

## WALKING GROUP

I wonder if I can tempt anyone to join our walking group.

This year we have been to some beautiful places, enjoyed good weather, good 'crack', put the world to rights, with quite a lot of walking as well! We always try to start and end from somewhere where there is a café, and some of our group have often said the tea and cakes at the end is the best part of the walk!

We have had a varied programme of walks in the last 12 months or so, taking in local areas around Burscough, Rufford, Parbold, Tarleton, Lydiate, Rainford etc. All enjoyable to some degree. These are usually short walks of 4-6 miles, taken at a very leisurely pace. We have had crisp winter afternoons, a bit of rain, lovely summer days, and lots of good company.

We have had a couple of 'bus pass' walks, one to Longton Brick Croft and again to Tarleton.

It would be nice to have more 'shorter' walkers, so if you are thinking about walking, please come and join us as we always have a nice relaxed afternoon with plenty of chat!

For our longer walks (although not that much longer) we like to go a bit further afield – we have been to Pennington Flash, Rivington, Arnside, Sedbergh, Grassington and into the southern Lake District. We usually keep to the north and east of the area as travelling on a weekday (as I am sure you will appreciate) can be a bit fraught. We have ventured into Cheshire and the Wirral, but find generally that the roads are a bit quieter going 'north'.

Last November we had a particularly nice day walking round Pennington Flash, and we always enjoy Rivington, especially if we can get up fairly high for the wonderful views. We have especially enjoyed Grassington on a lovely day last summer when we walked 'over' to Burnsall and returned along the River Wharfe. Ingleton has a lovely 'Waterfalls' walk – one which we are hoping to repeat this summer coming.

We are apt not to travel as far in the winter months, for instance last January we took the train to Appley Bridge and walked back. This was a nice change and much enjoyed.

And there is nearly always that tea and sticky bun to enjoy when we get back!

Jackie Gudgeon