

<i>Date</i>	<i>Walk details</i>	<i>Starting point/Grid reference</i>	<i>Miles</i>	<i>Leader(s)</i>
3 rd July	North Landing, Flamborough to Bridlington	By minibus, all seats now taken. Reserve list for any cancellations being prepared. Details to be confirmed, but suggested start 7.30 from the Arena car park	7.9	Andy
17 th July	Longnor, Lower Bootklow, Boosley Grange, Hardings Booth & Fawshaw	Parking & toilets in the Market Place, Longnor – nearest post code SK17 0NT, grid ref SK 0886 6492	7.75	Neil/Steve
7 th August	Ladybower, Abbey Brook & Derwent Edges	Parking & toilets at Fairholmes car park, nearest post code S33 0BB, grid ref SK172893. Pay & display £4.75 all day	8.1	Andy/Janis
21 st August	Darley Bridge, Two Dales/Ladygrove, Halldale, Darley Dale	Small carpark at the side of the cricket ground on the B5057 (Main Road) from Darley Dale as you enter Darley Bridge – nearest postcode Square and Compass DE4 2EQ (if you reach this pub, you've passed it!). Grid ref SK270624. Nearest toilets Sainsbury's, Cawdor Way, Matlock, DE4 3SP	7.5	Bob
4 th September	Cat & Fiddle, Errwood Hall, Pimm's Chair & Shining Tor	Parking in lay-by opposite Cat & Fiddle Inn (closed) – nearest post code SK11 0AR, grid ref SK001719. Toilets at Morrison's on the A6 roundabout on the edge of Buxton, Bakewell Road – post code SK17 9TB	?	Georganne
18 th September	Holmfirth, Upperthong & Cartworth Moor from Hade Edge	To be confirmed	8.75	Steve
2 nd October	Froghall, Churnett Valley, Ipstone & Foxt	Parking and toilets at Froghall Basin – nearest post code ST10 2HJ, grid ref SK027477.	7.6	Andy
16 th October	Osmaston Park	Small car park 100 yards from the church on Moor Lane in Osmaston. Nearest post code DE6 1LX, grid ref SK199439. Toilets to be determined	8	Rita
6 th November	Rowsley, Stanton Moor, Winster & Birchover	Parking Rowsley recreation ground, Peaket Lane, Rowsley. Nearest post code DE4 2EE, grid ref SK254655. Toilets in the Peak Village Outlet Centre, Rowsley DE4 2JE	8.7	Carol
20 th November	Duke's Wood, Eakring	To be confirmed	?	Steve
27 th November	PLANNING MEETING			
4 th December	CHRISTMAS LUNCH	Short walk followed by Christmas lunch. Venue to be determined. Partners welcome		
18 th December	Cuckney & Church Warsop	Parking in The Carrs car park, Church Road, Church Warsop. Nearest post code NG20 0SF, grid ref SK568686	8.2	Steve/Carol

Please note that walks might have to be changed at short notice because of adverse weather conditions or other reasons.

Forest Town & District U3A: Affiliated to the Third Age Trust. The U3A meetings take place on the first Thursday of each month at St Alban's Church, Clipstone Road West, Forest Town, Mansfield NG19 0EP from 1:45 pm.

FOREST TOWN & DISTRICT U3A RAMBLING GROUP

Rambles from 7 miles up to 9 miles on the first and third Wednesday of each month.

Usually meet 8.30 a.m. at the Forest Town Arena car park for lift sharing, departing at 8:40, but please check with the group co-ordinator as occasionally the start time is varied. Assemble at the end nearest to Pump Hollow Road, taking care when parking not to block the gates to the sports pitch.

Please do not bring your grandchildren or dogs with you

The rambles are moderate ones, mainly in Derbyshire and the Peak District, and over all types of terrain, so walkers should be prepared for stiles and rough ground as well as mud. Remember that weather conditions can deteriorate very quickly with little or no warning, particularly on high ground - so be prepared! We walk throughout the year so we suggest the following items - *some are seasonal*.

- * Comfortable waterproof boots suitable for rough terrain, plus a spare bootlace
TRAINERS ARE NOT SUITABLE
- * Waterproof clothing (eg cagoul and overtrousers)
- * Small rucksack
- * Packed lunch plus drinks (*extra drinks for very hot days*)
- * Light waterproof mat or stout carrier bag (to sit on)
- * Small personal first-aid kit including crepe bandage
- * Spare sweater, a hat, gloves
- * Change of footwear (essential for return car journeys)

Lifts, *if required*, are organised at the car park so it is suggested a voluntary donation of £4.00 is made by each passenger to the driver.

Should anyone have to leave the walk, for whatever reason, then the walk leader must be informed for safety reasons.

After returning to the cars, why not round off the day by enjoying a relaxing drink with everyone at a local pub or coffee shop?

Will members who wish to lead rambles please submit details with route descriptions, proposed starting points and distances as soon as possible. Any ideas for rambles, or walking areas, are also welcomed by anyone who does not wish to lead a ramble. Rambles should be moderate or easy, but not strenuous.

We expect to finish walking by 3.00 pm, returning to the Arena by 5pm approximately.

Co-ordinator:

Andrew Riby (01623 656958). Mobile 07833 543705

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