



May Bank Holiday – The Stunning Lake District - The South Side - Remote & Unforgettable - Join Us

Friday 2nd May to Monday 5th May 2014

This May Bank Holiday join an Escape where you can truly explore, discover and enjoy spectacular scenery, peace and tranquillity on an adventure similar to the wonderful Ennerdale Valley of last Easter. This time, we visit the south eastern fringe of the Lake District, using our minibuses to access the most beautiful, least spoilt, quietest valleys and fells of this beautiful region of England.



May - The Lake District- The South Side - Remote & Unforgettable

THE DEAL:

COST £195 Plus £35 Optional Minibus Return fare

Inclusive of:

3 X Nights Hostel Accommodation **in shared rooms (allocated by gender)**

3 X Continental Breakfasts **Sat/Sun/Monday**

3 X Packed Lunches **(Sat, Sun, Mon)**

2 X Evening Meals **(Sat, Sun)**

1x Snack evening meal Friday

3 X days of Guided walk - **option of high or low level or simply relax or sketch and simply do you own thing in this superb location**

You will need to bring along your sleeping bags or duvet, pillowcase, towels and a head torch or torch.

Does not include:

Travel unless minibus seat booked

Food whilst travelling

Alcoholic or soft drinks - you need to bring your own supplies and do remember this is a very remote location - we are miles from the nearest pub!

Personal Insurance

Note: On our Escape weekends to keep costs as low as possible we will share the chores but these will be well organised and we will make it part of the fun.



Travel

I know your escape time is precious and on Bank Holiday weekends I like to maximise your time away in beautiful locations and this weekend will offer you three nights and therefore 3 full days of walks in the Lake District. The downside is that it is 255 miles from London probably 6 hours but it is a very special location.

We encourage green travel and optional return seats are available on our comfortable mini-coach/minibus at £35 per person and these will depart at 2pm. Possibly a 6:00pm but later departure will depend on demand so please mention on booking. Plus please do remember the 6pm departure will arrive very, very late! But three wonderful days lie ahead!

The Lake District

The Lake District has many beautiful lakes, mountains, walks and beauty spots such as Grassmere, Ambleside, Windemere and Kendal. I promise you the Duddon Valley, Furness

Fells, Harter Fell and Coniston Like our beautiful Enderdale once visited can never be forgotten.

I seek to take London Escapees to wild, remote and stunning locations. Staying here in the Hiney House Outdoor Centre Hostel in the heart of the beautiful Southern Lakes I promise you will experience remoteness and be close to the highest mountain peak of England!



You will be miles away from the nearest street lamps, so it really does get very dark outside. So dark in fact, that the Milky Way is easily visible with the naked eye on a clear dark night . . . so why not bring a telescope with you?

On this escape I aim to keep you away from crowds and queues, help you to be free, to enjoy our guided walks, to explore and discover unspoilt scenery and natural habitats. Direct from our base in an unique outdoor field centre surrounded by mountains and lakes that offer all that one would wish for from our stunning natural environment.



Our weekend home Hiney House a purpose build centre provides central heated, bunk house accommodation with all the usual outdoor group facilities including kitchen, dining room, hot showers, drying room and lounge with open fire.

It is an incredible location and venue but it is a hostel offering shared rooms with a fabulous rustic and rural appeal but it is a hostel so please prior to booking do make sure this type of adventure is for you.

Quite simply, this escape offers

you some unique scenery and a fabulous range of walks.

More detailed information is available below on itinerary, menus, safety responsibilities and items to bring and on these links

***Our walks are dedicated to get you to places new for discovery and exploration, places that touch the senses with a great bunch of companions
Do join us if you can.***

Iain ML (Summer) MTA Any questions or queries please do not hesitate to contact me by email iain@walkfreebreakfree.co.uk or mobile 07889 165278.

As organiser my promise to you is that on each and every event we will honestly strive at all times to deliver a great community focused experience, to inspire and motivate and be here for you.

Do join our fabulous Escape to the Lake District and truly discover.

Book now below and £50 deposit will be payable either by internet banking or credit card on booking.

Balance due by 1st March 2014 to secure your place.

Internet Banking: Account Number 10111075 Sort Code 162129

or via card Secure payment site

<http://www.walkfreebreakfree.co.uk/payments>

Do remember for both to use transaction reference WFBFLAKESMAY PLUS your initials or name



Outdoor activities for all"

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 :	May Bank Holiday – The Stunning Lake District - The South Side - Remote & Unforgettable - Join Us Friday 2nd May to Monday 5th May 2014
Event/trip Reference	LakesBH14
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)

Name	Mobile Number	Emergency contact number

Travel: I wish to use the 2:00pm Minibus Service Yes/NO Prefer later option YES/NO (if possible)

Independent travel	My travel arrangements are detailed opposite.	
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Trip/event costs: Inclusive Package £195 shared room per person Minibus Travel Supplement £35	No @£	£
Please note Travel Insurance is not included in the costs	No @£35	
<i>Included Free – Your Walkfree Breakfree Club Experience membership – your gateway to great value outdoor walks and activities</i>		NO CHARGE
Total Payable DEPOSIT Required £50 per person with Booking Form Balance payable by 8th Marchy 2014	TOTAL	£
Payments: Payments protected under the Package Travel Regulations For all transactions please use the reference. LakesBH14 plus- your initials. Internet banking:	:	

Account No:10111075 Sort Code:162129 CREDIT / Debit CARD PAYMENT- via the secure site http://www.walkfreebreakfree.co.uk/payments Or via Cheque made payable to Walkfree Breakfree Ltd			
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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 walking holiday and we will at times be walking 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 may not be 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.

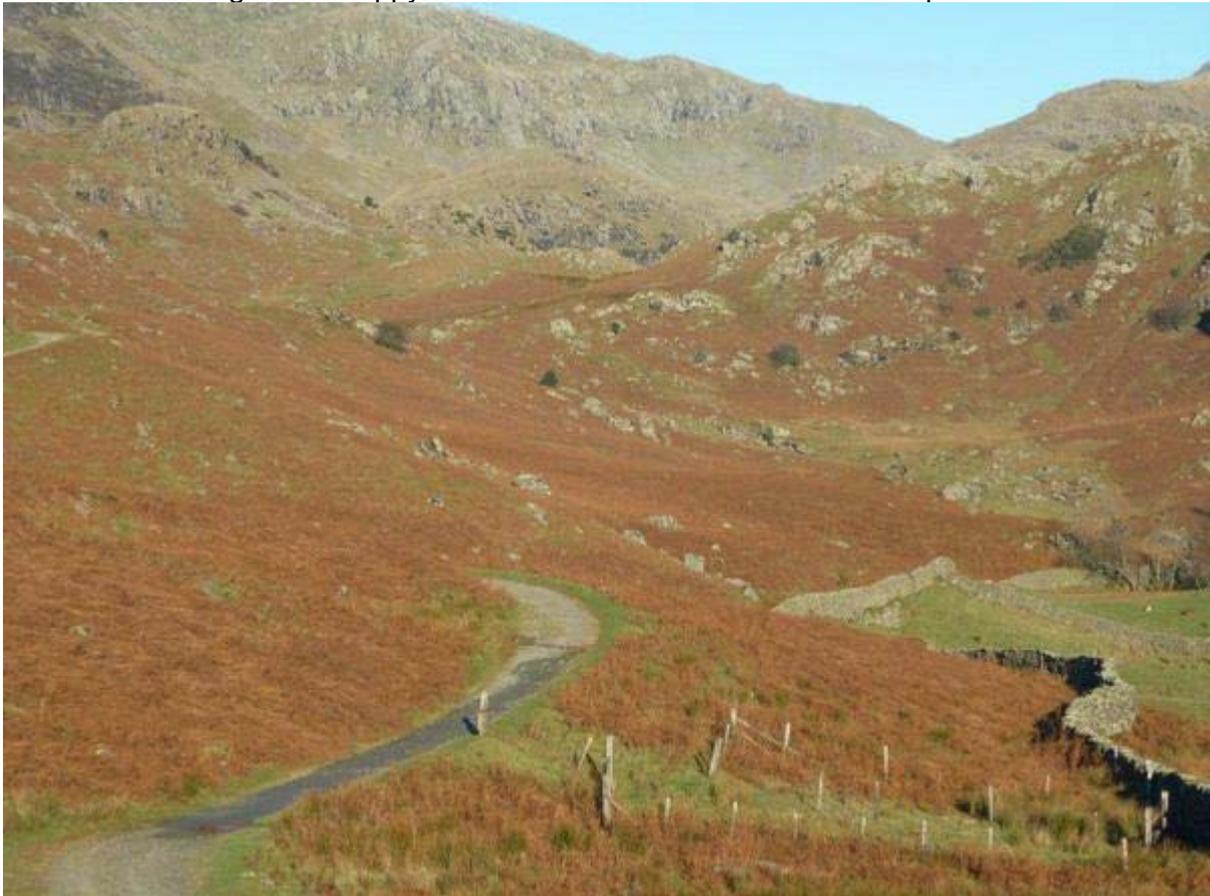
During Club Experience trips you may be asked to drive (or accept a lift from) someone who is not in your booking party, to and from an excursion and you accept that Walkfree Breakfree Ltd will not accept any liability in the event of a road accident and that you enter into such an arrangement with another driver/passenger by mutual consent.



Walking itinerary

We will offer both high and low level guided walks but please remember on our London Escape trips walking is never compulsory, encouraged of course but if you feel like doing your own thing, sketching, relaxing and not even putting on a pair of boots that is OK with us. We will have a chat each night to discuss the next day's walks and you will be able to opt into the walk of your choice. The walk routes themselves will be influenced as always by the weather.

One of the walks will always be suitable for the less experienced or new walkers, but you do need to be walking fit and happy to walk at least 5/6 miles before the trip.



The importance of good boots and waterproof clothing has to be stressed. We do have a small equipment store if you need to borrow any waterproof clothing or boots, just let me know and I will try and help.

Be assured the Lake District National Park is a delectable landscape of lakes and mountains, valleys and waterfalls and offers a particular “Englishness” which marks it as different not only from the Scottish Highlands, but even from nearby Snowdonia.

From all the major peaks you look down on peaceful, green, wooded valleys, which have a lushness that you might associate with the gentler landscapes further south. The Lake District is remarkably compact, with many lakes, reservoirs, dramatic hills and fells. Chief amongst them are the four 3000 foot (915m) peaks, England’s highest mountains Scafell Pike, Sca Fell, Helvellyn and Skiddaw. The ice-age had a striking effect on the landscape as the glaciers moved they scoured out and rounded the main valleys into their present U-Shapes, leaving tributary “Hanging valleys” stranded high up the sides from which water cascades down in spectacular falls.



Itinerary

FRIDAY 2nd May :

DEPART: 2:00pm (A later departure might be possible 6:00pm - please mention you require minibus seat £35 when booking) Depart Chorleywood Station (Metropolitan Line) & High Wycombe

ARRIVE: Expect a 6 hour journey time. It is 255 miles from departure point - so late arrival and very late for some.

Snack evening meal on arrival

When booking please let me know preferred departure time but note I cannot guarantee booked time until numbers/choices are known.

Saturday 3rd May :

8:30am Continental Breakfast

9:30am Depart for walks

4/5:00pm Return to hostel (Tea & Cakes)

8:00pm Evening Meal

Sunday 4th May

8:30am Continental Breakfast

9:45am Depart for walks

4/5:00pm Return to hostel (Tea & Cakes)

8:00pm Evening Meal

Monday 5th May:

8:30am Continental Breakfast

10:00am Depart Hostel for walks in areas

8:00pm Approximate arrival home

Further Information is available below on Menus, safety responsibilities and items to bring.



Menus:

Thursday: Please bring along your own snacks whilst travelling. Note distance from Chorleywood is 255 miles.

Friday Evening Meal

Snack evening meal - Soup, Pate/bread etc

Saturday is Curry Night

Selection of starters

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Kochi Chicken Curry or Prawn & Green Mango Curry

or

Cauliflower & Potato Curry

Chettiar Aubergine Curry

*

Indian Sweets

Coffee/Tea

Sunday Dinner

Celeriac & Parsley Soup with crumbled Stilton

*

Steak Diane with Rice & vegetables

or

Asparagus & goats Cheese Tart

*

Italian Bread & Butter Pudding (by popular demand)

Coffee/Tea

Breakfast Menu

Porridge, home-made muesli and a selection of cereals

Orange/Apple Juice & Boiled eggs

Toast with jam/marmalade/butter

Tea/Coffee

Packed Lunch (Friday, Saturday, Sunday)

1 x Sandwich

1 x Chocolate Biscuit

1 x Bag of crisps

1 x fruit

Afternoon: Biscuits and cakes on our return from walks & visits

Tea & coffee available

for your flasks

Note:

Please feel free to bring along wine, beer or soft drinks to accompany the meals - the pub is many miles away!

Menu may be subject to change and vegetarians including vegans can be catered for but do let me know any special dietary requirements in advance.

Please remember to bring along a duvet or sleeping bag and pillowcase, towel, suitable outdoor clothing, sturdy footwear, (please remember that weather conditions can be bitterly cold and wet even in our summer!), and flasks if hot drinks on walks are required.

Safety Responsibilities

Walks with a leader will be available but 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 (supporting this event) 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.

For those of you who have not yet been on one of our London Escape weekends and perhaps are a little wary I can assure you we encourage and welcome 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. I am available on 07889165278 or email me jain@walkfreebreakfree.co.uk

Walk: can be enjoyed by anyone who is walking fit or reasonably active. Our aim is to encourage participation and to be active surrounded by amazing scenery.

Weather: We are blessed in the UK with four seasons - wonderful but it is a shame at least two of them can be on the same day! Do check the weather forecast and come prepared with clothing suitable for the day - if you need any advice do not hesitate to contact me.

What to Bring:

Duvet or sleeping bag

Head Torch

Towel

Boots suitable for walking on country & mountain paths (remember they might get wet and muddy)

Waterproof jacket/trousers & warm clothing

Small rucksack for drinks/snacks, camera (sun tan cream - yes it might be sunny)

A little money for refreshments

As always your lovely sense of fun, humour and companionship

