

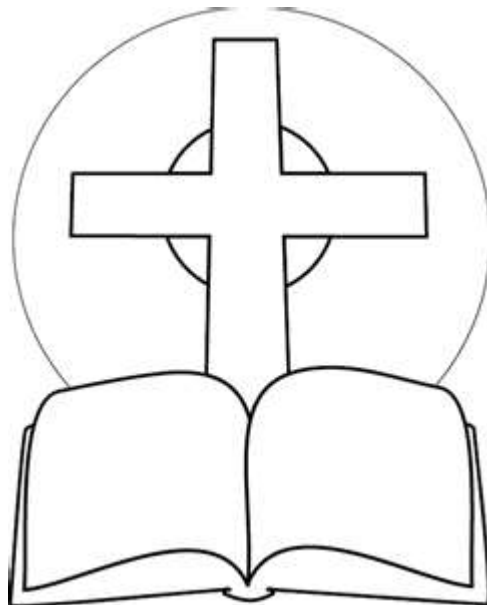


**Christian
Rambling
Club**

PROGRAMME

FEBRUARY - JUNE 2012

E A S T E R



W A L K I N G



CAMBRIDGE CB1 2DN
Booking deadline 13 January
Leader: Kevin Pryor
Kevp59@hotmail.com

LENT RETREAT

Fri 16- Sun 18 March
Easy Moderate
£21.45 B&B pppn + £2 sec

Join us for a weekend of Lent Reflections, Fellowship and Prayer. We will be reflecting on a variety of themes and will endeavour to engage with the season of Lent in as varied and creative way as possible. There will be time for an Easy Moderate Walk on Saturday which may incorporate a Prayer Walk or Mobile Meditations/Stations of the Cross. I am also hopeful of having a craft element that would enable us to reflect on this period. Come prepared to perhaps experience a different style of worship, but also for just fellowship and fun in the context of a somewhat more reflective weekend.

GRASMERE LA22 9QG
Booking deadline 2 February
Leader: Geoffrey Payne
gsp@icr.ac.uk

**LAKE DISTRICT
EASTER**

Thurs 5 - Mon 9 April
Moderate Hard
£73.60 for 4 nights + £2 sec

Join us for the Easter Weekend at Grasmere. The hostel is centrally located in the Lake District so offers lots of options for different mountains to tackle. Having visited a couple of times at New Year this should be an opportunity to see it in Spring weather. Members wishing to walk at a lower grade are welcome to join this event but may need to arrange their own walks. Meals are available at the following prices: Breakfast £4.95; Packed lunch £5.75; Evening meal £9.95 for 2 courses or £11.95 for 3 courses.

NEWPORT SA42 0TS
Booking deadline 2 February
Leader: Christine Sherriff

**PEMBROKESHIRE
EASTER**

Thurs 5 – Mon 9 April (4 nights)
Moderate
£16.40 pppn + £2sec

Set in the small seaside town of Newport, this converted Victorian school is close to vast sandy beaches, attractive estuaries and miles of sweeping coastal footpaths, and sits in the shadows of the beautiful Preseli Hills. YHA Newport offers good quality, self-catering accommodation in a quiet location, and is only a short walk away from local shops. All in all, it is an ideal place for an Easter break, so get your booking forms in quick! Group evening meals will be provided at a small extra charge payable at the event.

EASTBOURNE BN20 8ES
Booking deadline 3 February
Leader: Julian Marsh
julianmarshuk@yahoo.com

**SUSSEX
EASTER**

Thurs 5 – Mon 9 April (4 nights)
Easy Moderate
Fri & Sat £18.40, Thurs & Sun £16.40 pppn
+ £2 sec

Enjoy the charms of East Sussex with the majestic cliffs of Beachy Head and the Seven Sisters, the Cuckmere river estuary, undulating South Downs and picturesque villages. We stay at the new eco-style hostel (self catering); alas it still has a small kitchen. We will aim to eat out on the Saturday or Sunday night. I will lead walks Fri/Sat/Sun/Mon.

HARLOW CM20 2QD
Booking deadline 9 February
Leader: Hilary Huntington
Hilary.Huntington@btinternet.com

ESSEX/HERTS BORDER

Fri 13 – Sun 15 April
Easy Moderate
£17 pppn +£2 sec

Join us in this independent former YHA hostel, www.h-i-h.co.uk. We will walk along the River Stort (and perhaps also the Lee) passing nature reserves and canal boats, and explore the rolling countryside, ancient woodland and nearby villages. Non-walking options could include a sculpture trail, rare-breeds farm or the Gibberd Garden. On Sunday there are several lively churches we could attend. The hostel is self-catering, so I will organize either a pub meal or shared meal in the hostel on the Saturday night. I shall also arrange communal hot drinks, milk etc. for a small charge at the event.

ALSTONEFIELD DE6 2FZ
Booking deadline 23 February
Leader: Phil Nalpanis
philip@nalpanis.net

**REMOTE FIRST AID
TRAINING**

Fri 20 – Sun 22 April
£50 deposit including sec
see below re full cost

You're leading a group up a mountain. Near the top you hear a scream behind you. You stop, turn round, and see one member of the group on the ground, clutching his leg and obviously in a lot of pain. You're 2 hours walk from the cars, and it will take at least that long for a Mountain Rescue team to arrive. **Would you know what to do?** If not, then please give serious consideration to participating in this Remote First Aid course, which will be led by a professional Remote First Aid trainer. It will address the most likely First Aid incidents encountered by walkers and how to deal with them when help isn't close at hand. Priority will be given to those who lead at Moderate to Hard grades, but anyone can book if spaces are available. Depending on numbers, the total cost is expected to be in the region of £130. I'll let you know the exact amount shortly before the booking deadline and you will be requested to pay the balance promptly. This will cover the cost of the trainer as well as the accommodation. Alstonefield is self-catering; we shall go out for a meal locally on Saturday evening so that we can maximize the time available for training that day. Please note there will be an introductory session at 9 p.m. on the Friday evening, so it would help if you planned to arrive by then.

ARNSIDE LA5 0AT
Booking deadline 1 March
Leader: Kevin Pryor
Bookings: Lorraine Thornecroft
lorrainethornecroft@hotmail.co.uk

**ANNUAL GENERAL
MEETING**

Thurs 3–Mon 7 May (4 nights)
All Grades
£125, includes half-board, tea/coffee+ £2 sec
Ages 11 to 17, & unemployed: £85
Ages 4 to 10: £60, under 4 yrs free

Arnside Hostel's description of the area is, 'Serene sunsets, the dramatic swirl of the infamous tidal bore, the misty mountains, the limestone landscapes – a myriad of impressions coalesce to give a sense of being on the edge and yet at home'. Do join us for a weekend of fellowship at Arnside. There will as always with the AGM be an opportunity to meet friends old and new. There will be walks to suit all grades and abilities and an opportunity to explore the delights of this area. Walks will include the Southern Lakeland Fells and the Howgills. We might even be able to organise a crossing of Morecambe Bay. The AGM will be on Saturday 5th at 8.00pm so even if you cannot come for the weekend, do join us for this meeting. Last year the AGM weekend was a sell-out before the booking deadline, so please book early **using special booking form.**

INGLETON LA6 3EG
Booking deadline 5 March
Leader: Val Breeze
valerieabreeze@gmail.com

**NORTH WEST
AGM FOLLOW ON EVENT**

Mon 7 – Sat 12 May (5 nights)
Moderate
£18.40 pppn + £2 sec

For many of us the journey up to the AGM will be long, so why not break your return journey at Ingleton for a variety of superb walks. There are glens with waterfalls as well as the Three Peaks nearby. Ingleton is a delightful village and the hostel is a renovated Victorian house.

RAVENSTOR SK17 8SS
Booking deadline 15 March
Leader: Jeremy Sharp
Jeremy_sharp2003@yahoo.co.uk

PEAK DISTRICT

Thurs 17 – 20 May (3 nights)
Moderate
£20.40 pppn + £2 sec

Ravenstor Hostel is a large country house set in 70 acres of grounds, overlooking Millers Dale in the Wye Valley. We will see some of the gorges in the area – Millers Dale and Monsal Dale and fine peak villages such as Tideswell and Buxton.

STORNOWAY HS2 0BQ

OUTER HEBRIDES

Sat 26 May – Sat 2 June (7 nights)
Easy Moderate – Moderate Hard
£100-£150 accommodation + £2 sec
Sole occupancy of cottages / caravans

Leader: Robert Kipling
kiplings@tiscali.co.uk

I have booked cottages and caravans in and around Stornoway, the main town in the Outer Hebrides. This will be a base to explore the isles of Lewis and Harris. There are mountains (highest is Clisham (799m, 2600ft), sandy beaches and archaeological sites. The cottages / caravans are self-catering so we will have a choice of cooking for ourselves or eating out in Stornoway.

BOSCASTLE PL35 OHD
Booking deadline 30 March
Leader: Heather Griffiths
Heathergriffiths123@btinternet.com

CORNWALL
BANK HOLIDAY

Fri 1 – Tues 5 June (4 nights)
Easy – Easy Moderate
£20.40 pppn +£2 sec

GLENCOE PH49 4HX (4 nights)
INVERARAY PA32 8XD (3 nights)
Booking deadline 31 March
Leader: Peter Arnold
arnolds@xalt.co.uk

SCOTTISH
HIGHLANDS
Week

Sat 2 – Wed 6 June
Wed 6 – Sat 9 June
Moderate Hard – Hard
£20.00 per night (Glencoe)
£16.00 per night (Inveraray) + £2 sec

Enjoy a week's walking among and (hopefully) on top of some of the highest mountains in Britain. The week will start with four nights at Glencoe, from where the Mamores and the Glencoe mountains are easily accessible, as is Britain's highest mountain, Ben Nevis. From Glencoe we will move on to Inveraray for the remaining three nights. Inveraray is a historic town on the banks of Loch Fyne (famous for its mussels and oysters!), and is convenient for the Arrochar Alps and the Kintyre peninsula. Provided there are enough walk leaders on the event, it should be possible to offer a choice of at least two walks each day, so as to suit different walking preferences.

BUCHAREST AND SINAIA – BUCEGI MOUNTAINS, ROMANIA

Dates: Friday 17th to Sunday 26th August, 2012 Leaders: Anita Jones and Chris Jones.

Bucharest is situated on the banks of the Dâmbovită River, becoming the state capital in 1862. It has an eclectic mix of architecture – neo-classical, Bauhaus and Art Deco and modern. In the period between the two World Wars it was known as 'Little Paris' because of its elegant architecture and sophistication as a city. Sinaia is a town and a mountain resort in Prahova County, Romania. The town was named after Sinaia Monastery, around which it was built. The walking is moderate to hard. We will be walking a circular route and staying in mountain accommodation on the two nights of the hiking. The cost of this 10 day / 9 night adventure is £665 per person and includes bed and breakfast and evening meal in shared 3* and 4* accommodation in a twin/triple room. The cost includes the CRC booking fee. Booking deadline is 31st May 2012. For further information see the website <http://onedirection.com/travel> or email Anita on anita.jones@onedirection.com.

For those booking by 31st January 2012 there will be a £30 reduction.

Standard Booking Form

Please complete form in BLOCK CAPITALS.

CRC Event at.....
 Name(s).....
 Address.....
 Postcode
 E-mail:
 Tel No:.....
 CRC member or associate Non-member Age if under 18.....

Date	Day	Adult beds @		U18 beds @		Breakfast @	Small Packed Lunch @	Evening Meals @
		M	F	M	F			
Total No.								
Total Cost		£		£		£		£
Fixed Price Event								£
Standard Event Charge (£2 per person aged 18+)								£
Grand Total (see programme entry for cheque payable to)								£

OR

OFF SITE ACCOMMODATION: Address.....
Phone number.....

Special Meal Requirements

- I would like a lift if possible I can offer a lift to __ people I will arrange my own travel
 I have checked the details and arithmetic above and enclosed correct amount.

Emergency contact during event: Name.....Tel

**Please send completed form and cheque, payable to Christian Rambling Club, to event leader or bookings contact
 (see programme entry for address) AND ENCLOSE A STAMPED
 SELF-ADDRESSED ENVELOPE unless advised otherwise.**