

# WARRINGTON H.F. RAMBLING CLUB

Affiliated with HF Holidays  
July 2022 Newsletter



## 2022 Bulletin Board

Sunday 21 <sup>st</sup> August.	Llangollen Canal Trip
Tuesday 20 <sup>th</sup> September	Autumn Supper at the The Tiffin (Indian Restaurant) Culcheth
Tuesday 27 <sup>th</sup> September	First Aid Course at the Safety Centre, Lymm
Fri 7/Mon 10 October	Autumn Weekend Away in the Lakes
Saturday 17 December.	Christmas party with the Red River Band at St Oswalds
Fri 10/13 March 2023.	Spring Weekend Away in Llandridnod Wells

We were not sure how well the club would reactivate last year as we came out of most COVID restrictions. We should not have been concerned; I am delighted to report that the club is in good health. Membership numbers stable. A great set of walks: we had 30 happy walkers on the walk on Wednesday. Social events in place. Weekends away organised. The last brick in this is the overseas walking holidays and we are aiming to restart these in 2023, if we can see airports getting back to normal.

We are close to finalising the Winter programme (Oct 2022 to March 2023). Do help the walk coordinators if they come to you seeking a walk for the programme.

Happy Walking

Peter Winter, Chairman



Just an update. In the last Newsletter, we expressed some concern that we might lose a high number of members, since around 30 had not walked during the dreaded Covid period. I am delighted to tell you that although we did indeed lose about 20 members, we have gained around 16 new members so far this year. We have a further 15 on a potential walkers list.

Interestingly, many of our new members have joined on recommendation from a current member, the majority of the others have enquired via the website. Although we are now beginning to get one or two who have been drawn in through the Public Facebook Page. We are, however, never complacent and welcome any new enquiries.

If you know of anyone who might like to join, please ask them to email:

[secretarywarringtonhf@gmail.com](mailto:secretarywarringtonhf@gmail.com)

Book  
Now



### Spring Weekend Llandrindod Wells - 10 -13<sup>th</sup> March 2023

Peter and Linda Hough have secured a fabulous deal at the Metropole Hotel in Llandrindod Wells for next Spring and bookings are already open. The hotel is 4\* and boasts a beautiful spa which we will be able to use.



Llandrindod Wells is a lovely little spa town with a lake and small shops. The Metropole Hotel, which dominates the town, has a large rear car park. It has been family owned for over 120 years.  
<https://www.metropole.co.uk/> A number of rooms have been put aside for us.

#### Rates (really competitive for a 4 \* Hotel)

Shared occupancy rates @ £65.00 per person per night for Classic Double or Twin  
Cost includes VAT, choice of 3 course dinner plus tea/coffee, bed and breakfast plus use of spa.  
Packed lunch is an optional extra currently priced at £8.50.

Shared occupancy upgrades per room per night:-

- Classic Plus Double or Twin @ £10.00 supplement
- Superior Double or Twin @ £25.00 supplement
- Luxury Tower Double or Twin @ £45.00 supplement

Single occupancy upgrades per room per night:-

- Single bed @ £10.00 supplement on top of sharer rate
- Classic Double bed @ £25.00 supplement on top of sharer rate

**You must ring the hotel 01597 823700 to book** quoting "Warrington HF Rambling Club" as a reference. Call Mon-Fri 09.00-17.00 and ask to speak to Lauren, Catherine or Greg, stating whether you require two or three nights.

They will take £20.00 non refundable deposit per person, over the phone:

Please book ASAP, **and let Peter know by email:** [peterhough2@gmail.com](mailto:peterhough2@gmail.com)

*Cancellation Policy on individual reservations; Deposit is non-refundable administration fee which is credited on a successful arrival. Individual reservations cancelled within 4 to 7 days prior to arrival are charged at 60%. Thereafter any cancellations received within 72 hours prior (4pm 3 days prior) to arrival are charged at 100%.*

#### Fri 7/Mon 10 October Autumn Weekend Away in the Lakes

Portinscale has proved to be really popular. We already have 41 booked on this weekend, however, if anyone else would like to come, then please let me know and I will contact the hotel to see if they have any rooms still to let – can't guarantee it, but will do my best. I would need to know how many nights and type of room you require (Single - £79 pppn, double or twin £64pppn). Once this is confirmed, you would need to pay a £50 deposit to the Club account to secure your place. Email me on [secretarywarringtonhf@gmail.com](mailto:secretarywarringtonhf@gmail.com)



- Free to you

At the AGM, we promised to organise a suitable First Aid training event for members. Thanks to Jane Burton for discovering this one, which after attending she highly recommends.

We hope not to have accidents or medical emergencies on our walks, however, things do happen (although thankfully rarely!) It would therefore be fantastic if we could get as many members/leaders as possible trained to deal with such events. The skills learnt will enable you to cope with the situation until professional help arrives - as important in every day life not just walking.

Thanks to those who have already booked their places but there is still capacity if you wish to attend. We have block booked so that our club members can attend on the same evening (more fun than attending a course with strangers and the trainers are also prepared to answer questions geared to walking injuries), however, we do need to take up the places to secure the course for us. **So please book now!!!** (If we do not book all the places, nearer the time they will open it up to the general public)

Full details are shown below, please click on and register to secure your place **but please also let me know that you have booked so that I can track numbers** on [secretarywarringtonhf@gmail.com](mailto:secretarywarringtonhf@gmail.com)

### Save an Adult Life (Heartstart) at Safety Central 27th September 2022 7pm

<https://www.eventbrite.co.uk/e/save-an-adult-life-heartstart-at-safety-central-27th-september-2022-wa-tickets-297377071827>



We are always grateful to all our leaders and walk co-ordinators who work hard to provide us with such interesting walks. As you know we provide a variety of levels, from short evening walks to more challenging Higher Grade Walks at weekends in the summer.

Covid rules obliged us to keep records of those on walks, but this has proved useful for a few reasons:

- It allows a leader to know how many will be attending
- It is useful for insurance purposes
- It provides the committee with information for planning the programme

Out of interest, the following shows attendance over the first 6 months of this year at time of publication

	No of walks	Average number on any walk	Lowest number on any walk	Highest number on any walk
Weekend Walks	11	17	13	26
Wednesday Walks	15	21	7	24
Higher Grade Walks (Summer only)	4	10	7	15
Evening Walks (Summer only)	4	22	10	30

As you can see, We have healthy numbers turning out on walks.

### Wednesday Walks with a difference!

This programme has seen a number of Wednesday walks with a difference.



#### Wed 30 March 2022

Jan Pritchard led 22 of us on a fascinating tour of Liverpool, introducing us to some areas we had never seen before. We also took in two cathedrals, China Town Gate and Bluecoats, the oldest building in Liverpool. Although the weather was dull, despite the forecast it stayed dry until we returned home, having clocked up around 6 miles.

On May 11<sup>th</sup>, having carefully studied the tide tables to ensure we were not swimming, Dennis led a walk across to Hilbre Island in the Dee Estuary.



24 set out across the Dee Estuary to enjoy lunch on the nature reserve of Hilbre Island. This constituted a 4 mile walk. Initially we had clouds which looked like rain might come, however, later, the day turned into glorious sunshine.

13 of us, then walked around the marine lake then followed the beach past the golf club and picked up the Wirral Way to return to West Kirby – a further 6 miles

### Some semi rural walks have been educational too - it is surprising what you learn!

On three other walks, the leaders had carried out a great deal of research into the areas we walked. Thanks to Howard Thornley, Sandra Black and Phil Wakefield for sharing their knowledge with us to make the walks more interesting.



Howard's tour at Worsley.



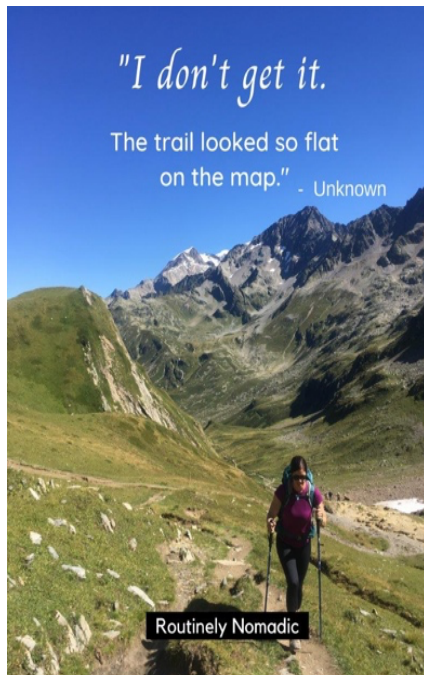
Sandra's walk at Eccleston.



Phil's walk at Redesmere



## Your Club/Your Newsletter



## Some walking quotes you may like:

"A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world."

– Paul Dudley Whit

"We don't stop hiking because we grow old, we grow old because we stop hiking"

– Finis Mitchell

"Not all those who wander are lost." – J.R.R. Tolkien

"Take only memories, leave only footprints." – Chief Si'ahl

"There is no such thing as bad weather, only inappropriate clothing."

- Sir Rannulph Fiennes

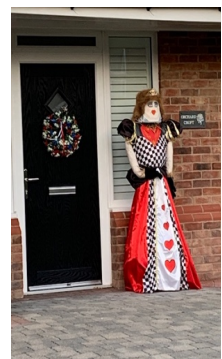
"We live in a fast-paced society. Walking slows us down."

– Robert Sweetgall

## Not what you expect to see on a recce .....

On Saturday June 4th, over the Queens Platinum Jubilee weekend, Harry and I went out for walk around Daresbury, doing a recce for my planned evening walk for Wednesday 15th June. Having parked in the church car park on the edge of village, we set off across fields in the direction we intended, enjoying the fine weather of the day.

After being out for a few hours, having done a couple of reroutes, conversations with people we met en-route, and still more fine tuning, we returned to Daresbury. Entering the village from top end, and were greeted with decorated houses as we made our way along the main street. The community had got together to decorate their village in the spirit of weekend. Most of the properties reflected an Alice in Wonderland theme and I have enclosed some of the pictures we took. I think some of the locals we met along the main street thought we the judging, but unfortunately we were still not offered any'refreshments'? Below are some pictures of the houses. - Simon Payne



## Your Newsletter

We welcome anything you feel may be of interest to members to publish in the newsletter. Please send any items of interest or amusement to [secretarywarringtonhf@gmail.com](mailto:secretarywarringtonhf@gmail.com) for inclusion



### A well deserved Congratulations to Kerry

Well done for completing the gruelling National 3 peaks challenge

Ben Nevis – 6 hours with wind and rain

Scafell - 4.5 hours with wind but dry in the dark

Snowdon. - 4.5 hours gusty wind and pouring down

In support of St Rocco's undertook the 3 National peaks, and ***in addition, over the year*** will aim to:

Climb 6000 m

Run 600k

Walk 600 miles

Conditioning 60 hours

As Kerry says, although this will be hard, living with cancer is harder and St Rocco's survival is even harder.

Below is her link to a Just Giving Page if you would like to support her


<https://www.justgiving.com/fundraising/kerry-mutch3>



An incredible feat and great to see you back safely and home and dry!


***Very much looking forward to seeing you out walking again soon***

Peter and all of your Committee (Cathy, Diane, Jayne, Vini, Peter H, Peter W, Simon and Wendy)



**AWARD WINNING HOLIDAYS  
IN THE UK AND ABROAD**

Discover our favourite walking routes and enjoy accommodation in exceptional locations. We know the ingredients for a perfect hike – enjoy full days walking with fellow guests and leave all the planning and navigation to us; it's what we do best.



**FOR MORE INFORMATION AND TO BOOK  
VISIT: [HFHOLIDAYS.CO.UK/WALKING-CLUB](https://www.hfholidays.co.uk/walking-club)  
CALL: 020 8732 1260**

Book and travel with confidence. Please go online for our most up-to-date offers and prices plus full details: [hfholidays.co.uk](https://www.hfholidays.co.uk)

