

Windermere Supergroup in the Grizebeck, Gawthwaite and Woodland area

Wednesday, 8 July, 2026 10am – 3.30pm

The visit will be based on Chapter 2.5 in the GA Guide for Westmorland and Furness. The main purpose will be to examine tectonic and sedimentary structures in the Coniston Group and Wray Castle Formation.

Meeting in the car park of the Greyhound Inn, Grizebeck SD238849. We will move on from there by car to visit 5 localities. The trip involves about 5km of walking, some on steep grassy slopes and possibly some wet bracken!

1. Hanging Crag SD258848

Turbidite sequence in the Gawthwaite Formation.

View of the scenery of the main rock groups of the southern Lake District (weather permitting).

2. Lakenhow Quarry (small disused quarry on Keldray Moor) SD268840 (Locality 4 in GA Guide)

Slate Quarry in the Wray Castle Formation with a plunging anticline.

3. Gawthwaite Moor SD266854 (Locality 5 in GA Guide)

Complex structure in the Gawthwaite Formation around the axis of the Lowick Anticline.

4. Slopes of Great Burney Fell near Burney Farm SD256858 (Locality 2 in GA Guide)

Distorted flute casts close to the axis of the Burney Syncline in the Yewbank Formation.

5. Locality 3 Fellside north east of Heathwaite around Pewet Tarn SD25188715 to SD25688754

Small, north east – south west trending microgranite dykes of early Devonian age.

Should anyone wish to visit the Donkey Rocks flute casts then that could be added to the itinerary.

Field trip Information

The field trip information (1) and risk assessment (2) sections are to be completed by the leader in advance of the trip. The generic risk assessment table (2) should be customised to cover the specific risks relevant to the trip.

1. Field trip information

Title of field trip; geological theme(s)	The visit will be based on Chapter 2.5 in the GA Guide for Westmorland and Furness. The main purpose will be to examine tectonic and sedimentary structures in the Coniston Group and Wray Castle Formation.
Date of field trip; start time; approximate duration.	Wednesday, 8 July, 2026 10am – 3.30pm
Name of volunteer field trip leader(s)	David Kelly
Start point and its National Grid Reference; also end point if different from start.	Meet in the car park of the Greyhound Inn, Grizebeck, SD238850.
Parking and transport information	From the meeting point we will drive to the different localities.
Description of terrain to be covered, number of stiles	5km of walking, some on steep grassy slopes and possibly some wet bracken! All on National Park access land.
Approximate distance to be covered, metres of ascent / descent	5 kilometres, some steep grassy slopes to view exposures.
Assessed severity of field trip,	Moderate.
Special requirements; refreshments; other observations	Bring lunch.
Nearest hospital with A&E	Furness General Hospital, Barrow.

Note: If action or advice is needed from the CGS Designated Safeguarding Officer regarding this field trip, contact details are available from the members' area of the CGS website or any Council Member

2. Risk assessment

Potential hazard	Risk level- High/Medium/Low	Safety measures
Navigation, route, conditions		
Poor / deteriorating weather; risk to party completing the route. *	Low	
Poor visibility or navigation error; risk of the party getting lost or separated. *	Low	
Loss of daylight; difficulty of completing the route safely and on time.	Low	
Slips, trips and falls		
Steep or exposed ground; uneven rocky ground underfoot: risk of slips/trips/falls; anxiety or vertigo	Medium	
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	Low	
Boggy or heavily vegetated ground; risk of slips/trips/falls	Moderate	
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	Low	
Health and wellbeing		
Attendee becoming unwell and needing assistance*. Including hypothermia, sun exposure and bites by ticks, insects or snakes	Low	
Other typical risks		

Roads; risk to pedestrian attendees from traffic.	Moderate	Care needed when joining the A5082.
Rockfall, or fall of other debris from slopes.	Low	
Water courses, open water, tides; drowning risk; crossing risks of slips/trips/falls	Low	
Livestock attack: cows, bulls.	Low	
Other		

* Weather-related risk level to be reviewed at the time of the field trip.

Signature of volunteer field trip leader. David Kelly