Meeting House		Epilogue	7.30pm – 8pm

NOTE: If you wish to stay overnight at Swarthmoor Hall, this has to be personally arranged; there is an attachment with cost of rooms and contact number for you to book.

Day 4: 13th April 2017

Total Distance	15km	9miles	Time	4hrs
Ascent	220m		Descent	260m

<i>Where</i>	<i>OS Ref</i>	<i>What</i>	<i>When</i>
Swarthmoor Meeting House		Assemble Meeting for Worship Leave	8.45am 9.00am- 9:15am 9.30am
Great Urswick Church	268 742	Morning break	10.30am-11am
Furness Abbey	219 715	Lunch	1pm-2:30pm
Barrow Town Hall		Arrival	3:30pm
Barrow Town Hall		Silent Witness Depart	4pm-4:30pm 5pm

What do I need to wear and/or bring?

You may be walking mainly on a mixture of public footpaths across pasture or agricultural land and minor roads or pavements. The weather is likely to be cold and wet. Snow is unlikely but is possible at this time of year. Please wear or carry as appropriate:

- bright clothing which is warm and comfortable
- hats and gloves
- spare clothing
- food and water
- a full set of waterproofs
- walking boots or other suitable footwear which is comfortable and suitable for the terrain.
- You may wish to bring **a transparent umbrella with a suitable written message** which fits with our support for the welfare state.
- A first aid kit (advised).
- Sleeping bag and sleeping mat if using (these can be transported for you; no need to carry)
- A camera - If you are a photographer, we'd be grateful if you could take a few photos for us to use to be emailed to Sally or Andy.
- A favourite relevant reading to read out during our meetings for reflection

What if there is an accident or I need First Aid?

Minor Incident

1. Call Marshall on mobile numbers provided on the day
2. If no mobile signal pass on message to relevant Marshall.
3. Marshall to administer first aid as necessary
4. Marshall to organise evacuation of participants using support vehicle as necessary.

Major Incident

This should ideally be carried out by the Marshalls who are responsible for First Aid. If on road make sure casualty and other walkers are safe from traffic. Warn other road users to prevent further injury.

1. Call 999
2. Ask for Police. Give Cumbria as the county you are in.
3. Ask for Ambulance or fell rescue whichever is most appropriate.
4. Use route card to give your location with grid reference if possible.
5. Describe the problem and the kind of assistance you need.
6. Stay by the phone to answer further questions and keep in mobile phone reception.
7. Accompany the casualty to hospital.

The organisers will liaise with the casualty's home contact and with a named contact within Quakers who will be responsible for managing the Press.

What if the pilgrimage is cancelled at short notice?

The Pilgrimage may need to be cancelled at short notice due to the weather, illness or other factors.

In this case the organiser will contact:

1. Participants either by email or phone.
2. All those offering accommodation to participants
3. Notices will be placed at the start and end point of each day of the pilgrimage so that participants arriving on each day will be aware of what is happening.

What do I need to do next?

If you would like to help out in anyway, please contact the event organisers.

This could be for example to offer transport for participants to get to the start of each day, food and accommodation for participants or a support vehicle during the day for tired walkers or first aid experience or preparedness to take photographs on the walk.

If you would like to join the pilgrimage to walk please ensure that you are fit and well enough to do so. Walk within your capabilities. There are opportunities to join the walk for the whole four days, for single days or for just a few hours. Do what you feel able to.

Please fill in and return the **personal and medical information form** which you will find on a separate attachment to help us with our organisation of the event and so that we can manage any difficulties which may arise.

Send this to Sally justsally1961@gmail.com

Who do I contact if I need further information?

Contact us Sally 07939569559 or Andy on 07815547292 or email justsally1961@gmail.com if you wish to join us for all or part of the walk, or if you can offer space to sleep, or refreshments, or transport for those less able to walk the 15 – 20 miles each day. Leave your phone number if no reply or email details.