



## Ooh la la - its spring and time to enjoy a short break & hop across the channel

**Friday 4<sup>th</sup> (2pm) to Tuesday 8<sup>th</sup> May 2012**

(Optional latter departure at 5:30pm may be available)

Spring time is well and truly here – possibly summer weather too! The perfect time to enjoy a well deserved spring bank holiday break with an extra day thrown in to help us avoid the heavy traffic on our return journey.

Our objective as always is to deliver an active but yet relaxing, well organised weekend that offers you an opportunity to explore and enjoy a new destination. To make the weekend as affordable as possible, the service offered is based on the Walkfree Breakfree Club



Experience service style. Participants assist with chores such as washing up, setting tables and assisting the chef. However I can assure you the chores are well organised, shared between us and become part of the fun! Participation is on the basis of a responsible adult as defined in the British Mountaineering Council (BMC) statement with each person responsible for their own safety and that of others. Further information if required is available on the Walkfree Breakfree website.

[www.walkfreebreakfree.co.uk](http://www.walkfreebreakfree.co.uk)

This service style also allows you to bring your own wine and beer making this weekend really sociable and great value for money. During the weekend we plan to offer a range of guided short and long walks plus excursions. Alternatively you can opt for independent walking – the choice is yours to be energetic or simply relax and enjoy the villages and countryside around our excellent Gite.

### **Do read on and join us if you can.**

Departing High Wycombe at 2pm on Friday 4<sup>th</sup> May with additional pick up points finalised when participant's requirements are known. If numbers allow we will run an additional latter departure at 5.30pm.

We will be staying in the Le Manoir d' Granges a French Gite in a typically converted farmhouse offering high quality standard twin, double and triple rooms and not a bunk bed in sight! We will be renting the Cottage and the large Chalet. The latter has an impressive kitchen, dining and social space which we will use as our dining & social base. The Gite is located in the heart of "the Vallee de la Course". It is quiet and peaceful, surrounded by charming Boulonnaise hedged farmland and is close to the GR 127 walking route. It is only



five minutes drive from Desvres, a small and lively market town famed for its beautiful earthenware pottery and world famous clock in the main square. It also has an excellent Ceramics Museum which is worth a visit.



In the evenings I will deliver French style cuisine based on locally sourced products – it really will be a weekend when we can simply walk, talk, drink and eat. Full details of our accommodation is available on the link below and we would encourage you to explore this prior to booking.

<http://www.lemanoirdegranges.fr/uk/gites.php>

Across the English Channel we will enjoy a number of walks in the Pas de Calais region exploring the countryside around our Gite, and nearby Montreuil-sur-Mer (GHQ during WW1) with its lovely church and castle set high on the hilltop and discover some of the finest paths and views in this region of France.

<http://www.telegraph.co.uk/travel/destinations/europe/france/north/724191/Montreuil-sur-Mer-Weekend-to-remember.html>

We will also visit the city of Boulogne with its splendid medieval town centre and ancient cathedral surrounded by ancient fortified town walls and Le Touquet, the famous seaside resort surrounded by pine forests, golf courses and winding roads with its echoes from the days when Noel Coward, PG Wodehouse and their chums popped over to relax on Cote d' Opale.

Here, as we stroll along the promenade and beach we will understand why Monet and Boudin loved to paint in the pearly light. There is no better place to blow away the cobwebs as we watch kite flyers and rollers breaking on the beach.

Further north, from Cape Gris the views across the channel to the white cliffs of Dover and home viewed from this different angle are truly stunning and reassuring. Here we can walk along some of the beautiful French coastline Cap Blanc-Nez, Cap Griss Nez with its cliffs, sandy beaches, wind kites flying high, foaming white surf and explore some of the small villages along our way possibly Wissant, Ambleteuse or Wimereux and some interesting remnants of second war fortifications.

<http://www.telegraph.co.uk/travel/destinations/europe/france/north/8308183/France-Beyond-Calais-lie-the-fruits-of-the-Opal-Coast.html>

## Itinerary

### Friday 4<sup>th</sup> May (suggested pick up points)

2:00pm High Wycombe (other pick up points by arrangement)

**5.30pm (Optional departure if numbers allow)**

6/7:00pm Approximate arrival at Gite

Simple snack meal on arrival – soup & snacks with complimentary wine & beer

### **Saturday 5<sup>th</sup> May**

8-9:00am Continental breakfast

9:30am Depart for walks

Baguette with French cheese & fruit provided for packed lunch but do remember your own snacks and drinks

4/5:00pm Return to Gite for cakes & tea

8:00pm Dinner BBQ style in Gite

### **Sunday 6<sup>th</sup> May**

8-9:00am Continental breakfast

9:30am Depart for walks

Baguette with French cheese & fruit provided for packed lunch but do remember your own snacks and drinks

4/5:00pm Return to Gite for cakes/tea

8:00pm Dinner – with regional dishes

### **Monday 7<sup>th</sup> May**

8-9:00am Continental breakfast

9:30am Depart for walks

Baguette with French cheese & fruit provided for packed lunch but do remember your own snacks and drinks

4/5:00pm Return to Gite for cakes/tea

8:00pm Four Course Dinner in the Chalet

### **Tuesday 8<sup>th</sup> May**

8-9:00am Continental breakfast

9:30am Depart for hypermarket visit and return home

3.30pm Approximate return to High Wycombe

### **Menus**

Breakfast Porridge, muesli and a selection of cereals

Orange/Apple Juice & Boiled eggs

French bread with jam/marmalade/butter

Tea/Coffee

Packed Lunches (Saturday, Sunday, Monday)

Baguette with French Cheese & Ham plus a piece of fruit

**(Please bring your own snacks and drinks – coffee/tea available for flasks)**

Friday 4<sup>th</sup> May

Snack Meal – Home-made soup/snacks & complimentary wine/beer

Saturday 5<sup>th</sup> &

BBQ (weather permitting) with French salads, chicken and fresh fruits

Sunday 6<sup>th</sup> May

Beef Carbonnade a flamade or Leek & Cheese Flamiche with a selection of desserts

Monday 7<sup>th</sup> May

A four Course French dinner served in the Chalet dining room with menu based on locally sourced fish and cheeses with dessert and coffee.



### **WFBF Spring Bank Holiday in France - £265 per person (twin/double/triple rooms)**

#### **COSTS INCLUSIVE OF:**

Travel by minibus and Eurotunnel crossing

Welcome drink and snacks on minibus

4 night's Gite accommodation in double, twin or triple rooms

Breakfasts

Packed Lunches x 3 (Baguette & Fruit)

All evening Meals as mentioned above

Guided or independent walks and excursions

#### **Does not include:**

Travel Insurance

Meals whilst travelling

We can promise great walks and excursions on foot, and the walks will be planned to be around **15 – 18 km** (or longer should some participants prefer) with no major ascents involved so they should pose no problem for those who walk in the Chilterns.

On Tuesday morning prior to returning home we will visit a hypermarket.

What a weekend – stunning French countryside, culture, shopping and walks galore – surely this is a bank holiday walking weekend not to be missed. Do join us if you can.

Links with further Information on the area

<http://www.informationfrance.com/towns/125:boulogne-sur-mer>

[http://www.google.co.uk/search?q=boulogne+sur+mer&hl=en&rlz=1T4ADFA\\_enGB361GB361&prmd=imvns&tbn=isch&tbo=u&source=univ&sa=X&ei=4k2MTsy-Bua10QXuqJ3MBQ&ved=0CHMQsAQ&biw=1366&bih=542](http://www.google.co.uk/search?q=boulogne+sur+mer&hl=en&rlz=1T4ADFA_enGB361GB361&prmd=imvns&tbn=isch&tbo=u&source=univ&sa=X&ei=4k2MTsy-Bua10QXuqJ3MBQ&ved=0CHMQsAQ&biw=1366&bih=542)

<http://www.informationfrance.com/towns/158:desvres>

<http://www.desvresmuseum.org/>



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

<b>Dates :</b>	<b>Friday 4<sup>th</sup> (2pm) to Tuesday 8<sup>th</sup> May 201 2012</b>
<b>Event/trip Reference</b>	<b>WFBF French Spring Bank Holiday Reference: WFBFFrance plus your initials</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)**

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

**Travel details I prefer if available the latter 5:30pm departure YES/NO**

<i>Independent travel</i>	<ul style="list-style-type: none"> <li>• <b>My travel arrangements are detailed opposite.</b></li> </ul>	(day/date)	At (time)
		Flight No	
		(day/date)	At (time)
		Flight No	

<p><b>Trip/event costs £265 per person</b></p> <p><b>Inclusive Package in double, twin or triple rooms</b></p> <p><b>Number Booked</b></p> <p>Please note Travel Insurance is not included in the costs</p>		@ £ 265 per person	£
<p><i>Included Free – Your Walkfree Breakfree Club Experience membership – your gateway to great value outdoor walks and activities</i></p>			NO CHARGE
<p><i>Total Payable</i></p> <p><b>DEPOSIT Required £100 per person with Booking Form (Non refundable)</b></p> <p><b>Balance payable 1<sup>st</sup> April 2012</b></p>		<b>TOTAL</b>	£
<p>CREDIT / Debit CARD PAYMENT- via the secure site below.</p> <p>Please use as transaction reference. <b>WFBFFrance plus your initials.</b></p> <p><a href="http://www.walkfreebreakfree.co.uk/payments">http://www.walkfreebreakfree.co.uk/payments</a></p> <p>Internet banking email <a href="mailto:iain@walkfreebreakfree.co.uk">iain@walkfreebreakfree.co.uk</a> for account transfer details</p> <p>Or via Cheque made payable to <b>Walkfree Breakfree Ltd</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>	<p><i>Yes    No</i></p>
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**Other Dietary Issues you may wish to bring to our attention:**

• **Health & Fitness**

- Note this is a walking holiday and we will at times be walking in remote terrain on a variety of footpaths with gradients. You therefore need to be walking fit but our walks will be suitable for those who walk regularly in the Chilterns – please consider fully prior to booking

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.

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 here and include relevant details in confidence with the booking form.

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.