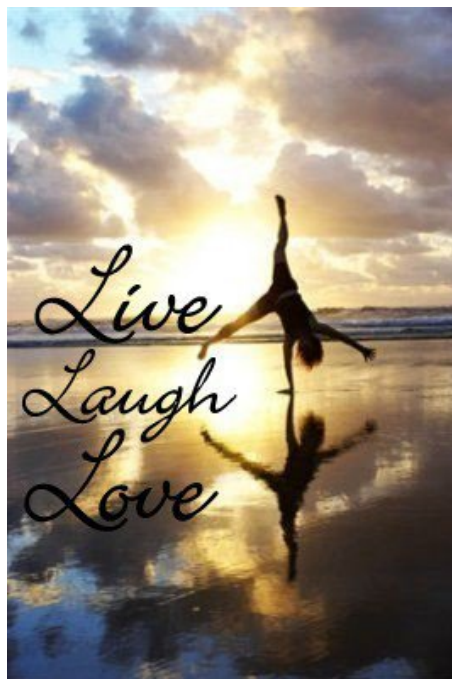
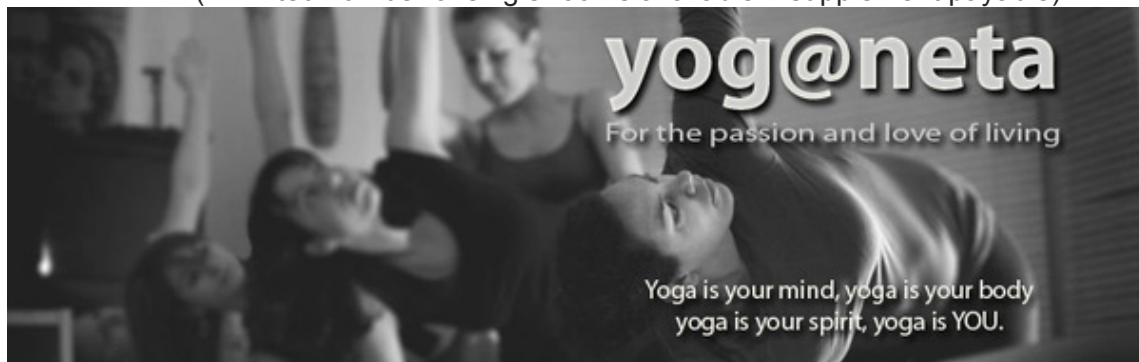




**Lincolnshire Wolds & Donna Nook Seals  
Friday 21st to Sunday 23rd November 2014**

*The Lincolnshire Wolds – a destination to surprise – walks, yoga, baby seals, seaside resort, churches and cathedral city.*

Price: £195.00 Hotel Accommodation per person (Twin rooms or double rooms)  
(A limited number of single rooms available – supplement payable)



£195 includes Hotel accommodation & food, guided walks, yoga sessions and free transport. *Walks, Yoga and the amazing wildlife spectacular of the baby seals at Donna Nook, the Lincolnshire Wolds & its ancient cathedral city. This is a destination to surprise with its heritage walks **and** professional yoga sessions. A late autumn break with relaxing hotel accommodation in one of England's traditional seaside towns makes this a perfect pre-Christmas outdoor escape.*

**Our Aim**

Is to offer you a fabulous weekend of excellent walks with a highly knowledgeable local guide and optional Yoga sessions delivered by the wonderful Aneta which will be suitable for all levels. Designed as a well-being

break of walks and yoga, pleasant exercise offering you an opportunity to interact with the world around you, and the people you are with.

We are confident a short few days such as this will help you use your senses more fully, to enjoy and



connect with your surroundings, the natural beauty all around us, and appreciate the inner smile that a yoga session and walk can deliver. This weekend is designed to be the perfect antidote to our modern lifestyles that can be so rushed and stressful and is just the pre-Christmas tonic you deserve.

*Walks & Leaders: Guided heritage walks in the Lincolnshire Wolds & Coast and a visit to the spectacular Donna Nook baby seal colony. Our walks will be led by Iain and Danny Walsh who has recently published "Lincolnshire Heritage Walks ISBN 978-0-7524-8277-4"*  
[www.thehistorypress.co.uk](http://www.thehistorypress.co.uk)



*Yoga: sessions before and after our walks on Saturday will once again be led by the fantastic Aneta Grabiec.*

*Hotel: Accommodation in the Royal Hotel Skegness in Double & Twin Rooms (A few single are available - supplement £35).*

*Walks: Our walks will focus on the wonderful countryside and coast around where one of*

*England's most famous poets Alfred Lord Tennyson was raised. A visit to the very impressive Lincolnshire cathedral, standing proud 200 feet up on a limestone edge and one of the greatest in the land plus a walk around Lincoln Old Town. This truly is a stroll around the past and a "Jaw-dropping Tribute to Craftsman of Old"*

*We will if time allows take a stroll around Gibraltar Point with its dunes and sea lavender-covered mudflats frequently walked by Tennyson in his youth. Interestingly the nearby River Steeping, begins life as Tennyson's Brook near Somersby.*

*Free Travel: on comfortable Minibuses departing between between 1-2pm from Chorleywood/High Wycombe area on the Friday afternoon. A later departure might be available (please mention when booking)*

*Food includes: All breakfasts, packed lunch on Saturday and hotel dinners on Friday and Saturday evening*

*AT £195 per person a perfect value for money pre-Christmas escape*

*(Single rooms - supplement payable of £35 –sorry limited availability)*

**Does not include:** lunch on Sunday, entrance fees or travel insurance

*It's planned and we are raring to go. Do join us if you can. Our walks are dedicated to getting you to places new for discovery and exploration, places that touch the senses with a great bunch of companions. As organiser my promise to you is that on each and every event we*

*will honestly strive at all times to deliver a great, community focused experience, to inspire and motivate and be here for you.*

*Booking information and further information on our plans for the weekend below.*

*Iain ML (Summer) MTA*

Any questions or queries please do not hesitate to contact me by email iain@walkfreebreakfree.co.uk or mobile 07889 165278. For yoga related questions please contact Aneta anetagrabiec@hotmail.com

### **Booking Arrangements:**

To reserve or confirm your place on this fantastic Escape a £50 deposit (non returnable - unless someone else takes your place) is required now. The balance of £145 (Single room supplement +£35) is due on the 1st November

Payment method:

RSVP now and £50 deposit will be payable by internet banking or credit card. Balance must be fully paid by 1/11/14

**Internet Banking: Account Number 11045874      Sort Code 162129**

**or via card Secure payment site**

<http://www.walkfreebreakfree.co.uk/payments>

**For all payment methods please use as your Transaction reference: Lincoln14 + your initials.**

**Your payments are protected and comply with the requirements of the Travel Package Regulations**

### ***Programme***

#### **Friday 21st November 2014**

1-2:00pm approx If travelling by minibus we depart from Chorleywood/High Wycombe railway station (additional pick up points including Oxford to be agreed and confirmed with participants)

Later departure may be possible please note on booking form if you prefer this option

7pm or 10pm Approximate arrival at our hotel

(Dinner for early arrivals included)

#### **Saturday 22nd November 2014**

7:15              Yoga session

8.30am          Breakfast

9.30am          Depart for walks/activities with packed lunch

4.00/5pm        Return to hotel and yoga session

8.00 pm          Saturday dinner in hotel

**Sunday 23<sup>rd</sup> November 2014** 6:00am

6:45am          Depart for visit to the spectacular baby seals at Donna Rook

(An early start but very worthwhile as it truly is a wildlife spectacular)

9.30am          Return to hotel for breakfast

10.30 am        Load luggage onto vehicles and depart for Lincoln cathedral and town walks

(Packed lunch not included – to be purchased individually in Lincoln during free time at end of guided walk)

3.00pm    Depart Lincoln

8.00pm    Return to High Wycombe

***Please note all times are advisory only and as you are aware can be influenced by weather, traffic conditions and other eventualities!***

**ACCOMMODATION:**

*We plan to stay near the seaside town of Skegness which started life as a Roman fort commanding the Wash, a Viking settlement and with the coming of the railway it found fame as a holiday resort. It is a typical English holiday resort, with donkeys, fish and chips braches and amusement arcades. It was here the famous Butlins holiday camps were established where musicians such as Ringo Starr and comedians Dave Allan and Terry Scott played.*

We will be staying in the Royal Hotel Skegness an elegant 19<sup>th</sup> century hotel only a short walk from the centre and beach <http://www.theroyalhotelskegness.co.uk/>



*Outdoor activities for all"*

Booking Information & Form – to be completed by all participants

**Please return to:**          Iain Thomson

Walkfree Breakfree Ltd , 34 Sunnybank, Widmer End, High Wycombe, Bucks, HP15 6PA

or email to [iain@walkfreebreakfree.co.uk](mailto:iain@walkfreebreakfree.co.uk)

<b>Dates :</b>	
<b>Event/trip Reference</b>	
<b>Name of person booking (group leader)</b>	
<b>E Mail address (group leader)</b>	
<b>Address</b>	
<b>Home Tel No</b>	
<b>Mobile No</b>	
<b>Emergency contact information to be used in the event of an emergency arising during the trip:</b>	
<b>Name</b>	
<b>contact number</b>	

Names of others in group (if booking more than one person)

Name	Mobile Number	Emergency contact number

Minibus:

Minibus travel is available 1-2pm A later departure might be possible. Please indicate here if interested early or late depart time .....

I am making independent travel arrangements as detailed below:

.....  
 .....

<b>Trip/event costs £195 per person</b>  <b>Inclusive Package in hotel accommodation twin/double rooms</b>  <b>Single Supplement (limited availability £35)</b>  <b>Number Booked</b>  Please note Travel Insurance is not included in the costs		@ £195	£
<b>I wish to book additional extras:</b>  <b>Single Room (only a limited are number available)</b>  <b>At £35</b>		@ £35	£

<i>Included Free – Your Walkfree Breakfree Club Experience membership – your gateway to great value outdoor walks and activities</i>			NO CHARGE
<b>Total</b> <b>Balance payable 6 weeks prior to travel</b>		<b>TOTAL</b>	£
<p><b>A £50 deposit (non refundable – but transferable if someone is found to take your place) will be payable on booking and balance due by 1<sup>st</sup> November.</b></p> <p>Payment Options:</p> <p>Internet Banking: Walkfree Breakfree</p> <p>A/c no 11045874 Sort Code 16 21 29</p> <p>CREDIT / Debit CARD PAYMENT- via the secure site</p> <p><a href="http://www.walkfreebreakfree.co.uk/payments">. http://www.walkfreebreakfree.co.uk/payments</a></p> <p>Or via Cheque made payable to <b>Walkfree Breakfree Ltd</b> to address above</p> <p><b>Transaction Reference: Lincoln14 + your initials</b></p>		:	

<ul style="list-style-type: none"> <li>▪ <b>Vegetarian Food</b> required: Please indicate number of people requiring vegetarian food in group:</li> </ul>	Yes	No
<ul style="list-style-type: none"> <li>▪ <b>Other Dietary Issues</b> you may wish to bring to our attention:</li> </ul>		
<ul style="list-style-type: none"> <li>▪ <b>Health &amp; Fitness</b></li> <li>▪ Note this is a walking holiday and you therefore need to be walking fit. Please consider fully prior to booking Bookings are accepted on the understanding that all persons participating are normally in good health and physically equal to the minimum demands of the chosen trip. If this is in doubt the Booking Form must be accompanied by a doctor's certificate stating that it is entirely safe for you to go on the particular trip you have chosen. To assess your level of fitness in relation to the various walks we undertake, completing the quiz available on our website <a href="http://www.walkfreebreakfree.co.uk/fitness-quiz">http://www.walkfreebreakfree.co.uk/fitness-quiz</a> may be helpful and a useful reference point for your personal use.</li> </ul> <p>Remember we are undertaking physical activity which at times may be in remote locations where assistance may not be readily available or in certain circumstances medical conditions may pose additional risk to activities being undertaken.</p>		
<p>If you or a member of your party have medical conditions you wish to be brought to the attention of voluntary leaders please indicate here and include relevant details in confidence with the booking form.</p>		

Please sign booking form below confirming you agree to accept and on behalf of all members of your party accept to comply with conditions of membership and fully understand the meaning of “a participating adult” – (further information below) and understand that you participate on walks and



activities at your own risk and Walkfree Breakfree Ltd accept no responsibility or liability. You accept our terms and conditions published on our website and below <http://www.walkfreebreakfree.co.uk/booking-conditions> on behalf of all members of the group (a published copy can be made available on request).

**Signature of person booking**

**I fully understand and accept membership on the above conditions:**

--

MEMBERSHIP is on the understanding you and everyone in your party agrees participation is on the basis of "a participating adult" which is clearly defined in the British Mountaineering Council Participation Statement and on your acceptance of our terms and conditions. The BMC Participation Statement say that: *The BMC recognises that climbing and mountaineering (which in our context includes walks, hill walking and other outdoor activities) are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.*

To make your participation as simple and easy as possible you should fully understand your relationship with Walkfree Breakfree Ltd. During Club experience weekends and trips we are happy to offer information and opinions on walks and other activities and we will always endeavour to give accurate information and opinions, but we do not take any responsibility for them and if acted upon by you it is at your own risk.

You understand our walking and activity leaders are not qualified mountain guides and you join them at your own risk and your own free will to participate in club experience activities with like minded people.

During Club Experience trips you may be asked to drive (or accept a lift from) someone who is not in your booking party, to and from an excursion and you accept that Walkfree Breakfree Ltd will not accept any liability in the event of a road accident and that you enter into such an arrangement with another driver/passenger by mutual consent.

## **FURTHER INFORMATION**

Web Links:

<http://www.lincswolds.org.uk/walking.htm>

<http://www.lincsuk.com/donnanookseals.htm>

<http://www.theroyalhotelskegness.co.uk/>

## **Lincolnshire & Our Weekend Plans**



Flat and boring? The Lincolnshire Wolds & coast I promise will surprise you – quiet and lovely walking country with walks that can be enjoyed by one and all. It has splendid hill sides and sheltered valleys with hidden villages, long lost hamlets and churches to delight all set in the rolling chalk lands of a superb Area of Outstanding Natural Beauty. It is also the land of Tennyson's, and in this beautiful part of the Wolds, where time has stood still, your imagination will be captured as it did for Alfred, Lord Tennyson.

During the weekend we will visit the coast and the seal colony at Donna Nook. The seals at Donna Nook are very close to the shore and can be photographed quite easily with a simple camera. Without question this breeding site is one of the most accessible sites for seeing seals at a time of breeding in the UK.





At the Donna Nook National Nature Reserve (NNR), each year as autumn rolls into winter, hundreds of grey seals begin to haul themselves out onto the sandbanks to give birth to pups. This gives us unprecedented opportunities to capture pictures or simply gaze in joy and wonderment at seal pups at play.

### ***The Lincolnshire Wolds and Tennyson Country***

The quiet charm of this unhurried and peaceful landscape is what sets it apart. An Area of Outstanding Natural Beauty it has many facets, inhabited since prehistoric times it's gently rolling chalk hills contain a wealth of wildlife and hide many quaint villages which have long been the centre of small bustling farming communities.

During the weekend we propose to deliver a number of walks that will take in the best of the scenery in the country and coast, and of course the opportunity to see the spectacular seal colony. On Sunday we will visit Lincoln and its magnificent Cathedral and old town.

We will keep our programme flexible to enable us to respond to the November weather conditions we find on the day and walks will be a maximum distance of 7 to 9 miles with visit and walk around Lincoln Cathedral and old town on the Sunday.

A mixed package that offers walks, yoga and much interest that will give us the opportunity to experience the leafy lanes and huge famous Lincolnshire wide open skies.

The area has delightful traditional village pubs that offer the thirsty walker some respite and the village churches similarly offer a peaceful welcome. Many farming communities in the Wolds followed the model of a manor house with a few farm workers cottages attached, the farm buildings and a chapel. These small chapels are an oasis of quiet solitude and an insight into the area's history.

The area is of course famous for spawning the Poet Laureate Alfred Lord Tennyson whose father was the rector at the village of Somersby. Born here in 1809 Tennyson grew up here and the landscape of his early years is enshrined in his poetry. Flowing through the village is the 'river' Lymn which is the subject of his poem The Brook.

***I come from haunts of coot and hern,  
I make a sudden sally  
And sparkle out among the fern,  
To bicker down a valley.***

***I chatter over stony ways,***

***In little sharps and trebles,***

***I bubble into eddying bays,***

***I babble on the pebbles***

It ends with the memorable lines.....

***For men may come and men may go***

***But I go on forever.***

Farming has long been the life blood of this region and in essence little has changed over the years, the fields have got a little larger and a few hedges have disappeared but on the whole the area retains a sense of yesterday and comfortingly feels quite out of touch. Lincoln Red cattle eye you lazily as you saunter past. Typical Lincolnshire wildlife abounds with

hares and foxes sneaking along the lanes and field edges. Barn owls hunt the same lanes and yellowhammers sing from the hedge tops. Lapwings wheel over the fields displaying and the many flocks of rooks are never long out of earshot. Tennyson's brook is also home to freshwater crayfish an indicator species for clean water. Butterflies, bees and bugs also abound adding to the diversity of wildlife to be seen.

The weekend is also an opportunity to experience Lincolnshire dialect, should we encounter rain we will have to decide whether it is siling, mizzling, teaming, puthering, jugging or merely just kelching down!

**Your Safety Responsibilities:** Walks with a leader will be available but I would ask you to carefully note that participation is on the basis of the BMC statement below and that you are personally responsible for your own safety and have a duty of care to all others in the group as you participate on the basis of a "responsible adult".

Neither voluntary leaders nor Walkfree Breakfree Ltd (supporting this event) have liability in the event of an incident or accident. A general, informal description of the walk will be given, and if possible this will be related to the Ramblers Association descriptors but it is your own personal responsibility to make the decision to join a particular group taking in account your own physical fitness, medical conditions and general well being. No liability can be accepted.

For those of you who have not yet been on one of our Escape weekends and perhaps are a little wary I can assure you we encourage and welcome new members to achieve that little bit more in respect of walking (pace will be adjusted to suit). So please, take this opportunity to join us, and remember if you have any concerns or general questions please do not hesitate to contact me. I am available on 07889165278 or email me

[iain@walkfreebreakfree.co.uk](mailto:iain@walkfreebreakfree.co.uk)

**Walks:** Our walks can be enjoyed by anyone who is walking fit or reasonably active. Our aim is to encourage participation and to be active surrounded by amazing scenery.

**Weather:** We are blessed in the UK with four seasons - wonderful but it is a shame at least two of them can be on the same day! Do check the weather forecast and come prepared with clothing suitable for the day - if you need any advice do not hesitate to contact me.

What to Bring:

**Yoga:** If you wish to participate in yoga classes you should bring comfortable clothing and a yoga mat. If you do not own a yoga mat, a beach size towel is suitable. For yoga related questions contact Aneta [anetagrabciec@hotmail.com](mailto:anetagrabciec@hotmail.com).

**Walks:** Boots suitable for walking on country & mountain paths (remember they might get wet and muddy); Waterproof jacket/trousers & warm clothing; Small rucksack for drinks/snacks; camera; A little money for refreshments; As always your lovely sense of fun, humour and companionship.