

Sale Fell Field Trip 21 September 2026.

Cockermouth U3A Geology Group Excursion Information and registration

Excursion Information and Hazard and Safety Measures to be completed by the Leader for each Field Excursion in advance of the excursion.

Field Excursion Register to be signed by each individual attending the excursion as part of the registration process.

1. Excursion Information

Title of Excursion; geological theme(s)	Sale Fell circuit. Skiddaw Group structures and an unusual igneous intrusion.
Date of Excursion; start time; approximate duration.	21 September 2026. Start 1000h. May be 3 hours plus depending on how long we spend on things and route options taken.
Name of Excursion Leader(s)	Phil Davies
Start point and its National Grid Reference; also end point if different from start.	Meet at the gateway on the Wythop Mill to Pheasant Inn Road, about 200m NE of the church. See map below. NY 192 302.
Parking and transport information	Roadside parking is usually available, but car sharing is advisable.
Description of terrain to be covered	Mostly clear and well-used paths. A typical and popular small Lake district Fell.
Approximate distance to be covered, metres of ascent / descent	Less than 3 miles. About 200m of mainly gradual ascent to the top of Sale.
Assessed severity of excursion	Medium.
Special requirements; refreshments; other observations	Bring snack / lunch / drink.



Note. Some Cockermouth U3A Geology Group members have previously attended a field trip to Sale Fell. Some missed the previous one and others are interested in another anyway. The route may be varied for this one, particularly if we do the dogleg detour into Peil Wyke forestry to view a dramatic fold there (see map) and visit the Quarry (dis). Anyway, it's a great place for a walk!

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2.Hazard and Safety Measures

Potential hazard	Risk level– High/Medium/Low	Safety measures
Poor / deteriorating weather; risk to party completing the route or of hypothermia. *	Low	(Attendees should have wet weather clothing as for any Lakeland excursion)
Poor visibility; risk of the party getting lost or separated. *	Low	
Steep or exposed edges; risk of slips/trips/falls	Medium	Some rock exposures near steep ground. Take care in crest areas. Use walking footwear.
Rockfall, or fall of other debris from slopes.	Low, but see Safety measures.	If we visit Quarry (dis), stay away from the left side and don't touch – loose / overhanging rock. Seriously.
Boggy or heavily overgrown ground; risk of slips/trips/falls	Medium	See 'water courses' below. Attendees might find walking poles useful.
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	Low	Depending on route option we may traverse a short wooded section.
Roads; risk to pedestrian attendees from traffic.	Low	Beware passing / parking traffic at the parking place.
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	Low	Paths generally good. Will be a relatively small track if we detour into a small disused quarry ('Quarry (dis)' on map).
Navigation error: party getting lost.	Low	
Loss of daylight; difficulty of completing the route safely and on time.	Low	
Livestock attack: cows, bulls.	Low	
Attendee becoming unwell and needing assistance. Including sun exposure and bites by ticks, insects or snakes	Low.	
Water courses, open water, tides; drowning risk	Medium	We may cross either one or two small becks with wet, possibly slippery ground nearby.

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

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GUIDANCE FOR PARTICIPANTS

Members of U3A and guests take part at their own risk. You should read and understand the foregoing Excursion Information and Hazard and Safety Measures, and raise any queries about any matter of concern before the excursion starts.

1. Participants (members and guests) will sign to indicate they are aware of this and accept all responsibilities set out in this document.
2. It is assumed that you are confident the proposed route is well within your physical capabilities- even if the weather deteriorates.
3. You should be properly equipped e.g., suitable footwear, appropriate clothing and food and drink.
4. There is no guarantee that any participant will have had first aid training but, in any emergency, the group will help as best it can.
5. You have complete responsibility for your own safety and for keeping in contact with the group.
6. Do not take unreasonable risks.
7. Alert others if a problem arises.
8. If you need to stop, let at least one other person know.
9. If you choose to leave the trip early, make sure the leader is aware of this.
10. A brief introduction will be given at the start point – it is customary for a few words of appreciation to be given at the end before the group disperses.

The organisers do not accept responsibility or loss or damage to individuals or their property.

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FIELD EXCURSION REGISTER

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