

## **Skiddaw U3A News 20<sup>th</sup> August 2019**

### **Safety first for cyclists**

Skiddaw U3A's two cycling groups recently acquired some bright yellow tabards to warn motorists of cyclists ahead. The groups cycle on a mix of roads and tracks that undulate, twist and turn, as well as braving all weathers that the Lake District throws at them. Such conditions present a need for maximum visibility of members to alert other road users of their presence. Two different tabards were trialled and the ones chosen are not cumbersome, are easy to wear over cycle gear, do not inhibit movement and allow circulation of air. Members are reportedly pleased with this new gear and look forward to using the tabards on future outings.

### **Fell Walkers head to Tarn Crag**

From the Sleddale Reservoir car park the group walked to Poorhag Gill, over extremely wet ground following heavy rain. However, a grass path had been cut from the start of the grouse butts as far as the Lunch House in preparation for the glorious twelfth. From there the group had to follow the Bog Asphodel up to Wasdale Pike. Walking along the ridge was much easier to Great Yarlside, Harrop Pike and Grey Crag. The climb to Tarn Crag was very boggy as was Mosedale. Once out of the valley the return walk to Sleddale Hall was very pleasant, in sun and clouds. More boggy ground had to be endured before the group reached their cars to return home.

### **Forthcoming events and activities**

The next Skiddaw U3A drop-in coffee morning will take place at Mrs F's on Main Street on Wednesday September 4<sup>th</sup>, all welcome. The annual Open Morning will be held at the Methodist Hall on Southey Street, on Wednesday 18<sup>th</sup> September. Members will be able to renew their membership, and potential members will have the opportunity to learn more about Skiddaw U3A, as many group convenors will be there to discuss their group's activities. Skiddaw U3A currently has over 500 members and sixty different activity groups including archaeology, art appreciation, bird watching, table tennis, languages, cycling, bridge, scrabble, water sports and more. At the Open Morning the recorder, ukulele and guitar groups will be performing, and there will be a display of photographs of Keswick in bygone days put on by the Local History group. Refreshments will be available. For more information about Skiddaw U3A go to [www.skiddawu3a.co.uk](http://www.skiddawu3a.co.uk)