



Club Experience: New Year Walks in the Peak National Park – A Festive Break to be enjoyed.

Thursday 29th December to Monday 2nd January 2011

Year's End – Do join us if you can on this New Year festive walking break with fine food and great company. Hogmany (New Year's Eve) will be an opportunity to dress up (optional - but remember a few great prizes will be available) and dinner with themed music and food. Our theme is "**Moon Walk – The Dark Side**" very appropriate as we are staying in the Dark Peak.



Our Grand New Year Celebration offers you an opportunity to herald in 2012, Olympic Year, a year of challenge, inspiration, dreams and one where I hope to have the opportunity to take you on exciting outdoor breaks throughout our wonderful isles. During this festive break we will enjoy a themed dinner on New Year's Eve and swap the hustle and bustle of Christmas for excellent walks in our first National Park.

The Peak district offers a timeless and wonderful location with a range of walks suitable for all, hill tops and ancient hill forts, peaceful and sparkling river valleys, mighty reservoirs and country house estates. It is an ideal location for the time of year and this long weekend is a perfect recipe for the relaxing break and the tonic you need, in fact it's almost therapy for free – helping to rid you of those 2011 stresses and setting you up for a wonderful 2012.

We will be staying at the Hathersage YHA which is located in the centre of the village of Hathersage in the heart of the Dark Peak. The hostel has all the facilities necessary for a walking group and has a large dining room and small lounge.

In total the hostel accommodates 43 persons but the maximum size of our group will be 26 persons to ensure we have a comfortable stay. A number of twin rooms are available so do book quickly if you are interested in these. Full details of the hostel facilities are available on the link below and I recommend you consider these carefully prior to booking. <http://www.yha.org.uk/find->

[accommodation/peak-district-sherwood/hostels/Hathersage/index.aspx](http://www.visitpeakdistrict.com/accommodation/peak-district-sherwood/hostels/Hathersage/index.aspx) and further information on the Peak District is available on the links below.

<http://www.visitpeakdistrict.com/>

<http://www.peakdistrictinformation.com/towns/hathersage.php>

Our Destination

One of the defining characteristics of the Peak District is its geology, for the area is broadly divided into the “white” or limestone, and the “dark” or gritstone areas. In most places it is easy to tell which section you are walking in by looking at the stone walls. From our base at Hathersage we have easy access to both the White and Dark Peak.

Hathersage, nestling under Gritstone edges where a tributary valley runs down to the River Derwent, is a great base for Peak District walks.

In the village itself there are lots of things worth seeking out. Little John, Robin Hood’s lieutenant, was reputedly born here. He fought in the Battle of Evesham in 1265, was outlawed as a result and joined the “Merry Men” in Sherwood Forest. His grave occupies a space between two yew trees, ten feet apart, in Hathersage churchyard. The grave was opened in 1784 and a thighbone almost 30 inches long was exhumed.



A few yards away is the Vicarage where Charlotte Bronte once stayed for three weeks. In *Jane Eyre* she used the name of the prominent local Eyre family whose brasses, dating from the 15th century, are in the church.

There are so many reasons to recommend walking in the Peak that it is hard to know where to begin and Hathersage has everything that is best about Derbyshire right there on its doorstep. Walks can take you on grand tours through spectacular diversity, from gurgling River Derwent to the heights of Stanage Edge – probably the country’s most famous and most popular climbing playground. Yet there is more, for the justifiable popular edges contrast with the unique scenery of the rural Peak where you can wander through fields and farms of the National Park to your heart’s content.



A few miles away we have The Ladybower and Derwent Reservoirs – training ground for the famed dam busters during WW2, surrounded by lush, varied woodlands and flanked by great hills where you can walk on all sides or opt for high-altitude walks that will almost have you as high as a kite or alternatively enjoy the more gentle trails. And nearby we have Kinder Scout, a massive windswept, moorland plateau where you can sense true wilderness.

Further south we have Dales of delight, famous and other less-well known dales of Derbyshire that roll on after one another for many a mile.

Our Aims & Itinerary

Our Club Experience aim as always is to have a very enjoyable and social weekend break where we can enjoy walks, good food and great company in a remote and isolated location. It is really easy to enjoy fabulous walking in the Peak District and with the help of voluntary walk leaders we will aim to deliver walks a short and long walk daily remembering that we need to aim to be off the hills by 3.30pm given the time of year. That suggests walks of either 6/7 miles or up to a maximum of 9/10 miles.

Our base at the Hathersage YHA enables us to enjoy walks direct from our doorstep or if you prefer independent walking and time to stroll round the village or Stanage Edge a number of routes are readily available.

For those of you who have not yet been on one of our residential club weekends and perhaps are a little wary of venturing onto the hills I can assure you we welcome new members and encourage you 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

Just let me know if you require information for example on group walking, walking equipment or clothing or wish to view our picture gallery.



Thursday 29th	December
2.00pm	If travelling by minibus we depart from High Wycombe by minibus (pick up points to be confirmed) Alternative departure available at 6.30pm
5.30/9.30pm	Approximate arrival at Hathersage YHA – (pub meal not included in costs)
Friday 30th	December
8.15am	Breakfast
9.30am approx	Depart for walks with packed lunch
4.00pm	Return to Hathersage YHA for tea and cakes
7.00pm	Two course evening meal
Saturday 31st	December
8.15am	Breakfast
9.30am approx	Depart for walks with packed lunch
4.00pm	Return to Hathersage for tea and cakes
8.00pm approx	Moon Walk: The Dark Side – Themed Dinner and music – dressing up to get into the party spirit is optional – but remember some great prizes and surely you don't want me to win again!!!
Sunday 1st	January
9.15am	Festive Breakfast
10/10.30am approx	Depart for walks with packed lunch
4.00pm	Return to Hathersage for a look around the village or to Thorpe Farm for tea and cakes
8.00pm approx	Dinner
Monday 2nd	January
8.30am	Breakfast & packed lunch
10.00am	Depart Hathersage via Chatsworth or alternative tourist venue and return to High Wycombe.
3.30 pm	Return to High Wycombe

Please not all times are advisory only and as you are aware can be influenced by weather, traffic conditions and other eventualities!

Duvet, sheets and pillowcase are included but do remember your towel, suitable outdoor clothing. As usual during our club experience trips help will be required with chores and do feel free to bring along a bottle of wine or a few beers for the communal table.

All meals with **exception of Thursday evening (pub meal available)** are included, breakfast, packed lunches and dinner on Friday, Saturday and Sunday evenings (menus below).

A number of twin rooms are available, if you are interested in these do book early.

Should you wish to enjoy higher levels of privacy Bed & Breakfast accommodation may be available nearby at additional cost – if this is of interest please contact me.

It's planned and we are raring to go - **at £235 (OR £220 if you are taking your own car)** per person including accommodation, transport by minibus, packed lunches, breakfasts, and dinners (**except Thursday evening**) it makes for a lovely and affordable festive break. Do join us if you can.

A deposit of £50 per person (non-refundable) is required on booking by cheque to Walkfree Breakfree Ltd; or internet banking (please email me for account details iain@walkfreebreakfree.co.uk; or credit/debit card via a secure payment site <http://www.walkfreebreakfree.co.uk/payments>

Bookings are being taken now – simply email me at iain@walkfreebreakfree.co.uk to reserve a place and you can forward your completed application form available below at your leisure along with your payment. Take action and enjoy this fabulous festive break.

Walking Routes



For those of you who have not yet been on one of our residential weekends and perhaps are a little wary of walking in groups the Peak district with its relatively low height offers a great opportunity to further develop your walking prowess. It is our intention to offer walks that appeal to regular participants and walks designed to encourage 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.

The routes we hope to take (subject to weather conditions) this weekend will once again be the usual mix of the spectacular and breathtaking but will be confirmed just prior to the weekend so that we can consider the weather conditions and availability of walk leaders.

Again the importance of good boots and waterproof clothing has to be stressed and remember - to gain maximum enjoyment from the experience, all members of the group need to be "walking fit". We do have a small equipment store if you need to borrow any waterproof clothing or boots, just let me know.

Below I offer a short description of eight possible walks but as mentioned above these are for information to give you a flavour of what is available and may well vary. The actual walks chosen will take into consideration the weather, numbers and views of the group and of course the voluntary group leaders. Full information on the likely walks to be selected will be made available to everyone for your individual consideration during the weekend.

A Walk on the White & Dark Side

The Peak District is divided into two distinct geological parts: the White and the Dark. On this walk you cross the line of control starting from Hope it's a brief but steep climb onto one of the great viewpoints of Derbyshire – Lose Hill. This summit marks the start of the famous Great Ridge which winds along high above the Vale of Edale with brilliant vistas in every direction, until it terminates in the Roman fort on top of Mam Tor. After this busy section we get pure isolation on the dramatic Rushup Edge, after which it's time to nip over the boundary into the White Peak where we try to avoid the crowds.

A Castleton Classic

Castleton huddles below the northern edge of the limestone plateau which forms the core of the Peak District, is one of the best known and most visited villages of the region. Its buildings and walls grey and rough as befits a rock that is difficult to work – it is a village that has emerged organically from its landscape. It has the show caves of Treak Cliff, Blue John, Speedwell and Peak Caverns. But we are more interested in making the most of Castleton's location, going north-west to the gritstone heights before returning to the White Peak via one of its most dramatic features to conclude the walk.

Totley's The Tops – Dark Peak – Burbage Rocks & Totley Moor

On this walk we will sneak up on some classic Peak scenery around Burbage Rocks with a little-used moorland circuit. We take in some of the famous honey pots – Burbage Rocks, the Cowper Stone, Higger Tor, Carl Wark and Over Owlter but starting in Totley means we avoid the crowds for as long as possible. It is a walk of real contrasts – quiet wooded valleys lead us away from Totley giving way to gorse and heather of Houndkirk Moor. Then the familiar shape of the Dark Peak appears on the horizon and we embark on a magnificent tour of the south-eastern corner of the Peak national Park.

Lady and the Tramp

The ridges that surround the Ladybower and Derwent Reservoirs offer some of the best walking, bouldering and views in the Dark Peak and we can cram it into one day. Some reservoirs do little more than submerge innocent villages, breed killer algae but not these – they are surrounded by lush, varied woodlands and flanked by great walking on all sides. To the east lie the exposed slopes of the Derwent and Bradfield Moors, and the rightly renowned Derwent Edge, with views down to the water's edge. To the west Bridge-ned, Rowlee and Birchinlee Pastures offer some more gentle trails, plus the chance to survey the sweeping summits of Edale.

Enjoy the Views from Edale Skyline

Kinder Scout, the highest ground in Derbyshire, is ringed by the famous "edges" which gives us a superb walk of high quality on well used paths with some imposing rock formations encountered along the way. This walk is not only easy but has a splendid viewpoint as an added bonus. After that there are more than three miles of fairly level walking along the edges before you join the old Edale to Hayfield packhorse trail. Jacob's ladder must have been a major obstacle to the ponies: we do it the easy way, downhill. Our route visits four of the original settlements or Booths in the valley.

Bakewell, Chatsworth Park & the River Wye

As well as its limestone dales, gritstone moors and lovely villages and town, the Peak District is renowned for its great houses, one of the finest of which, Chatsworth is passed on this walk. The walk also includes two particularly attractive stretches of riverside, woodland, meadows, and glorious views (especially when climbing between the Wye and Derwent valleys), and it starts and finishes in a most pleasant and interesting old town.

A Village Odessey

If we get the luxury of a sunny day for this walk, the white limestone walls contrast beautifully with the green of the grass, and the views extend in all directions. We will visit some of the villages mentioned, each widely differing in character. Sheldon is just one street climbing the hill; Monyash, with its green and pond, is a popular place to stop; Flagg, in a shallow bowl in the hills is off the beaten track; Taddington nestles under the hill just off the main road. Paths and tracks cross and recross the area, several leading to the ghostly like Magpie Mine, the remains of which remind us of one of the main industries of the area. These days the site is haven for flowers emerging in spring.



Full details of walk options or self led walks should you prefer will be available to you during the trip. 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 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 by leaders or Walkfree Breakfree Ltd.

As always our number one priority on all trips is to have fun and relax and if you want to do your own thing, be a tourist – and not even put on a pair of walking boots – just enjoy the food, the fun and companionship - that is fine.



MENUS

Thursday 29th December

Optional Pub meal (**not included in costs**)

Friday 30th December

Ballindalloch Mince and Cheesy Potato Pie

Or

Ballindalloch Vegetable and Cheesy Potato Pie

*

Apple Crumble & cream

Saturday 31st December Themed dinner

Rocket Fuel

(A raspberry and sparkling wine fantasy to start our evening in style)

Blast Off

(Smoked salmon with a vodka and lime dressing to reach those star lit skies)

The Bright Side

(A sweet potato & coconut soup to keep us warm)

The Dark Side

(Pan fried slices of lamb fillet and/or venison medallions served on a potato rosti and leek nest, golden mushroom sauce and roasted shallots)

Or

(Thai style root vegetable casserole)

Dark or is it Light

Highland Brulee

Or

Drambuie Parfait

Or

Flambéed fruits

Tomorrow Dawns

Cheese, Coffee & Mints & Choice of Port, Whisky or Brandy

Sunday 1st January 2012

Festive Breakfast

(Scrambled eggs with wild mushrooms and smoked salmon and a glass of Bucks Fizz)

Dinner

Traditional Scotch Broth

* * *

Home Cooked Honey Roast Ham with a selection of seasonal vegetables

Or

Vegetables with Tufu & Coconut Braised red Lentils

* * *

Home-made Scottish Cloutie Dumpling & Cream

Breakfast

Porridge, home-made muesli and a selection of cereals

Orange/Apple Juice & Boiled eggs

Toast with jam/marmalade/butter

Tea/Coffee

Packed Lunch (Saturday & Sunday)

Sandwiches

Chocolate Biscuit

Bag of crisps

Piece of fruit

Tea & Cakes on our return to the hostel from walks

Tea & coffee available for your flasks

Note: Menu may be subject to change in accordance to availability of ingredients & numbers participating on the weekend.

As usual during our club experience weekends help will be required with chores but these will be well organised and part of the fun. Please do feel free to bring along a bottle of wine or a few beers for the communal dining table.

Walkfree Breakfree: The Club Experience - Information for New Members

Club Experience – We truly welcome new members who seek to participate and enjoy our annual programme of weekend and day walks and share the fun and social experiences of our group. Community, support and encouraging participation at every level, for groups, singles and couples of all ages is at the heart of our company ethos. Every new member strengthens our club and improves the social experience for us all so don't delay – do join us.

Operating in a classic club style with members voluntarily helping to deliver services and chores in differing ways we can offer great value weekend walking breaks and free walks in the Chilterns to help get you outdoors more often or help you make that new start you promised yourself.

Registration is free and a small annual fee of £25 (totally dedicated to reducing weekend walking break costs and delivering our free Chiltern walks programme) is added to the first club experience residential trip you participate on during 2012 programme.

Our Club Experience programme offers value for money, fun, companionship and easy, no hassle access to some of the finest walking destinations in the UK. If our Club Experience programme helps you to get walking and outdoors more often we are happy.



Outdoor activities for all

Club Experience: 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

Dates	Thursday 29th December to Monday 2nd January 2012
Event/trip	New Year Walks in the Peak National Park – A Festive Break to be enjoyed.
Name of person booking (group leader)	
E Mail address (group leader)	
Address	
Home Tel No	
Mobile No	
Emergency contact information to be used in the event of an emergency arising during the trip:	
Name	
contact number	

Names of others in group

<i>Name</i>	<i>Mobile Number</i>	<i>Emergency contact number</i>

Travel details

Minibus	<ul style="list-style-type: none"> Minibus Transport 2.00 pm departure from High Wycombe required (please delete as appropriate) 	Yes	No
	<ul style="list-style-type: none"> I am interested in leaving at 6:30pm (please delete as appropriate) 	Yes	No
Lift	<ul style="list-style-type: none"> I would prefer a lift if possible I will endeavour to put members in touch with each other to encourage green travel. 	Yes	No
Independent travel	<ul style="list-style-type: none"> I am making independent travel arrangements and intend to arrive on (day/date) 	At (time)	
	<ul style="list-style-type: none"> and depart on (day/date) 	At (time)	
Please indicate if you can offer a lift (and share travel expenses) to others in the group who may prefer not to travel via minibus			Yes No

Our very successful club experience is achieved by one and all participating in chores large and small and volunteers assisting in other ways as detailed below. If you would wish to volunteer please indicate below:
(please delete as appropriate)

<ul style="list-style-type: none"> I would be happy to be a volunteer minibus driver 	Yes	No
<ul style="list-style-type: none"> I would be happy to lead walks 	Yes	No

Booking

Trip/event costs Inclusive Package in shared rooms Please note Personal Accident and Insurance is a matter for individuals and is not included in the costs		£235 per person (deduct £15 if travelling by car)	
Number booked		@ £235 per person or £220 if travelling by car	£
I wish to join the weekend but prefer to book myself into local guest accommodation but participate in all other activities. (Note: I will ring to discuss this option and cost with you)		Telephone number to discuss: Day: Evening:	
Minibus Numbers booked			
Include if applicable: 2012 Club Experience Membership Fee (A fee totally dedicated to keeping club experience weekend prices as low as possible and to deliver our free Chiltern walks programme)		@ £25 per person NOTE: This weekend is a great incentive to bring along a guest or join us for the first time. No Club experience membership fee required for	NO CHARGE

		this festive weekend	
<i>Total Payable</i>		TOTAL	£
<p>CREDIT / Debit CARD PAYMENT- via the secure site below.</p> <p>Please use transaction reference WFBFPEAK PLUS your initials.</p> <p>http://www.walkfreebreakfree.co.uk/payments</p> <p>Internet banking email iain@walkfreebreakfree.co.uk for account transfer details</p>		:	

Cheques made payable to **Walkfree Breakfree Ltd**

<ul style="list-style-type: none"> ▪ Vegetarian Food required: Please indicate number of people requiring vegetarian food in group: 	<i>Yes</i>	<i>No</i>
<ul style="list-style-type: none"> ▪ Other Dietary Issues you may wish to bring to our attention: 		
<ul style="list-style-type: none"> ▪ Health & Fitness Bookings are accepted on the understanding that all persons participating are normally in good health and physically equally 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 http://www.walkfreebreakfree.co.uk/fitness-quiz may be helpful and a useful reference point for your personal use. <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>		

For this trip please remember to bring:

- Towel
- suitable outdoor clothing,
- Sturdy footwear, (please remember that weather conditions can be bitterly cold and wet!),
- And flasks if hot drinks on walks are required.

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

<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:

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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.

