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| FRIDAY 21 APRIL | ULVERSTON |  |
| 9-10am | Friends X112 Bus  | https://friendsofx112.org.uk |
| 10.30-11.30pm | Families Matter | https://www.families-matter.org |
| 11.45-12.45pm | St Mary’s Hospice | https://friendsofx112.org.uk |
| 1.30-2.45pm | Ford Park  | https://www.ford-park.org.uk |
| 3-4pm | Printfest | https://printfest.uk |
| 4.30-5.30pm | Ulverston Inshore Rescue | http://www.ulverston-inshore.co.uk |
| SATURDAY 22 APRIL | ULVERSTON – CONISTON 15.5miles |  |
| ETA 3-4pm | Coniston Mountain Rescue | https://conistonmrt.org.uk |
| ETA 4-5pm | Coniston Institute | https://conistoninstitute.uk |
| SUNDAY 23 APRIL | CONISTON– GT LANGDALE 11.75 miles |  |
| 9am | Coniston Parish Council | https://www.coniston.info |
| 12.30pm | Skelwith Community Centre Trust | https://skelwith.community |
| MONDAY 24 APRIL | G LANGDALE – KESWICK 16 miles |  |
| TUESDAY 25 APRIL | KESWICK |  |
| 9-10.30am | Keswick Mountain Rescue | https://keswickmrt.org.uk |
| 10.45am-12.00pm | Keswick Youth Centre Services  |  |
| 2-3.30pm | Keswick Area Food Share.Keswick Rotary2CK The Drop inCA12 Area Winter Warmth Project Churches Together. | <https://www.ctik.org.uk/two-s-company-keswick>https:/www.keswickrotary.org.uk |
| 5pm | Cumbria Theatre Trust(Theatre by the Lake) | https://www.theatrebythelake.com |
| WEDNESDAY 26 APRIL | KESWICK – CALDBECK. 14.5 miles |  |
| Mid afternoon | Northern Fells Group | https://www.northernfellsgroup.org.uk |
| THURSDAY 27 APRIL | CALDBECK – DALSTON. 11 miles |  |
| 10.30am | Men in Sheds | https://www.northernfellsgroup.org.uk |
| 2pm | Rose Castle  | https://www.carlislekey.co.uk |
| FRIDAY 28 APRIL | DALSTON – CARLISLE. 4.5 miles |  |
| 9am  | Hospice at Home Carlisle and North Lakeland | https://www.hospiceathome.co.uk |
| 11.30/12pm | Mayor of Carlisle – Market CrossFinish of Cumbria Way. 73.25 Miles |  |
| 2pm | Carlisle Key  | https://www.carlislekey.co.uk |
| 3.30pm | PiNC | https://www.prideinnorthcumbria.org |