



Lake District & Cumbrian Way 2012

Friday 25th to Sunday 27th May 2012

(A weekend of walks, fun and adventure which has it all)



Do join us on this value walking weekend to the Lake District where we will be staying in the Walkers Hostel in Ulverston. This is a small market town in the centre of the Furness peninsula. It lies just beyond the boundary of the Lake District National Park and is surrounded by rolling farmland and small seaside villages. With its old buildings and cobbled streets, and what is claimed to be the deepest, widest and straightest canal in the UK

(now disused) it offers us an excellent weekend base.

Ulverston is much quieter than many parts of the Lake District, yet it offers us easy access to the southern Lake District fells and mountains tops. It is also the start point of the Cumbrian Way that links Ulverston to Carlisle a very pleasant trail that winds its way northwards through the countryside above Ulverston and along valleys, fell and lakes.

On our arrival on Friday night we will have a simple snack meal in the hostel before sampling refreshments in a local pub and on Saturday night we will enjoy an excellent dinner in our large dining room.

The cost is £139 which includes free travel by minibus, shared hostel accommodation (allocated by gender), breakfasts & packed lunches, Friday snack meal, Saturday dinner and guided walks. A small number of double/twin rooms are available allocated on a first come basis.

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

This service style also allows us to bring our own wine and beer making this weekend really sociable and great value for money. **Do read on and join us if you can.**

Booking Information



The Lake District and the Furness Peninsula is friendly and welcoming offering us a landscape of lakes, mountains and coastline which have captivated visitors for decades. From the major peaks we will look down on peaceful, green, wooded valleys which are lush and dotted with attractive valleys.

Ulverston is known as “the laal town with a big heart” it is famous for its plethora of festivals which include the Charter Festival, Flag Festival and Carnival. It is also the birthplace of Stan Laurel (a museum dedicated to Stan and Ollie has been set up in the town). Sir John Barrow was born in the town and the town of his birth is now overlooked by his monument on Hoad Hill, a replica of the Eddystone lighthouse built in 1850, which has recently been fully renovated

Our walking programme this weekend is designed to be enjoyed by people of all ages, all degrees of fitness and all interests. As Wordsworth put it, *“The Lake District is a sort of national property, in which every man has a right and an interest who has an eye to perceive and a heart to enjoy”*.

This weekend will surely deliver that as you stride out along the Cumbrian way, ascent to the top of Coniston Old Man; enjoy the views around the village of Cartmel or alternatively a muddy encounter with the Queens Guide in Morecambe Bay.

On Saturday our walking programme will offer you an opportunity to tackle a section of the Cumbrian Way 8/9 miles (or longer if you wish) ending in the village of Coniston, on the banks of Coniston Water. Here you may take a trip around the lake in the National Trust’s Victorian steam gondola. It is also the lake where sadly Donald Campbell died in 1967 when trying to reach a speed of 300 miles per hour to break the then world record.



Alternatively you can enjoy a mountain walk which will take you to the top of the conical peak of Coniston Old Man (803m) that dominates the village of Coniston. This walk will combine a mountain climb and a lakeside stroll. The ascent of the Old Man is lengthy and, towards the end, steep, but it is not difficult and is followed by a gradual descent to Torver and a relaxing walk through

woods and across meadows adjoining the western shores of Coniston water (9 miles).

On Sunday its decision time – as you have a choice of a walk or a muddy adventure!



We offer you a unique opportunity to participate in a walk across the mud banks of Morecambe Bay taking you from Arnside to Kents Bank led by the Queens Guide Cedric Robinson MBE. This truly will be a special and very different experience that will have you up to your knees in mud but hopefully leave you laughing for weeks. It's a charity walk and a donation to the Queens Guide will be payable by all those who participate. Remember mud is fun!



If you prefer to stay clean we have an excellent walk planned on the southern fringes of the national park around the gentle countryside of the village of Cartmel with its ancient Priory which lies between the Lakeland Mountains and Morecambe Bay. Here we will have an easy climb to the summit of Hampsfield Fell which although only (222m) high, offers us splendid views over coastline and mountains.

On Saturday night we will have an opportunity to relax as we enjoy an excellent dinner in the comfort and ambience of our hostel.

During the weekend we will stay in Hoad View – a self contained house Ulverston, a recently renovated, former independent hostel which is well situated for our weekend walks and offers us all the facilities we require for our weekend.



The advantage of our self-contained house and shared accommodation is it allows us to deliver an inclusive walking weekend offering excellent value for money and an informal, community orientated venue for a great dinner on Saturday night.

Walks are around **15 – 18 km** and the low level walks will pose no problem for those who walk in the Chilterns. Do join us if you can on what promises to be an unbeatable weekend of walks, fun and adventure.

Proposed Itinerary

Friday 25th May:	2:00pm	Depart High Wycombe – by free Minibus other pick up points by arrangement
	Depending on numbers a latter minibus departure may be available – please note on booking form	
	8:00 pm	Snack evening meal, followed by a visit to a local pub
Saturday 26th May:	8:00am	Continental Breakfast
	9:30am	Depart for walks
	4/5:00pm	Return to hostel (Tea & Cakes)
	8:00pm	Dinner
Sunday 27th May:	8:00am	Continental Breakfast

9:30am	Check out and depart hostel for walks
3/4:00pm	Depart area for High Wycombe
7:00pm	Approximate arrival home

Price: £139 per person (shared hostel accommodation – allocated by gender).

Small number of double/twin rooms available – allocated on a first come basis

Price includes:

- Free travel by minibus
- Shared hostel accommodation (allocated by gender)
- Snack meal Friday night
- 4 course Dinner on Saturday evening
- Continental breakfast x 2
- Packed lunch x 2
- Guided Walks

Price does not include:

- Drinks with meals
- Charity donation to the Queens Guide if participating on the charity walk across Morecambe Bay
- Personal insurance

MENUS:

Breakfast

Porridge, muesli and a selection of cereals
 Orange/Apple Juice & Boiled eggs
 Toast with jam/marmalade/butter
 Tea/Coffee

Packed Lunch (Saturday & Sunday)

Sandwich
 Cake or Chocolate Biscuit
 Bag of crisps
 Piece of fruit
 Tea & coffee available for your flasks

Friday 25th May Home made soup, bread, snacks

Saturday 26th May **Dinner**

Rosemary Porcini & Chilli-roasted Feta with salad & bread

Almond-crusted Chicken Scaloppine with wild Rocket salad and Ricotta salata

Or

Wild Mushroom and Ricotta Ravioli

With seasonal vegetables

Italian Trifle

Coffee & Cheeseboard

Information Links:

Ulverston: <http://www.discoverthelakes.co.uk/ulverston-c153.html>

Ulverston Walkers hostel <http://www.thewalkershostel.co.uk/>

Coniston Water http://en.wikipedia.org/wiki/Coniston_Water

Coniston Old Man http://en.wikipedia.org/wiki/Old_Man_of_Coniston

Cartmel <http://www.cartmelvillage.com/>

Morecambe Bay Walks <http://www.morecambe.co.uk/walk.html>





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 :	Friday 25th to Sunday 27th May 2012
Event/trip Reference	Lake District & Cumbrian Way <i>(A weekend of walks, fun and adventure which has it all)</i> REF WFBFLAKES
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 (if booking more than one person)

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

Travel details: Minibus Departs at 2:00 pm
An optional latter departure may be available

Yes/NO
I am interested in this YES/NO

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

Trip/event costs £139 per person Inclusive Package in shared accommodation Number Booked Please note Travel Insurance is not included		@ £ 139 per person	£
I wish to book additional extras: Double/Twin Room (very limited – first come basis – no extra charge) With: I wish to participate on the Morecambe Bay Charity walk on Sunday – mud is fun!		YES/NO (please delete as appropriate)	£
<i>Included Free – Your Walkfree Breakfree Club Experience membership – your gateway to great value outdoor walks and activities</i>			NO CHARGE
<i>Total Payable</i> DEPOSIT Required £50 per person with Booking Form Balance payable 14th April 2012		TOTAL	£
CREDIT / Debit CARD PAYMENT- via the secure site below. Please use as transaction reference. WFBFlakes plus-your initials. http://www.walkfreebreakfree.co.uk/payments Internet banking email iain@walkfreebreakfree.co.uk for account transfer details Or via Cheque 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: 	Yes No
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Other Dietary Issues you may wish to bring to our attention:

- **Health & Fitness**
- Note this is a trekking 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.