

Rutland Haven – Bike It – Walk It

Saturday 28th to Sunday 29th April

Do join us if you can on an overnight, two day jaunt to Rutland, England's smallest county. It is only 16 miles in every direction but yet one of England's most serene and unspoilt. In the county we have Rutland Water which is Europe's biggest man-made lake and a haven for cycling, walking, fishing and bird watching.



During the weekend we will enjoy Rutland's gently rolling countryside and scattered villages and have an opportunity to spot the famed Ospreys that breed on the lake. We plan to offer a choice of cycling or walking on both Saturday and Sunday around Rutland Water and discover the attractive villages and cosy pubs that are tucked away like little pearls waiting to be unearthed.



Danny who led some excellent bird spotting walks in Orkney, Norfolk and the Pennines will once again lead the walks and will be pleased to help identify the birdlife around Rutland water.

Unlike our usual arrangements we are going to deliberately keep planning for this weekend to a minimum and aim to deliver an informal, low key weekend where we walk or cycle and do whatever the mood and weather allows us to do!

The cost for the weekend to include travel by minibus and your cycle (if you are bringing one) on our covered cycle trailer and the guided walks or cycle rides is £30. **The cost does not include meals, packed lunches or accommodation.**

I suggest if you are interested in joining this weekend you book your place as soon as possible as this will enable me to make arrangements to book bedrooms for our group into a budget hotel for our overnight stay on Saturday 28th April. The cost of which will be passed direct to you. The earlier we book these rooms the cheaper they are likely to be.

The budget cost for the weekend assuming you are sharing a room is therefore in the order of £59. On the Saturday



evening we will have a meal in a local pub or restaurant close to wherever we are staying.

A little bit different from our usual weekends but it offers a simple escape to a very unspoilt part of England. Do join us if you can.

"Rutland has the sort of atmosphere that people move to rural France for. It's like the Cotswolds without the knobs on"

Proposed Itinerary

Saturday 28th April	7:45am	Depart High Wycombe by Minibus with cycle trailer (Other pick up points available by arrangement)
	11:00 am	Walk/Bike Ride Rutland Water
	5:00/6:00pm	Transfer to Budget Hotel
	7:30pm	Evening Meal local pub or restaurant

Sunday 29th April

	9:30am	Depart for walks/bike rides
	3:30pm	Depart Rutland
	6:00pm	Return High Wycombe

Price: £30 per person

Price includes:

- Free travel by minibus for passenger and bicycle
- Guided walks or bike ride

Price does not include:

- Meals or accommodation

OPTIONAL EXTRAS

Budget hotel accommodation if required. Please note on the booking form below and indicate whether you require shared accommodation or a single room. The cost will be passed direct to you. I have estimated a maximum of £20 cost of per person for a shared room – if it exceeds that I will contact you prior to booking.

Information Links:

<http://www.discover-rutland.co.uk/>

<http://www.ospreys.org.uk/>



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 :	Saturday 28th to Sunday 29th April 2012
Event/trip Reference	Rutland Haven – Bike it or Walk it Reference:WFBFRutland
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: I wish a seat on the minibus YES/NO

I will bring a bicycle with me YES/NO

My preferred pick up point is(To be confirmed)

Independent travel	<ul style="list-style-type: none"> • My travel arrangements are detailed opposite. 	(day/date)	At (time)
	<ul style="list-style-type: none"> • We prefer to cycle/ walk (please delete as appropriate) 	(day/date)	At (time)

<p>Trip/event costs £30 per person</p> <p>Inclusive of minibus travel with bicycle and guided walks or cycle ride</p> <p>Please note meals, accommodation and Travel Insurance is not included</p>		@ £30 per person	£
<p>I wish to book additional extras:</p> <p>Budget Hotel Twin Room (estimate £20 – if greater will contact you prior to booking) YES /NO</p> <p>Budget Hotel Single Room (estimate £40 – if greater will contact you prior to booking) YES/NO</p> <p>Please book me a place for a pub/restaurant meal on Saturday evening YES/NO</p>		Accommodation costs if booked on your behalf will be due within two weeks of booking being made.	£
<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>£30 per person with Booking Form</p> <p>Accommodation if required – this will be due within 2 weeks of when I book on your behalf</p>		TOTAL	£
<p>CREDIT / Debit CARD PAYMENT- via the secure site below.</p> <p>Please use as transaction reference. WFBFrutland plus- your initials.</p> <p>http://www.walkfreebreakfree.co.uk/payments</p> <p>Internet banking email iain@walkfreebreakfree.co.uk for account transfer</p>		:	

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
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:	
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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.