



Free Chiltern Walks - Try Before You Buy 2011 Programme



Introduction

Thank you for downloading our free Chiltern Walks – Try Before You Buy 2011 programme.

Our Walkfree Breakfree ethos is simple – we want to encourage participation by one and all – so please do take this opportunity if you can to enjoy one of our free day walks. Get the dates into your diary now and do remember to join our mailing list so that we can send full details of the walks and keep you updated.

It is essential you reserve a place on a walk in advance by emailing iain@walkfreebreakfree.co.uk

We look forward to seeing you soon on one of our Try Before You Buy – Free Chiltern Day walks.

Transport

As we encourage green travel many of our walks will be supported by our Walkfree Breakfree minibuses with pick up points from High Wycombe and other convenient rail/bus stations or points on route to the walk start points. However, this is dependent upon minibus availability and can only be confirmed some days prior to the walk.

Terms & Conditions

Please note our free walk programme is undertaken entirely at your own risk and Walkfree Breakfree Ltd accept no responsibility or liability as you join the walk on the basis of a participating adult and are therefore freely responsible for your own actions and decisions. You will be required (if not already a member) to register as Club Experience members - membership is free. A £25 charge will be applicable should you wish to join one of our club experience residential trip.

Full details on our Club Experience Programme and membership form is available at www.walkfreebreakfree.co.uk

For your convenience a membership form is available below.

All those participating on walks do need to be walking fit, but our walks in the Chilterns are achievable by anyone with a reasonable level of fitness. You need to be equipped with appropriate footwear, clothing and equipment for the weather conditions on the day. Should you have any questions or queries please do not hesitate to contact me.

PROGRAMME DETAILS

Sunday 30th January : Festive Steps Revisited

Our annual Christmas walk (slightly latter than planned) with mulled wine & cakes/mince pies. This year to Wendover Woods and canal we merrily go! A 6 mile energetic walk with a stop or two to enjoy a glass of hot mulled wine where we will be rewarded by glorious views across the Vale of Aylesbury on what we hope will be a sparkling clear fine winter's day!

On this walk we will enjoy a long steady climb through the glorious Wendover Woods to the highest point of the Chilterns. Our exertions will be rewarded by great views and the return leg is beside the Wendover arm of the Grand Union Canal. This has been closed for over a century but still carries water. Shaded by trees, it is rich in all sorts of waterfowl and some have even caught sight of the blue flash of a kingfisher.

Start Point Wendover

Time:10.30

Grid Reference: GR 869082

Car Park: End of the Wendover arm of the Grand Union Canal, on Wharf Road, Wendover. Wharf road runs east from the B4009 towards Aylesbury

Advance Booking Essential Email lain@walkfreebreakfree.co.uk or my mobile 07889 165278

Tuesday 8th February Prefect Peace

Start Point: Lane End

Start Time 1pm

A six-mile walk starting from Lane End, which skirts the village of Frieth as we head for Skirmett. This walk crosses three commons each with its own character and wildlife – especially Moorend where rare orchids can be seen in spring and summer. Our walk will take us over open fields and through lovely Chiltern beech woods with views over the Hambleton Valley.

Advance Booking Essential Email lain@walkfreebreakfree.co.uk

Sunday 27th February Trees and water – a glorious mix

Start Point Henley

Start Time: 10.30am

A 7 mile waterside walk around Henley & Fawley where we have an opportunity to enjoy beautiful beech woods, parkland the world famous Henley Regatta course on the river Thames.

If you love trees as well as walking by water, this is the walk for you. It starts on the outskirts of Henley-on-Thames and climbs through woods and across fields to Fawley, high on the Chiltern Hills overlooking the Thames. The route then descends through beautiful beech woods to Greenlands and crosses the parkland with many specimen trees before returning to Henley along the world-famous regatta course.

Fawley is a scattered hilltop village, probably of Saxon origin. The well under a pretty pagoda on the village green on the right is said to be 336 feet deep and there has been a church on this site for over 800 years.

The stretch of the Thames we walk is the famous Henley regatta course, a great rowing festival which had its origin in the first University Boat Race, in June 1829. The first regatta took place on 14th June 1839, and has now grown to five days of racing with 350 entries from all over the world.

Grid Reference: GR 760832

Car Park: Dry Leas car park (charge) at the edge of Henley on the A4155 to Marlow, 100 yards from its junction with the A4129

Advance Booking Essential Email lain@walkfreebreakfree.co.uk

Saturday 26th March A Village Odyssey

Start Time: 10.30

Start Point: Chalfont St Giles

Enjoy an eight mile walk around the lovely Chiltern villages of Jordans & Chalfont St Giles and walk in the footsteps of the poet John Milton. He came to the village of Chalfont St Giles in 1665 to escape from the Great Plague of London and during the year he spent here he finished Paradise Lost and began Paradise Regained.

We will also walk to the village of Jordan's, the village is a notable centre for Quakerism and in this 17th century village we will find one of the oldest Friends meeting houses built in 1688, shortly after the Declaration of Indulgence. In the cemetery of the house is the burial place of William Penn founder of the Province of Pennsylvania as well as other notable Quakers.

Within the grounds of Old Jordan is the Mayflower Barn, said to be built from the timbers of the Mayflower the ship that took the Pilgrim father's to America according to the antiquarian J. Rendell Harris in the 1920's.

Advance Booking Essential Email lain@walkfreebreakfree.co.uk

Friday 6th May: The Chiltern Hamlets

Start Point: Cadmore End

Start Time: 1pm

This is a lovely walk six mile walk starting from Cadmore End through valleys and over rolling countryside with stunning views from the high points including the much-filmed Turville. We will pass the windmill of "Chitty Chitty" fame and the "Vicar of Dibleys" church and pass through the pleasant villages of Skirmett and Fingest.

Advance Booking Essential Email lain@walkfreebreakfree.co.uk



Sunday 15th May A Chiltern Blue Bells Trail

Start Point (To be confirmed)

Start Time 10.30am

Walk a Chiltern Blue Bell Trail (note the date for this might be brought forward depending on spring blooming conditions)

Join us on our annual Blue Bell walk of 8 miles through the most beautiful Chiltern woodlands and enjoy a fine display of bluebells. This year our walk is going to be a leisurely affair and will include a visit to one of our Chilterns quaint and pleasant traditional pubs.

Advance Booking Essential Email lain@walkfreebreakfree.co.uk

Tuesday 24th May - Escaping the great Metropolis:

Start Point Chorleywood

Start Time: 9.30am

Join us on a pleasant ten mile walk which starts from Chorleywood. Discover glorious woods and unspoilt villages as we walk from Chorleywood (which can be reached by London Underground) through woodland, riverside meadows and the Chess Valley. We will visit the unspoilt villages of Flaunden and Chenies, which was described as a beautiful specimen of an English village. It is a fairly gentle ten mile walk on footpaths.

Advance Booking Essential Email lain@walkfreebreakfree.co.uk

Sunday 12th June **Follow the Red Brick Road: 15 miles**

Start Point To Be Confirmed

Start Time 8.30am

This is a challenging Chiltern walk but a very satisfying one. Every step of the way there is something new to see, from woods to fields, along valleys and over hills, through villages and past great houses. Follow the Red Brick road does it all in style. The scenery is a constant attraction and on occasion we are further spoilt with the reward of some glorious views. As well as the distance which can be tiring we have several steep climbs on our route that starts at the Warburg Nature Reserve and moves on to Nettlebed, Ewelme and Swyncombe.

Other Walking Summer Highlights to Follow – look out for the dates

- A late evening Glowworm walk
- repeat of our walk and wild swim
- the Walkfree Breakfree Club Experience Walk & Summer BBQ:

Do remember and join our mailing list to be kept fully informed of our Winter/Spring 2011 Free Walks in the Chilterns – Try Before You Buy programme and information on other walking opportunities..

Walkfree Breakfree: Club Experience Membership Form



New Members

Club Experience - We truly welcome new members who seek to participate and enjoy our programme of weekend 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 all so don't delay - do join us.

Offering fantastic value our cheap weekend accommodation, walks and activities will enable you to get outdoors more often or help you make that new start you promised and you will enjoy discounts on Walkfree Breakfree - Simply Active and Active Learning short breaks and holidays and an opportunity to participate on our free Chilterns walking programme.

Registration is free and a small fee of £25 is added to the first club experience trip you participate on during the 2011 programme and that will enable us to deliver cheap weekend walking trips. We are confident our Club Experience programme offers value for money even if you are already members of other walking groups and Ramblers Clubs. If we can deliver to you more walking and outdoor activity opportunities through our Club Experience programme we are happy.

Walkfree Breakfree – Club Experience

MEMBERSHIP APPLICATION & REGISTRATION FORM

(To be completed by everyone who wishes to join the Walkfree Breakfree Club Experience trips or participate on our free Chiltern walks during 2011)

Please return to: Iain Thomson

 Walkfree Breakfree Ltd

 Buckingham House

 Desborough Road

 High Wycombe

 Buckinghamshire

 HP11 2PR

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 (attached).

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.

I fully understand and accept membership on the above conditions:

Signed..... Dated

Name.....

ADDRESS

.....

Home Tel No.....

Mobile No.....

Emergency Contact Number & name to be used in the event of an emergency arising during trips

: NameEmergency Contact Number.....

Additional Members

Name	Mobile Number	Emergency Contact No (if not above)

Our very successful club experience breaks are 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)

I would be happy to offer car shares Yes/No

I would be happy to be a volunteer minibus driver Yes/No

I would be happy to lead walks Yes/No

I would be happy to lead mountain bike routes Yes/No

I would be pleased to volunteer in other ways:.....

Special dietary requirements:

This application form will register you to join **Walkfree Breakfree: Club Experience** as Associate Members free of charge. Your membership will automatically be extended to full membership when you participate on your first event during 2010 when you will be charged the low membership fee of £25. All Associate and full members will receive details of Walkfree Breakfree Ltd activities including **The Club Experience**.

Health & Fitness

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 on our website may be helpful and a useful reference point for your personal use.

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. If you or a member of your party have medical conditions you wish to be brought to the attention of voluntary leaders please indicate below:

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