

In emergency contact: John C 07866 971623 or Ceri 07843 055308 or Clare 07977 078889

DIOCESE OF ARUNDEL AND BRIGHTON ECUMENICAL WALKING PILGRIMAGES  
*Praying for Peace in the places we visit, among ourselves too and ecumenically for the World.*

## LIVERPOOL TO CARLISLE PILGRIMAGE 2014

# ROUTE CARDS

*Apart from their interest and information for each day's walk, these route cards are your life-line in an emergency. **Carry them with you at all times.** (You may want to remove the staple and only carry the sheet you need each day). If you get separated from the main party, the route cards will tell you where we are going and indicate an outline of our route, and may help you locate any public transport, used in conjunction with the alternative transport list. It is a good idea to take a map case with you to keep your route cards in, together with leaflets and postcards etc that you may pick up at churches en route - even if you do not carry a map.*

**Timings are correct at time of publication but subject to change**

### Abbreviations Used on the Route Cards

E - Explorer Map

L - Landranger Map

### Summary of Route

			Length, miles	Ascent, ft
Day 1	Sat Aug 9	Travel to Liverpool, Blundellsands and Induction		-
Day 2	Sun Aug 10	Liverpool, Blundellsands to Southport	16.9	700
Day 3	Mon Aug 11	Southport to Preston	23.5	800
Day 4	Tue Aug 12	Preston to Churchtown	17.2	900
Day 5	Wed Aug 13	Churchtown to Lancaster	15.4	600
Day 6	Thu Aug 14	Rest Day in Lancaster	-	-
Day 7	Fri Aug 15	Lancaster to Arnside	16.5	1600
Day 8	Sat Aug 16	Arnside to Kendal	15.5	1200
Day 9	Sun Aug 17	Kendal to Ambleside	18.4	2500
Day 10	Mon Aug 18	Rest Day in Ambleside	-	-
Day 11	Tue Aug 19	Ambleside to Chapel Stile	6.2	1600
Day 12	Wed Aug 20	Chapel Stile to Keswick	18.6	3000
Day 13	Thu Aug 21	Keswick to Caldbeck	14.2	3000
Day 14	Fri Aug 22	Caldbeck to Carlisle	15.9	1000
Day 15	Sat Aug 23	Celebration Day in Carlisle	-	-
Day 16	Sun Aug 24	Journey Home	-	-
		Totals	178.3	16900

**Contacting the pilgrims:** An address is given for each hall that we stay in, to help pilgrims joining on that day find the hall. These are not intended to be used as postal addresses for contacting the pilgrims, as we do not know whether anybody will be collecting the mail. So the best way to contact the pilgrims is to use the emergency phone numbers given at the top of each page (but the coverage may be poor in some areas) or the email address at the foot of each page, or via the web site:

[www.thepilgrims.org.uk](http://www.thepilgrims.org.uk)

email the pilgrims at [live@thepilgrims.org.uk](mailto:live@thepilgrims.org.uk)

**DAY 1      Saturday August 9      Travel to Liverpool, Blundellsands and Induction      2.6 miles**

**Theme: Gathering and Remembrance - Peace - the Way of St Francis:**

*Our Patron on the Pilgrimage: St. Francis of Assisi: "The Prayer of St. Francis". Reflect on the recollection of the ecumenical strengths, friendship & partnership between the Catholic Archbishop of Liverpool, Derek Worlock and David Sheppard the Anglican Bishop of Liverpool, who did so much to heal and overcome sectarian division in this great city; their commitment to Justice and Peace; the new Bishops of Liverpool. Poems: "The Send-off" by Wilfred Owen and "An Unseen" by Carol Ann Duffy*

**LEADER: John Chenery**

**Maps: L108 or E275**

Time	Miles	Location	Grid Ref
13:00	0	PILGRIMS: arrive in Liverpool: Liverpool Lime Street Station	SJ351905
13:20 - 14:20	0.2	REGISTRATION & BAG DROP: Liverpool Central Library, Rm 2, L3 8EW	SJ349907
14:20	0.2	DEPART: after Registration for:	SJ349907
15:00 - 15:45	1.2	EVENSONG: Liverpool Anglican Cathedral: Church of Christ L1 7AZ	SJ354894
16:00 - 16:30	1.2	PILGRIM INDUCTION SERVICE: Liverpool Anglican Cathedral, Lady Chapel	SJ354894
16:30	1.2	FREE TIME: to explore Cathedral (shuts at 18.00) &	SJ354894
17:15	1.8	LEAVE: latest departure for Liverpool Metropolitan Cathedral	SJ356902
18:30 - 19:30	1.8	VIGIL MASS: Liverpool Metropolitan Cathedral, Christ the King L3 5TQ	SJ356902
19:30	1.8	DEPART: Liverpool Metropolitan Cathedral	SJ356902
19:55	2.3	ARRIVE: Liverpool Central Station	SJ350902
20:08 - 20:29	2.3	TRAIN: To Hall Road Station (Southport Train)	SD305006
20:35	2.6	ARRIVE: St Michael's Church, Dowhills Rd, Blundellsands L23 8SP	SD308004

**Refreshments:** Pilgrims need to provide their own packed lunch on Day 1. Refreshments are available in central Liverpool, at the Library or at Cathedral Cafes. Metropolitan Cathedral Café closes 17.30.

**Addresses**

Registration & Bag Drop: Liverpool Central Library, Rm 2, William Brown St, L3 8EW

Hall: St Michael's Church, Dowhills Rd, Blundellsands, Merseyside L23 8SP

NB: This hall is 8 miles from central Liverpool and accessible by train from Liverpool Central to alight at Hall Road Station. Trains run approximately every 15 minutes and the journey takes 20 minutes. Pilgrims arriving by car should be aware that the hall will close at 13.00, to allow time for the van and early pilgrims to meet at the library and register. The van will be parked near the library during Registration to collect luggage.

**A&B Pilgrimage History:** Ground-breaking News! This is the A&B Pilgrimage's first visit to Liverpool & to Carlisle, and the first Pilgrimage by the A&B Ecumenical Walking Pilgrims to be undertaken in the NW of England.



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**DAY 2      Sunday August 10      Liverpool, Blundellsands to Southport      16.9 miles**

**Theme: War and Peace the Christian Response -**

*“Let us go up to the mountain of the Lord, to the house of the God of Jacob, that he may teach us his ways and that we may walk in his paths”. Isaiah 2:1-5. St. Francis: Soldier and Prisoner: his conversion experience before the Cross at San Damiano. The Mystery of Poverty: Poem: “The Christmas Truce” by Carol Ann Duffy, Poet Laureate.*

**LEADER: Ann Lavelle & Henriette Van Zaelen**

**Maps: L108 or E285**

Starting near Antony Gormley's intriguing statues this is a lovely day's walk with no hills, pleasant time along the beach past sand dunes, woods and smart residential areas. We pass several nature reserves including one for red squirrels. Royal Birkdale Golf Course is on our route and is divided by a narrow band of land from another impressive golf course. The second was built by footballers as the Royal Birkdale would not admit them. From here we take a short route through a more built up area to the hall.

Time	Miles	Location	Grid Ref
08:45 - 09:45	0	ANGLICAN EUCHARIST: St Michael's Church Blundellsands	SD308004
09:45	0	DEPART: St Michael's, Blundellsands L23 8SP	SD308004
12:00 - 12:20	5.9	PRAYERS: St Luke's Church Formby, L37 2DF	SD281066
14:30 - 15:30	11.5	LUNCH: The Arion, Kenilworth Rd, Ainsdale PR8 3PH	SD310118
17:00 - 17:20	15.3	PRAYERS: URC Church, Grosvenor Rd, Southport PR8 2ET	SD326154
18:00	16.9	ARRIVE: St Philip & St Paul with Wesley, Southport PR8 6QF	SD343164
18:30 - 19:15	16.9	EVENING SERVICE: St Philip & St Paul with Wesley	SD343164

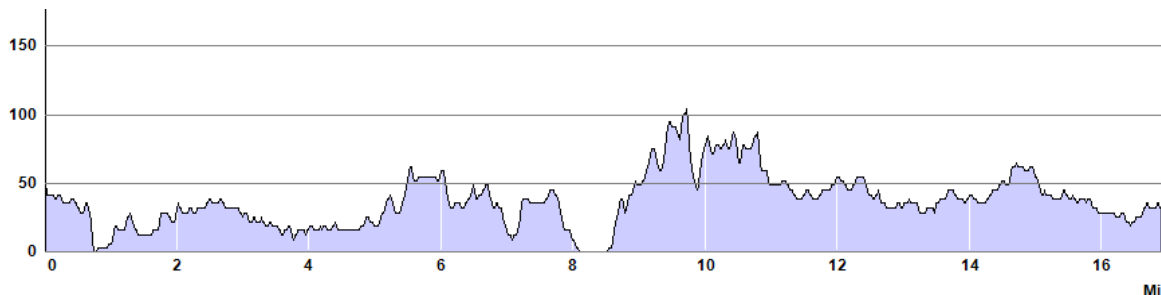
*Rise time and breakfast time will be announced the night before.*

**About the lunch pub:** The Arion serves food all day. We have permission to eat sandwiches outside.

**Addresses**

Lunch: The Arion Public House, Kenilworth Road, Ainsdale PR8 3PH  
Hall: St Philip & St Paul with Wesley, Scarisbrook New Rd, Southport, Merseyside, PR8 6QF (corner with Hampton Road)

**A&B Pilgrimage making History:** A&B Pilgrims are setting out through Lancashire for the first time. Enjoy the coastal scenery, which you will not see again until Morecambe Bay. The closest A&B pilgrims have been to this region was the Chester Pilgrimage in 2004 and the Lincoln Pilgrimage, which set out from Chester in 2006.



**DAY 3            Monday August 11            Southport to Preston            23.5 miles**

**Theme: Beating our swords into ploughshares and spears into pruning hooks, From Micah 4. "Peace is God's gift to us but must also be our gift to one another".**

*"There is no way to peace along the way of safety. For peace must be dared....." Rev. Dietrich Bonhoeffer. (killed in a Concentration Camp 1944). Poem: "Survivors" by Siegfried Sassoon Oct. 1917. Francis' despair & illness in his prison year at Perugia; the Broken Soil of Sorrow ploughed by Grace. Ready for the seeds of truth and love perceived only in humility. When we have this trust in our hearts, we will be able to hear the words: "Blessed are the peacemakers, for they will be called children of God" (Matt.5:9) (from Lenten reflections/ Henri Nouwen and "I Francis" by Carlo Carretto )*

**LEADER: Nick Lamb**

**Maps: L108, L102 or E285, E286**

A regrettably lengthy day (the longest this year) owing to there being no paths leading directly to the most northerly crossing point on the river Asland. This also means having to use more in the way of roads (and busy ones at that) during the morning, so please take care. The first pub does no food on a Monday but this means we can eat our food there. Having crossed the Asland shortly after this pub stop, the route gets off the roads and we follow the Ribble Way path for much of the afternoon with a pause mid-afternoon at a second pub. Whilst this is a long day, it is fairly flat - at least until the last half mile.

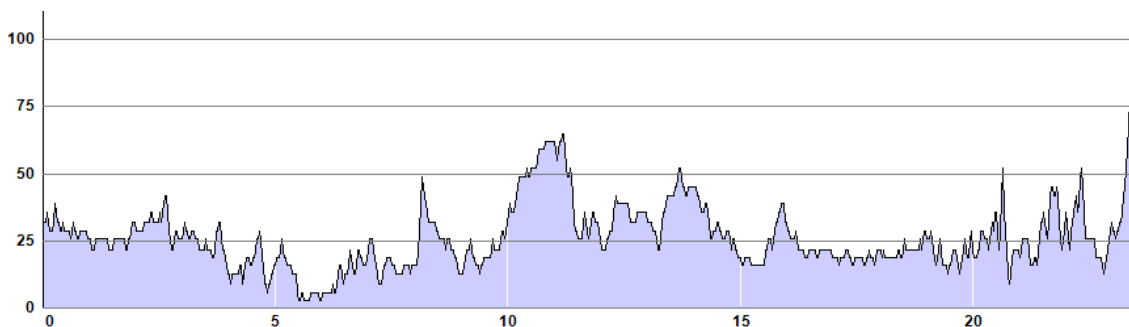
<b>Time</b>	<b>Miles</b>	<b>Location</b>	<b>Grid Ref</b>
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:00 - 09:00	0	EUCHARIST: St Philip & St Paul with Wesley	SD343164
09:00	0	DEPART: St Philip & St Paul with Wesley, Southport PR8 6QF	SD343164
09:20	0.8	Meol's Cop Station	SD355171
10:20 - 10:40	3.7	PRAYERS: St John's, Rufford Rd, Crossens PR9 9JH.	SD374201
12:35 - 12:55	8.9	PRAYERS: Holmes Methodist Church, Blackgate La, PR4 6US	SD427188
13:40 - 14:40	10.8	LUNCH: Cock & Bottle, Church Rd, Tarleton PR4 6UP	SD450203
15:55 - 16:15	14.3	PRAYERS: St Michael & All Angels, Much Hoole, PR4 5JQ	SD463223
17:10 - 17:30	16.8	TEA: The Dolphin Inn, Marsh Lane, Longton, PR4 5JY	SD458254
19:40	22.6	BRIDGE: over the River Ribble	SD526288
20:05	23.5	ARRIVE: St Walburge's, Weston St, Preston PR2 2QE	SD529298

**About the lunch pub:** No food served on Mondays; pilgrims should take and eat their own sandwiches and save some snacks for later in the day.

**Addresses**

Lunch: The Cock and Bottle Tarleton 70 Church Road, Nr Preston, PR4 6UP  
Hall: St Walburges Church Hall, Weston St , Preston, Lancashire, PR2 2QE

**A&B Pilgrimage Geography:** This is the first pilgrims' visit to Preston, but local pilgrims Jack & Stuart have been walking with us for many years and we are heading for their home city today.



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**DAY 4      Tuesday August 12      Preston to Churchtown      17.2 miles**

**Theme: The Gifts of the Spirit. Isaiah 11:2-3 -**

*Wisdom, understanding, counsel, knowledge, fortitude (courage), piety and fear of the Lord (reverence). If we accept these gifts how do we use them to journey through the death, destruction, despair and darkness which are so often the companions of War, without losing hope and faith. St. Francis: Pilgrim and Walker: his venture to the Holy Land, peacemaker and monk. Poems: "April Fool's Day" (i.m. Isaac Rosenberg). "Break of Day in the Trenches" by Isaac Rosenberg. (For those interested in Military History: the 14/20 Kings Hussars Museum Collection and Queens Lancashire Regiment Museums are in Preston)*

**LEADER: Jack O' Boyle & Stuart Pomfret**

**Maps: L102 or E286, E296, OL41**

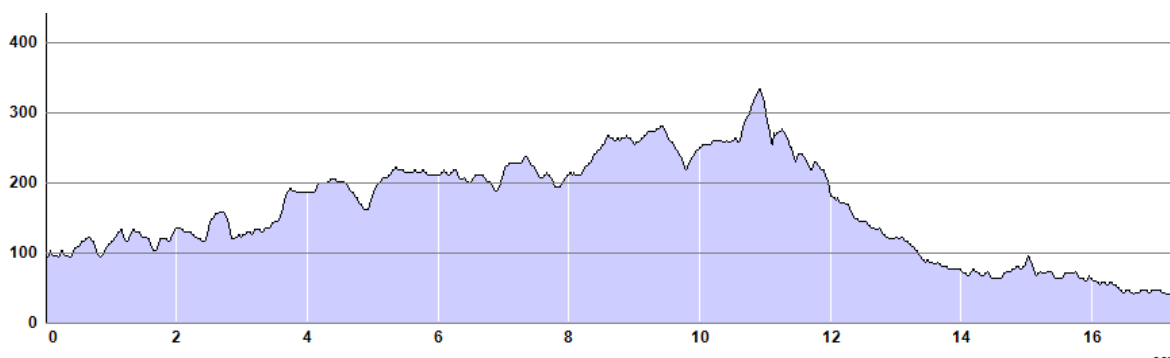
Discover that it's not all "Grim up North". No whippets or ferrets or satanic mills, just a day of gentle Pilgrimage, through fields, down river paths and along the side of the canal. There is a war memorial in St Walburge's church. The first part of the walk cuts through the centre of Preston and to Ladyewell Shrine, which is a popular pilgrimage site. After the shrine, we walk through the Lancashire farmland descending to Brock Bottom, we follow the River Valley to the A6, whereupon we take the Lancaster Canal into Churchtown.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:50	0	DEPART: St Walburge's, Weston St, Preston PR2 2QE	SD529298
09:00 - 10:00	0	MASS: St Walburge's RC Church	SD529298
11:30 - 12:00	3.8	PRAYERS: Ladyewell Shrine Fernyhalgh Lane, PR2 5ST	SD555336
12:45	5.8	B5269	SD555363
13:50 - 14:50	8.6	LUNCH: The Green Man, Silk Mill Lane, Inglewhite PR3 2LP	SD546399
14:55 - 15:15	8.7	PRAYERS: Inglewhite Congregational Church	SD547398
16:15	11.1	Brock Bottom	SD545422
17:10	13.7	A6	SD511406
17:25	14.4	Lancaster Canal	SD506415
18:30	17.2	ARRIVE: Kirkland & Catterall Memorial Hall, Churchtown, PR3 ORH	SD488430

**About the lunch pub:** Pilgrims will be advised whether they can eat their sandwiches in the pub garden.

**Addresses**      Lunch: The Green Man, Silk Mill Lane, Inglewhite PR3 2LP  
Hall: Kirkland and Catterall Memorial Hall, The Avenue (A6/A586 Junction), Churchtown, nr Garstang, Lancashire, PR3 0HR

**A&B Pilgrimage Tales:** Preston Pilgrims Jack & Stuart lead our day today around their local haunts.



**DAY 5      Wednesday August 13      Churchtown to Lancaster      15.4 miles**

**Theme: Travel Light: The inner and outer journeys.**

*St. Francis and his companions “the 12 Ragged Men” walk from Assisi to Rome (1210) to ask for the Pope’s blessing. The dream of Pope Innocent: in which he saw a ragged poor man supporting the collapsing Church. The Franciscans had arrived! “Provide yourselves with no gold or silver, not even a few coppers for your purses, with no haversack for the journey or spare tunic or footwear or staff....” Mt.10:9-10. Francis identified the poor with the naked Christ on the Cross. Jesus was the ultimate pauper and social victim. Whoever would follow Him must likewise strip him of possessions and give his life to the service of the poor. The Great War “Tommy”: often seen walking on a dark ridge in silhouette, like a pilgrim with a pack on his back, but with a rifle not a staff.*

**LEADER: Rev Simon Dommett**

**Maps: L102, L097 or E296, OL41**

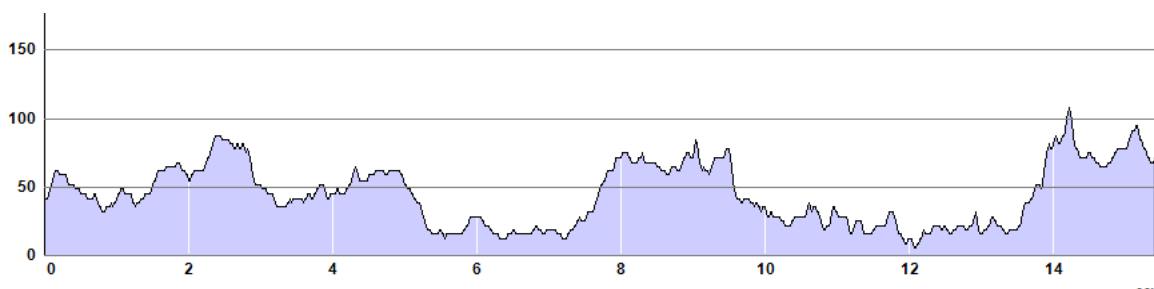
Today is a fairly smooth route with no great physical hills to climb but as we wander our way north, we could travel all day by the flat canal route but instead we take a varied route visiting the canal several times on our journey and more interestingly visiting churches that appear to be all on their own or at least well away from their communities. we may ponder this physical dislocation of the churches and pray that it is not reflected in their spiritual influences. This is in great contrast to the view we see as we reach the brow of the last hill and Lancaster lies before us dominated not by its church but its castle.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0	DEPART: Kirkland & Catterall Memorial Hall, PR3 ORH	SD488430
09:10 - 09:30	0.5	PRAYERS: St Helen's Churchtown, Garstang PR3 OHT	SD481427
11:05 - 11:25	4.5	PRAYERS: St Luke's, Winmarleigh PR3 OLA	SD470480
12:30 - 12:50	7.6	PRAYERS: St Michael & All Angels, Cockerham LA2 0EQ	SD463518
13:00 - 14:00	7.9	LUNCH: Manor Inn, Cockerham LA2 0EF	SD465522
14:40 - 15:00	9.4	PRAYERS: St Elizabeth & St Thomas, Upper Thurnham LA2 0DT	SD466542
15:35 - 15:55	11	The Stork, Condor Green	SD459559
17:35	15.4	ARRIVE: Lancaster Baptist Church, Nelson St LA1 1PT	SD479615
18:30 - 19:30	15.4	EUCARIST: Lancaster Baptist Church	SD479615

**About the lunch pub:** The Manor Inn will accept pilgrims eating their sandwiches as long as they buy a drink. Pub food £8-£10

**Addresses**                      Lunch: Manor Inn, Cockerham LA2 0EF  
    Hall: Lancaster Baptist Church , Nelson St, Lancaster, Lancashire, LA1 1PT

**A&B Pilgrimage History:** we are making our own!





**DAY 6      Thursday August 14      Rest Day in Lancaster      0 miles**

**Theme: Rest, Repose and Reflection**

*"You make me lie down in green pastures; you lead me beside still waters" Psalm 23*

*God of silence, quiet my body that I might discover you in the stillness.*

*Let all the tumult within me cease, enfold me, Lord, in your peace.*

*St. Francis on retreat at the hermitage on Mount La Verna*

*Reconciliation and Forgiveness*

*Poem: "Armistice" by David Harsent. Prose: John McCauley Private 2nd Border Reg.*

**LEADER: Rest**

**Maps: L097 or E296, OL41**

Pilgrims might like to visit the Priory Church of St Mary (with St George & St John) Priory Close, Lancaster LA1 1YZ (SD474619), which today offers Anglican Communion at its "Chapel of Ease" the historic church of St John's at lunch time. Alternatively, Pilgrims leaving early the following morning might like to attend the Public Vigil Mass for the Feast of the Assumption at the Cathedral close to the hall. Pilgrims with a yearning for the sea, might like to travel to Morecambe. Otherwise there is the town and local Leisure Centre & Launderette facilities to explore. For those interested in Military History: visit the Kings Own Royal Regiment Museum.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:30 - 10:30		EUCCHARIST: Lancaster Baptist Church Hall	SD477618
12:45 - 13:45		ANGLICAN EUCCHARIST: St John's Church, North Rd/Chapel St LA1 1PA	SD477618
18:30 - 19:30		PUBLIC VIGIL MASS: St Peter's Cathedral, Balmoral Rd LA1 3BT	SD480615

**About the lunch pub:** On a rest day, pilgrims make their own arrangements.

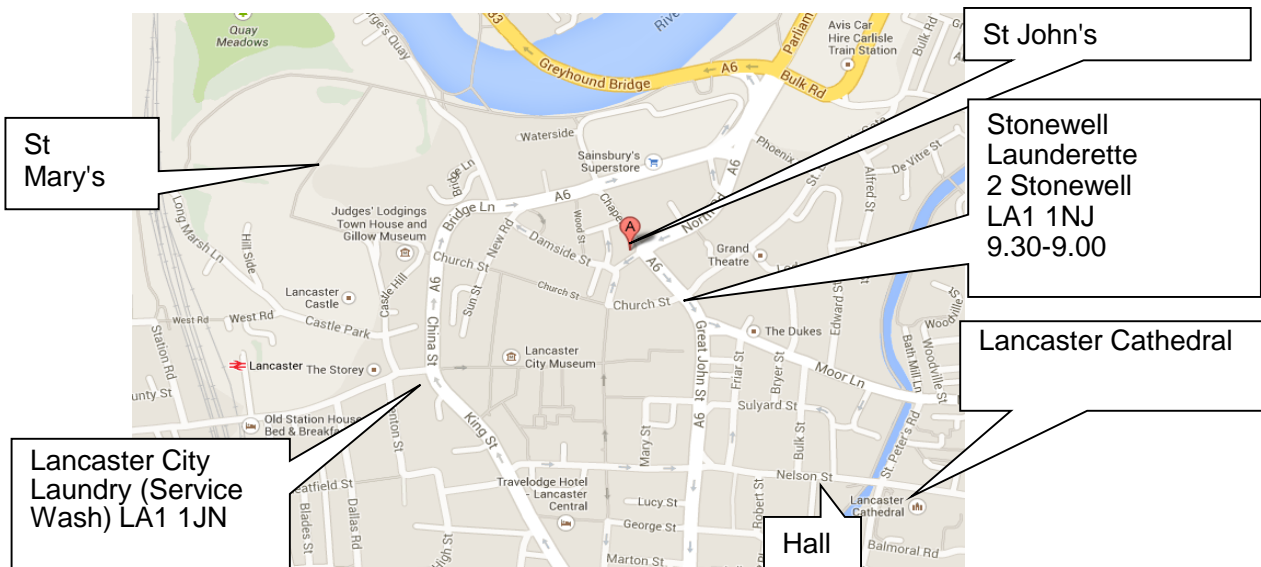
**Addresses**

Lunch: On a rest day, pilgrims make their own arrangements.

Hall: Lancaster Baptist Church, Nelson St, Lancaster, Lancashire, LA1 1PT

Leisure Centre: over the river to Salt Ayre Sports Centre 01524 847540

**A&B Pilgrimage Geography:** The A&B Pilgrims first visit to Lancaster. And about time: don't tell the Lancastrians, but A&B Pilgrims have visited York no less than 3 times: 1984 Lindisfarne, 2002 Lastingham (Ss Chad & Cedd), 2009 Lindisfarne.



**DAY 7      Friday August 15      Lancaster to Arnside      16.5 miles**

**Theme: The Eyes of the Heart Seeing -**

*"Then Jesus touched their eyes and said 'According to your faith let it be done to you' and their eyes were opened." God of peace, open my eyes to see the possibility of fostering peace in each encounter of my days. Matt. 9:29. William Blake invites us "To see the world in a grain of sand and heaven in a wild flower." St. Francis of the 'Fioretti' of the little flowers: in the "Canticle of the Sun" St. Francis invites us to see the gift and beauty of God's Creation and our integral relationship to it. Brother Sun and Sister Earth. He invites us too to smile this day ☺ Francis saw all creatures as stamped with God's image and as stepping stones to the creator. For him, every creature and earthly experience: Sun, moon, wind, air, water, fire, earth, animal and plant - are a window to God. Close to Carnforth, but not on our route are two "Thankful Villages" Nether Kellett & Arkholme; where none were killed in WW1.*

**LEADER: Francis O'Sullivan**

**Maps: L097 or E296, OL7, OL41**

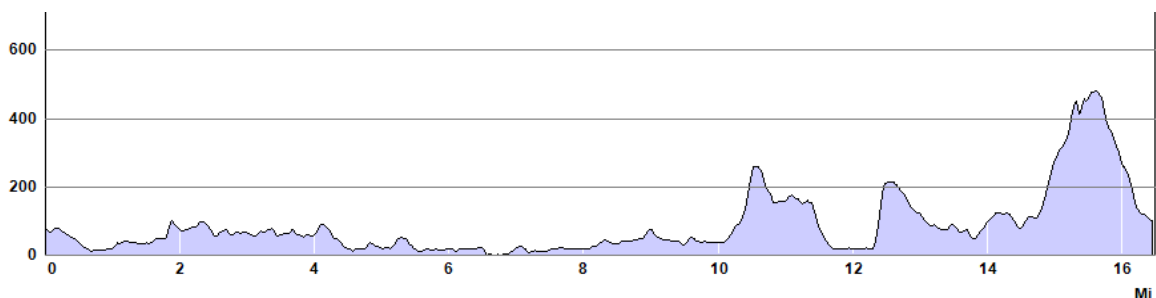
We leave Lancaster on the Lancaster Canal which will follow us all the way to Kendal although the final section is now drained. It was famous for its lack of locks. We reach the coast and make our way along it on the edge of the saltmarshes on the Lancashire Coastal Way to our lunchstop in the busy market town of Carnforth; whoses station was made famous as the film set for "Brief Encounter". After lunch we enter an area of outstanding natural beauty as we start to climb and enjoy a viewpoint over Morecambe Bay just before we reach Arnside for our overnight. Before the railways, early travellers would have approached the Lake District via the old coach route across the sands of Morecambe Bay to Grange-Over-Sands, but we are taking a (hopefully) more solid coast path to Arnside.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:50	0	DEPART: Lancaster Baptist Church, Nelson St LA1 1PT	SD479615
09:00 - 10:00	0.2	MASS: St Peter's Cathedral, Balmoral Rd LA1 3BT	SD480615
10:15	0.9	River Lune	SD475623
10:50	2.2	A6/Lancaster Canal	SD476637
11:40	4.4	Hest Bank, Morecambe Bay	SD468666
13:30 - 14:30	8.8	LUNCH: Market Street, Carnforth	SD498707
14:35 - 14:55	9	PRAYERS: Christchurch, Lancaster Rd, Carnforth LA5 9LD	SD499707
16:45	13.3	Silverdale	SD462748
17:50	15.4	Arnside Knott	SD452774
18:20	16.5	ARRIVE: WI Hall, Orchard Rd, Arnside LA5 0DP	SD457786

**About the lunch pub:** Pilgrims find their own lunch from the choice of cafés, hotels and pubs available. Meet at the War Memorial in Market Street after lunch.

**Addresses**                      Lunch: pilgrims find their own lunch venue  
    Hall: Womens Institute Hall, Orchard Rd, Arnside, Cumbria, WA5 0DP

**A&B Pilgrimage Update:** This is the A&B Pilgrims' first visit to Morecambe Bay area.





**DAY 8          Saturday August 16          Arnside to Kendal          15.5 miles**

**Theme: The Red Poppy / Remembrance and Peace:**

*St. James' Church: Look for the Red Poppies in the field of corn with the Dove above. From Flanders Fields to Afghanistan. In the aftermath of the horrific trench warfare of the WW1, the corn poppy sprouting across the killing fields of France and Belgium, then immortalised in John McCrae's moving poem became a worldwide icon. The poppy in its different forms tied close to humanity for three thousand years. Every year, 80 million red paper and plastic poppies are distributed around the world, carrying their message to remember and honour the dead. The lightest of petals bears the heaviest of burdens. Life and death flourish in the churning of the soil*

**LEADER: Maurice Hickman**

**Maps: L097 or EOL7**

Today should be a fairly easy and pleasant day. In the morning we walk mainly on quiet footpaths and don't meet many people except where we cross a camping site and a park just before Milnthorpe. After prayers we re-trace our steps along the B5282 and follow this for 1/2 mile. We have to cross this road several times as there isn't a continuous footpath along it so watch out for traffic. After the B road we walk for several miles along very peaceful roads before we come back to the A6 again just before Levens Hall. The pub at Levens serve meals, particularly I think pizzas, and good real ale but is not keen on people eating their own grub but St. John's Church is nearby. After leaving Levens we climb a small hill and then drop down to the Strickland Arms and follow a pleasant walk along the river Kent into Kendal.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:30	0	DEPART: WI Hall, Orchard Rd, Arnside LA5 0DP	SD457786
08:35 - 09:35	0.1	EUCCHARIST: St James' Church, Church Hill, Arnside LA5 0DW	SD458778
11:15 - 11:35	4.1	PRAYERS: Milnthorpe Methodist Church, Beetham Rd, LA7 7QL	SD497814
13:20 - 14:20	8.7	LUNCH: Hare & Hounds, Levens LA8 8PN	SD485857
14:25 - 14:35	8.7	DIY PRAYERS: St John's Church War Memorial, Levens	SD485858
14:50 - 15:10	9.1	PRAYERS: Levens Methodist Church, LA8 8PU	SD488852
15:45	10.3	Strickland Arms	SD501873
17:20 - 17:40	14.5	GATHERING: Holy Trinity Kendal Parish Church Hall	SD516921
18:00 - 19:00	15.1	VIGIL MASS: Holy Trinity & St George, Blackhall Rd LA9 4BW	SD517928
19:15	15.5	ARRIVE: Holy Trinity Kendal Parish Church Hall, Kendal LA9 5AF	SD516921

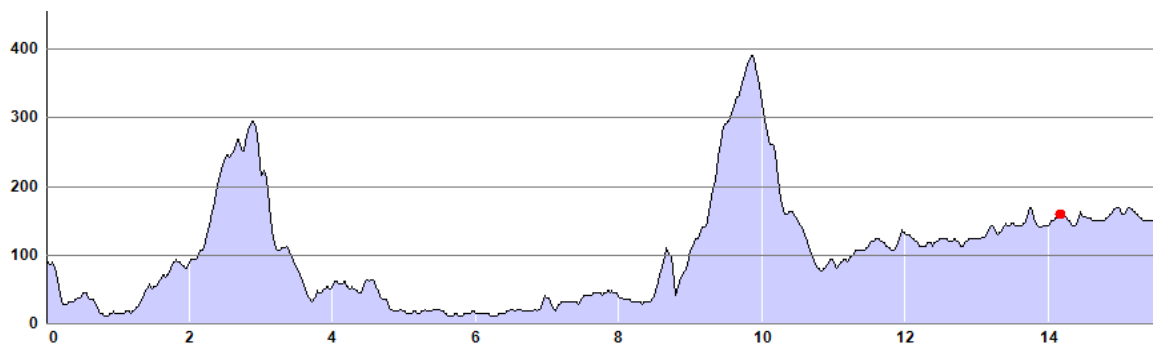
**About the lunch pub:** Maurice says this pub is open from 1200 to 2300, but "we won't be staying that long"... Pilgrims may not eat their sandwiches on the premises. Food served all day.

**Addresses**

Lunch: Hare & Hounds, Levens LA8 8PN

Hall: Holy Trinity Kendal Parish Church, Kirkland, Kendal, Cumbria, LA9 5AF

**A&B Pilgrimage History:** The A&B Pilgrims have arrived in Cumbria!



In emergency contact: John C 07866 971623 or Ceri 07843 055308 or Clare 07977 078889

**DAY 9      Sunday August 17      Kendal to Ambleside      18.4 miles**

**Theme: Sept. 24th 1224 at La Verna**

*Francis while in deep Prayer has a vision of a blazing seraph, an angel, transfixed Francis's body assumes the wounds of Christ's crucifixion on his hands, feet and side. His companion Bro. Leo sees a flash of brilliant light, but Francis alone hears the voice of the seraph. What happened we may never know exactly, but there is no doubt that Francis was emotionally and physiologically transformed. Others, including Clare of Assisi, saw the "stigmata" when Francis was on his deathbed two years later. The Christian Cross too, a symbol for many on the graves of the fallen, from each side of the conflict, does God differentiate? He who bears the ultimate burden of sacrifice for us all: Christ Jesus.*

**LEADER: Louise & John Chenery**

**Maps: L097, L090 or EOL7**

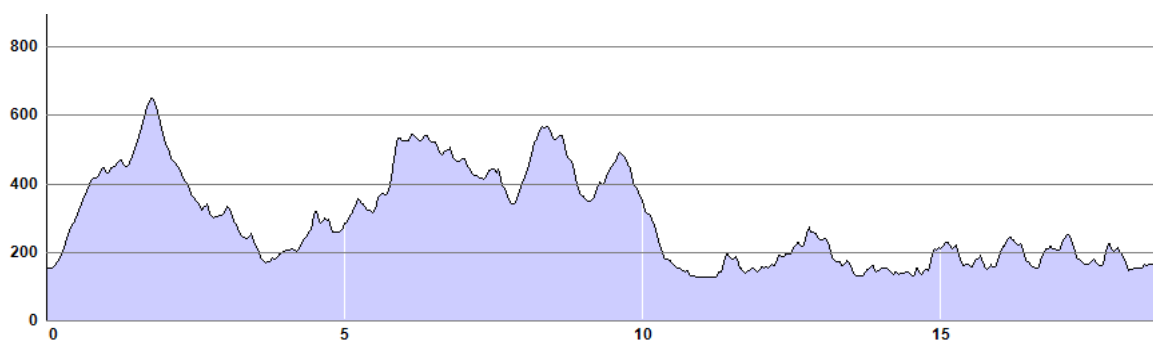
After leaving Kendal we enter the Lake District National Park. In the morning we follow the delightfully named "Gamblesmire Lane" which is probably an old drovers' road. Lunch is at the Sun Inn, Crook. Continuing to Bowness we cross Lake Windermere on the vehicle ferry, where for those feeling peckish mid-afternoon, there is a snack kiosk by the ferry landing stage where we board. Loos are available there too, but the loos on the far side of the lake have the advantage of being free (donation optional). We then follow a new cycle/pedestrian path almost all the way into Ambleside.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:15	0	DEPART: Kendal Parish Church Rooms, Kirkland, LA9 5AF	SD516921
09:30 - 10:30	0.1	PARISH EUCHARIST: Holy Trinity, Kendal LA9 5AF	SD516922
12:55 - 13:55	5.3	LUNCH: Sun Inn, Crook LA8 8LA	SD464951
16:40	10.9	Bowness Car Ferry, Ferry Nab Rd, Bowness LA23 3JN	SD395958
16:40 - 16:55	10.9	FERRY: Voyage across Lake Windermere	SD391956
18:35 - 18:40	14.9	DIY PRAYERS: Wray Church, LA22 0JA	NY372007
20:10	18.4	ARRIVE: Ambleside Parish Centre, Vicarage Rd LA22 9DH	NY374044

**About the lunch pub:** Being a Sunday in a holiday area, we do not have permission to eat our rolls at the pub but there is a small restored village pound just past the pub .

**Addresses**                      Lunch: Sun Inn, Crook, Kendal, Cumbria LA8 8LA, 01539 821351  
Hall: Ambleside Parish Centre , Vicarage Rd, Ambleside, Cumbria, LA22 9DH

**A&B Pilgrimage History:** A&B Pilgrims have taken a boat on many an occasion: most recently across the Exe on the Exeter Pilgrimage in 2012, into Chester in 2004, across the Solent on the Glastonbury 1990, Bath 1999 and Arundel 2007 Pilgrimages. This year, we make the short journey across Lake Windermere by Bowness Car Ferry.



In emergency contact: John C 07866 971623 or Ceri 07843 055308 or Clare 07977 078889

**DAY 10      Monday August 18      Rest Day in Ambleside      0 miles**

**Theme: Rest Day - A Pilgrim's day to rest**, a day of friendship, to explore or just to be

*Francis: forming "The Merry Company of brothers", intoxicated with the Spirit. Francis was a troubadour and his love for Lady Poverty was all consuming, his fidelity to her absolute. Francis would have been counter-cultural in any day or age. Yet this truly counter-cultural man was happy rather than a gloomy ascetic. He loved all people especially the poor and the natural world nourished his expression of divine love. Poem by Giuseppe Ungaretti: "Clear Sky" July 1918. Cumbria has one "Thankful Village", Ousby, not on our route but near Penrith, where none were killed in WW1.*

**LEADER: Rest**

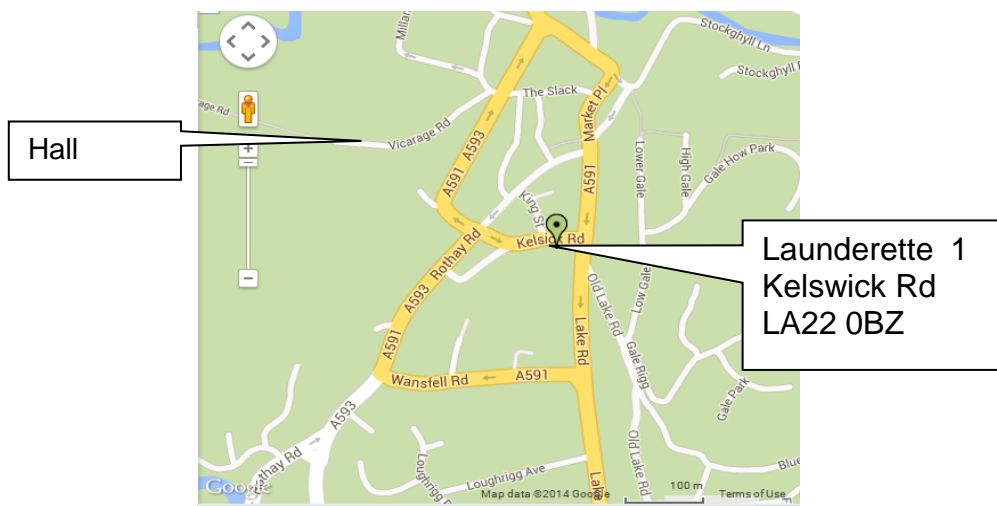
**Maps: L090 or EOL7**

<b>Time</b>	<b>Miles</b>	<b>Location</b>	<b>Grid Ref</b>
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:30 - 10:30		EUCCHARIST: Ambleside Parish Centre	NY374044

**About the lunch pub:** On a rest day, Pilgrims make their own arrangements.

**Addresses**  
Lunch: pilgrims make their own arrangements.  
Hall: Ambleside Parish Centre, Vicarage Rd, Ambleside, Cumbria, LA22 9DH  
Leisure Centre: bus to Keswick Leisure Pool, Station Rd, Keswick CA12 4NF  
017687 72760

**A&B Pilgrimage Rest Day:** A&B Pilgrims first opportunity to stay in the heart of the Lake District. Rest well, you will need it in coming days.



**DAY 11**

**Tuesday August 19**

**Ambleside to Chapel Stile**

**6.2 miles**

**Theme: Clare of Assisi and the Story of the Rose in the Snow -**

*1210: Clare (Chiara in Italian, daughter of Count Favorino Scifi). One day she encounters Francis preaching on the streets and is captivated by his spiritual flame and his explosive zeal for Christianity. In 1210 Clare's life changes radically, she flees her home and the arranged marriage her parents planned. In the dead of night she leaves her highly fortified home and flees to Francis and his companions to join his movement. Francis receives her with tremendous joy. Her long hair is cut. She takes the vows of poverty, chastity and obedience. Francis takes her to a nearby Benedictine Convent. Her younger sister Agnes follows. Family tries to remove forcefully. Clare goes on to form the order of the Poor St. Clares. Francis and Clare remain close and an inspiration for each other the rest of their lives. The changing role of women in the WW1 and in its aftermath: Emancipation and the vote; the journey ahead. Poem Clare Pollard: "Afterbirth" and "Afterwards" by Margaret Postgate Cole.*

**LEADER: Aidan & Bridget Simons**

**Maps: L090 or EOL7**

Today is our shortest day for several years, but it incorporates a bit of everything. A shady valley walk to start, then a lakeside stroll, followed by quiet lanes to Grasmere. We pass Wordsworth's Dove Cottage (with tea rooms). Grasmere is a busy village, and there are various places to find lunch, before we reconvene for the afternoon walk, a rugged walk over the fells involving a steady climb followed by a moderately steep descent into Chapel Stile - if you have walking poles, bring them!

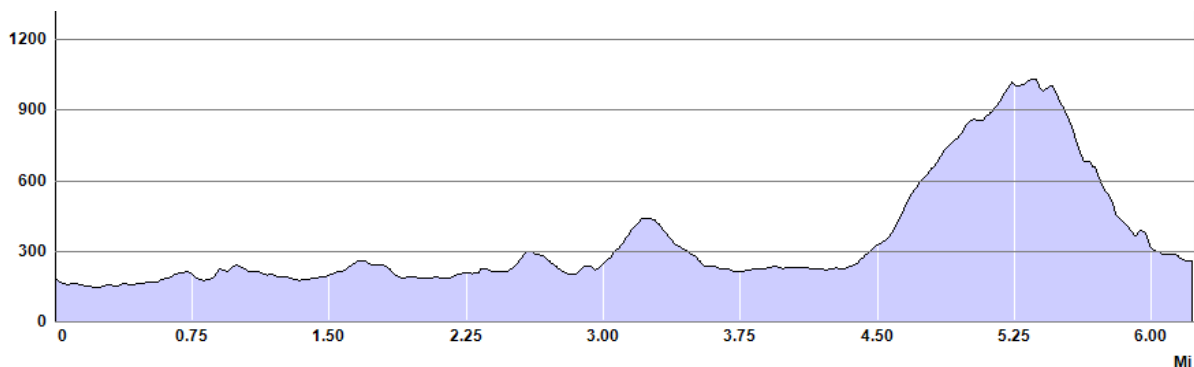
Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:30	0	DEPART: Ambleside Parish Centre, Vicarage Rd, LA22 9DH	NY374044
09:40 - 10:40	0	EUCARIST: St Mary Ambleside, Cumbria, LA22 0EE	NY374044
11:15	1.4	Pelter Bridge	NY366059
12:00	3	CROSS WITH CARE: A591 (White Moss)	NY349065
12:30 - 14:30	4	LUNCH: Grasmere	NY337073
14:30 - 14:50	4	PRAYERS: St Oswald Grasmere, Cumbria, LA22 9SN	NY337073
16:05	5.4	START OF DESCENT: Silver How	NY324060
16:50 - 17:20	5.9	MEMORIAL SERVICE: Holy Trinity, Chapel Stile, LA22 9JJ	NY320054
17:30	6.2	ARRIVE: Toc H, Weirside, Chapel Stile, LA22 9JD	NY323052

**About the lunch pub:** Grasmere is a very busy, picturesque village in the heart of the Lake District. Pilgrims find their own lunch today in the various cafes and restaurants available.

**Addresses**

Lunch: is longer than usual as the day is short. Meet in the Church after Lunch  
Hall: Toc H Weirside Bunkhouse, Weirside, Chapel Site, Ambleside, Cumbria  
LA22 9JD

**A&B Pilgrimage History:** This is the Pilgrims' first visit to the heart of the Lake District. Today is a short, hilly day, so we end with our Memorial Service for Pilgrims past at the picturesque village of Chapel Stile, in Langdale, in Holy Trinity Church, which has a memorial window to St Francis.



In emergency contact: John C 07866 971623 or Ceri 07843 055308 or Clare 07977 078889

**DAY 12      Wednesday August 20      Chapel Stile to Keswick      18.6 miles**

**Theme: Francis: Dark Night of the Soul.**

*His struggle to come to terms with the Franciscan movement of change, the vast influx of followers that it drew and the consequent organisation that it engendered. During his lifetime Francis was called a crackpot and many of his own brothers refused to follow his vision. Yet "The Dumb Ox" and "God's Fool" forever changed the nature of Catholic Christianity and its role in the world. People who live up to the ideals of their religious tradition are always counter-cultural and generally resented. We need the prophets of our times to challenge and renew the faith. "Futility" by Billy Collins; "Futility" by Wilfred Owen. - Hope -*

**LEADER: Jonny Gamble & Andy Stevens**

**Maps: L090 or EOL4, EOL6, EOL7**

It's quite a tough morning; as you can see, a 9.8 mile morning is on the long side, plus all the climbing is in the morning. The afternoon is easy and relaxed, although after a tough morning it might feel very long for some people. The morning walk is lovely and remote, and isn't actually too difficult. The climb is meandering but at least steady. It's also nicely sheltered and good under foot. The descent is also easy, and pretty much all of the day is on good, clear paths. The afternoon follows good paths round the quiet side of Derwent Water. Look out for St Herbert's Island in the middle of the Lake.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:20	0	DEPART: Toc H, Weirside, Chapel Stile LA22 9JD	NY323052
08:30 - 08:40	0.3	SETTING OFF PRAYERS: Holy Trinity, Chapel Stile LA22 9JJ	NY320054
09:50	3.2	Old Dungeon Ghyll LA22 9JY	NY285060
11:55	6	Stake Pass	NY264086
13:35 - 14:35	9.8	LUNCH: Langstrath Country Inn, Stonethwaite CA12 5XG	NY262136
14:50 - 14:55	10.2	DIY PRAYERS: St. Andrew's Church, Stonethwaite CA12 5XG	NY258140
16:10 - 16:50	12.8	EUCHARIST: Holy Trinity, Grange in Borrowdale CA12 5UQ	NY252175
17:40	14.6	High Brandelhow Ferry Jetty	NY251197
18:50	17.2	Portinscale CA12	NY251235
19:20	18.6	ARRIVE: YHA, Station Rd, Keswick CA12 5LH	NY268235

**About the lunch pub:** The pub will be very busy with tourists and walkers. Meals served until 2.30, after that light bites. Pilgrims are advised to take sandwiches and snacks to sustain them on this long day.

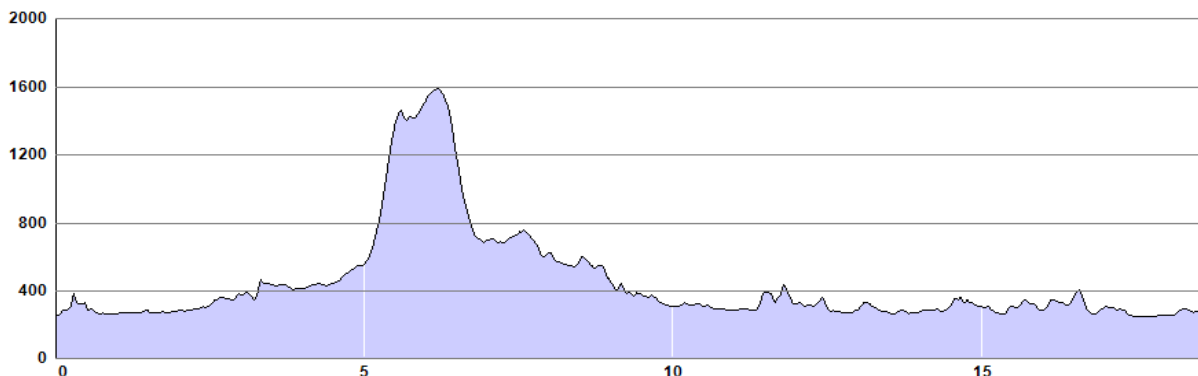
**Addresses**

Lunch: Langstrath Country Inn, Stonethwaite, Borrowdale CA12 5XG

Hall: Keswick YHA, Station Road, Keswick, Cumbria, CA12 5LH

Supper: will be served in Keswick Youth Hostel between 20.00 & 20.30

**Last ferry** from High Brandelhow is at 17.50 and arrives at Keswick Landing at 18.20. Make your own way for the last half mile from Keswick Landing to the YHA.







**DAY 14      Friday August 22      Caldbeck to Carlisle      15.9 miles**

**Theme: Carlisle:** The Last Walking Day

*Often when we follow the life of a saint we invariably come to end of a life. With Francis it was not easy, he was ill, weary and frail, not fifty, however it was a beautiful climax to a life well lived. He didn't die in bed, he came somehow, by donkey and foot to his home town. Bringing Bishop, Mayor and the people together in wonder and awe at the simplicity, humility and holiness of this man who died on the bare soil, as close as he could be to God's gift of creation. Something of the promise of Easter before their eyes; "Last Post" Carol Ann Duffy    Prayer for Peace by Alan Paton*

**LEADER: Isaac Leaver & Geoff Murray**

**Maps: L090, L085 or EOL5, E315**

We begin our final day of walking with prayers at St Kentigern (aka St Mungo), then ascend the (somewhat lesser) heights of Warnell Fell for one final panoramic glimpse of the Lake District, the Pennines and even the majestic banks of Dumfries and Galloway, before sweeping down into an old estuarial valley, meeting the River Caldew after passing through the village of Welton. From that point onwards, our walk largely follows the gentle Cumbrian Way as it winds alongside the Caldew, with a minor diversion that affords better views of Rose Castle, the residence of the Bishops of Carlisle between 1230 and 2009. After rejoining the Cumbrian Way we walk to the village of Dalston, where we shall stop for lunch. After lunch the route is as straightforward as possible, parallel first to a railway and then across flat farmland to enter the southern suburbs of our destination. The day finishes with Evensong at the second-most northerly Anglican cathedral in England (narrowly after Newcastle), and then a short walk to the hall for the night.

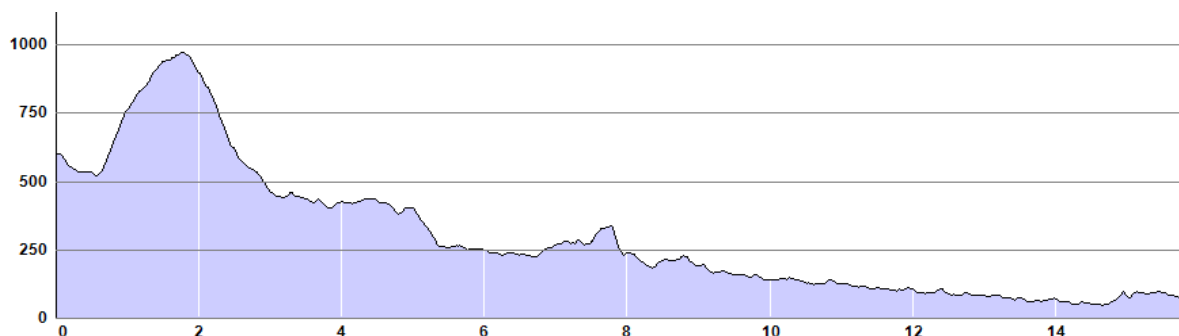
Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:30	0	DEPART: Caldbeck Village Hall, Wigton CA7 8EU	NY320395
08:40 - 08:45	0.5	SETTING OFF PRAYERS: St Kentigern, Caldbeck CA7 8DP	NY325398
10:30 - 10:50	4.4	PRAYERS: St James, Welton CA5 7ER	NY353442
13:00 - 14:00	10.2	LUNCH: Blue Bell Inn, Dalston, CA5 7PJ	NY369501
14:05 - 15:00	10.2	EUCHARIST: St Michael's Dalston	NY369502
16:45 - 17:00	15	Head's Lane Car Park, West Walls, Carlisle CA3 8AQ	NY399557
17:30 - 18:30	15.3	EVENSONG: Carlisle Cathedral, The Abbey, Carlisle CA3 8TZ	NY399559
18:30 - 19:00	15.3	ARRIVAL SERVICE: Carlisle Cathedral	NY399559
19:15	15.9	ARRIVE: New Waterton Hall, Warwick Sq, Carlisle CA1 1LB	NY405558

**About the lunch pub:** Blue Bell Inn, Dalston serves food until 2.00. Geoff recommends "the best steak pie I've had in years". Pilgrims may discreetly eat sandwiches outside as long as they buy a drink.

**Addresses**

Lunch: Blue Bell Inn, 6 The Square Dalston, Carlisle, Cumbria CA5 7PJ  
 Hall: New Waterton Hall, Our Lady and St Joseph, Warwick Square, Carlisle, Cumbria, CA1 1LB

**A&B Pilgrimage History:** This is the first time the Pilgrims have visited Carlisle, although past pilgrims from Carlisle include the "topless" brothers, famous for climbing trees, enjoying the pub stops and packing the van! Last seen on St Richard 3 Pilgrimage in 2003. Where are they now?



In emergency contact: John C 07866 971623 or Ceri 07843 055308 or Clare 07977 078889

**DAY 15          Saturday August 23          Celebration Day in Carlisle          0 miles**

**Theme: A Celebration of arrival and of our journey**

*The places we touched and which have touched us. Christ the front marker and the back, the companion always beside us. Following in the footsteps of St. Francis: meeting the stranger, reaching out to the "other", to be a Pilgrim.          St. Francis  
When the light of the spirit  
was dying out all over the world,  
This man, this little, this one man  
re-enchanted the flame.  
He was only 45 years old  
when he died, but he left behind  
A Dream to dream  
and a Journey to challenge every man  
and woman.*

**LEADER: Celebration Day in Carlisle**

**Maps: L085 or E315**

Enjoy visiting Carlisle. Interesting fact: Carlisle Memorial Bridge was built specifically to enable people to walk from the city to the war memorial. For those interested in military history: visit the Kings Own Royal Border Regiment Museum.

<b>Time</b>	<b>Miles</b>	<b>Location</b>	<b>Grid Ref</b>
		<i>Rise time and breakfast time will be announced the night before.</i>	
10:30 - 11:30		GUIDED TOUR: Carlisle Cathedral CA3 8TZ	NY399559
17:30 - 18:30		EVENING PRAYER: Carlisle Cathedral CA3 8TZ	NY399559
19:00	0	MASS & CELEBRATION MEAL: New Waterton Hall CA1 1LB	NY405558

**Addresses**

Lunch: Pilgrims find their own refreshments

Hall: New Waterton Hall, Our Lady and St Joseph, Warwick Square, Carlisle, Cumbria, CA1 1LB

**A&B Pilgrimage History:** We have arrived!

**DAY 16          Sunday August 24          Journey Home**

**Theme: Peace - the Way of St Francis**

*The First World War produced a torrent of poetry that in its literary form is often so close to prayer in its cry from the heart. Read some if you can and bring a poem that has touched or moved you, with you to the Pilgrimage to share. Bring a favourite prayer or reading too and some thoughts to share, perhaps at a "Prayer Stop". Little Books as background reading might be good too. The "Warhorse" by Michael Morpurgo is great. Now out as Film and in production as a Play showing both in London and Berlin! "I, Francis" by Carlo Carretto (my copy 1982) brings Francis to life. Or just read about him on the web. The Poetry Book I have used mainly:- "1914 Poetry Remembers" Edited by Carol Ann Duffy the Poet Laureate: WW1 Poets and Poems chosen by contemporary poets. It has been suggested too that we might plant doves of peace in places that touch us.          BW*

<b>Time</b>	<b>Miles</b>	<b>Location</b>	<b>Grid Ref</b>
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:00 - 09:00		ANGLICAN COMMUNION: Carlisle Cathedral CA3 8TZ	NY399559
10:00		DEPART: New Waterton Hall, Warwick Sq, Carlisle, CA1 1LB	NY405558

**Refreshments:** Pilgrims make their own arrangements

**A&B Pilgrimage Future:** Next year, 2015, we will be walking around the Deaneries of the A&B Diocese in Surrey and Sussex. We first walked around the Diocese in 1975. It will be our 40th fabulous year; why not join us?