

### **Dates for your Diary**

The committee has been working on your behalf to get the diary into shape for the second half of 2025. Read on to see what is on offer.

All walks continue as usual with the more challenging '**3 PEAKS CHALLENGE**' in August and some plans for other longer walks.

The last evening walk will be in September.

In addition to regular walks, we now have details of the next **FIRST AID COURSE** on 13th November.

If you want to meet fellow walkers in a more relaxed setting, please consider signing up for our **ANNUAL DINNER**, which is taking place at Harpenden Golf Club on 3rd December. This is a popular event, with only two challenges.

Can you recognize fellow walkers in mufti—we scrub up pretty well!

Can you ace the quiz?

### **SAR First Aid Course**

**Venue:** Redbourn Parish Centre, The Park, AL3 7LR.

**Date:** Thursday 13<sup>th</sup> November; 10am-3pm.

**Cost:** £10 including morning tea/coffee and lunch (subsidised by SAR).

**Content:** basic life support plus 1st aid for injuries and medical emergencies

Whether at home or on a walk, you can benefit from an understanding of how to deal with possible medical situations, be they minor or serious. This course will cover a wide range of situations and medical conditions, including recognising symptoms and how to provide basic first aid. Coverage will include cuts, sprains and fractures, recognising serious conditions such as asthma, stroke or heart attack, practice of basic resuscitation skills, use of defibrillators and advice on walking in hot/cold conditions.

The course will be conducted by Verity McLaughlin who has extensive experience in teaching first aid. Note that numbers are strictly limited on a first come / first serve basis. Should the course be oversubscribed a second course may be arranged.

**If you would like to join the course please confirm**



## **SAR Social Dinner: BOOK NOW**

**VENUE:** Harpenden Golf Club, Hammonds End Lane, Harpenden AL5 2AX

**DATE:** Wednesday 3rd December

**TIME:** 7:00pm for 7:45pm

**COST:** £40 including pre-dinner drink, 3-course meal, coffee & mints.

Come along for an enjoyable evening and a chance to catch up with fellow members. Enjoy a complementary drink on arrival followed by a 3-course meal and coffee. The cost of room hire is subsidised from SAR general funds. The bar will be open for purchase of drinks. Non-member partners/ spouses are very welcome to attend.

**To reserve a place, payments should be made by 31st October to the SAR account with reference code SD25, or by cheque payable to St Albans Rambler. Please follow instructions in the SAR Newsletter and confirm payment.**

**RSVP:** Please provide your meal selections and any dietary requirements.

### ***Menu***

**Please note** that *Vegetarian / Vegan (V)* options are available on request.

#### ***Starter:***

***Roasted Tomato and Red Pepper Soup (V) (GF)***

***Teriyaki Salmon Tacos, Avocado, Pickle Cucumber and Crispy Onions***

***Main: (served with potatoes and seasonal vegetables)***

***Roast Breast and Braised Leg of Chicken, White Wine and Tarragon Velouté (GF)***

***Rosemary and Garlic Braised Shoulder of Lamb, Lamb Jus (GF)***

#### ***Dessert:***

***Chocolate and Raspberry Tart and Caramel Ice Cream***

***Fresh Fruit Pavlova (GF)***

***Followed by: Coffee & Mints***

**Table plan:** At the request of the golf club we have to supply a seating plan to assist with the catering service so please check this on arrival.

**Directions:** If approaching Harpenden from St Albans turn left towards Redbourn at the roundabout and look out for a brown sign to the golf club on the left some way along Redbourn Lane (just past the '40' speed limit sign). After turning left, turn left again into the golf club car park. There is plenty parking space.

**IF YOU WANT TO TAKE  
PART IN ANY OF OUR  
ACTIVITIES, READ ON!**

**JOINING A DAY WALK**

Please ring or email the contact a few days in advance to let them know you are planning to come and for full details: start time, directions, etc. They will look out for you, especially if you are a new member. If you're subsequently unable to come please try to let the organiser know, so we don't keep the whole party waiting. Most organisers can give you a mobile phone number.

**JOINING A TRIP AWAY**

**EXPRESS INTEREST!**

Helps us get a handle on likely numbers. It does **NOT** constitute a firm booking, but please let organisers know if your plans change.

**BOOK NOW!**

To secure a place you need to confirm your participation with the named contact and **pay the deposit**. Follow the process outlined on the final page of the Newsletter to secure your place. All monies paid to SAR are accepted on the understanding that members agree the terms in the Finance Policy.

**FULLY BOOKED!**

If you're interested in an event flagged **fully booked**, do ring or email the event contact. Sometimes participants drop out, especially for events planned a long way in advance. We may still be able to find you a space. And apologies if you find many events fully booked. We have to work well in advance to secure the accommodation we want, especially at peak times.

**First aid kits**

It is a condition of our insurance that first aid kits are carried on all SAR walks. Committee members have a kit, which is available for all members.

If you are leading a walk, you should either ask any committee member who is coming to bring a first aid kit or arrange to get one from anyone on the list on the last page

Holders of first aid kits, which have been stocked appropriately, can be identified on the back page.

**Updated Information on First Aid Kits**

Recent advice from the NHS indicates that, if you think you are having a heart attack, you should chew a 300mg Aspirin while waiting for an ambulance to arrive. A single 300mg Aspirin tablet has therefore been added to all SAR First Aid Kits. In the unlikely event that a member experiences symptoms of a heart attack a single 300mg Aspirin can be taken after calling 999. Note that the tablet should be CHEWED. The effect of aspirin is to thin the blood and improve blood flow to the heart.

**Do not take aspirin if you are allergic to it or have been medically advised not to take aspirin.**

## YOUR IDEAS?

Please ring or email one of the **COMMITTEE** if you have an idea for a walk or event or have seen a good place to stay for walking. Even if you don't want to organise or lead, we can pass ideas on for further investigation. Or have a chat to any committee member on one of our walks

## YOUR SAFETY

Leaders take reasonable care for the safety of the party, but it's your responsibility to see that you are properly equipped, to take responsibility for your own safety and that of others. SAR has appropriate Public Liability Insurance but you should have your own personal accident cover.

## COMMITTEE MEETING

The next committee meeting is on **2nd September**. If you have items you would like the committee to discuss, please send to **Janet as soon as possible**.

## NEWSLETTER

The next newsletter will be out on **1st October 2025**. If you have anything for inclusion, please send to Diane by **20th September**. Walk descriptions for any walks you are leading in **November and December** should also be sent by **20th September**.

Contributions are **always** welcomed. If you have seen an item related to walking, please do send it to me. **Diane**

## Something to aim for!

I'm always looking for inspiration to keep me walking for many years to come. I really believe that walking is the best lifelong exercise and the best for a long life. You need look no further than SAR members who keep walking into their later years (you know who they are.) The story below really caught my interest. A woman says she "had a ball" completing a 200-mile (322km) walking challenge in her hundredth year.

Phyll Babb, from Salisbury in Wiltshire, reached the finish line on her **100th birthday**, raising more than £11,000 for Salisbury Trust for the Homeless (STFH). She is clearly a determined and intrepid lady, as her story shows.

She had planned to walk 100 miles (161km), but doubled her target in January after realising she was ahead of schedule. Completing the final mile around Salisbury Cathedral, Ms Babb said: "It's hard to believe I've done 200 walks. It's gone like a dream."

Ms Babb was born in Bideford and travelled to Jamaica in 1949 to teach in a girls' grammar school for three years.

After a brief spell in England, she headed to Vancouver before returning to the UK to look after her disabled mother.

She was a keen member of the local yacht club before retiring in 1986, when she started volunteering.

*"Walking is good for you," she said. "I was brought up to walk, so as children we walked everywhere, and I still like walking."*

She added: *"It's been delightful. I've had a ball actually."* Ms Babb was cheered on by members of her family, who said she was an inspiration.

Her great niece, Ruth Simmons, said: "Seeing my great aunt complete her 200th lap around the cathedral has been really special."

A local accountant and supporter of the charity Ms Babb raised funds for helped log her walks.

*"He looked at every 20 walks I did, which I recorded on Strava on my mobile phone, and then he confirmed them in a little book," she said.*

## Five month look ahead—August to December

| Date    | Day   | Walk Type | Location                    |
|---------|-------|-----------|-----------------------------|
| August  | 06    | Wednesday | Evening                     |
|         | 10    | Sunday    | All Day                     |
|         | 20    | Wednesday | Morning                     |
|         | 24    | Sunday    | Q10k                        |
| Sept    | 04    | Thursday  | Evening/Short social        |
|         | 8-12  |           | Away Trip (Hope Valley)     |
|         | 17    | Wednesday | Morning                     |
|         | 20    | Saturday  | All Day                     |
|         | 28    | Sunday    | Q10k                        |
| October | 05    | Sunday    | All Day                     |
|         | 10-13 |           | Away Trip (Yorkshire Dales) |
|         | 15    | Wednesday | Morning                     |
|         | TBA   |           | Short Social                |
|         | 26    | Sunday    | Q10k                        |
| Nov     | 09    | Sunday    | All Day                     |
|         | 13    | Thursday  | First Aid Course            |
|         | 19    | Thursday  | Morning                     |
|         | 26    | Wednesday | Short Social                |
|         | 30    | Sunday    | Q10k                        |
| Dec     | 03    | Wednesday | Evening                     |
|         | 14    | Sunday    | All Day                     |
|         | 16-18 | TBA       | Morning                     |
|         | 26    | Friday    | Boxing Day                  |
|         | 28    | Sunday    | Q10k                        |

**GREEN - AWAY EVENTS    BLACK - WEEKEND WALKS    RED - MID-WEEK WALKS    BLUE - SOCIAL/TRAINING**

**FULL DAYS** – Longer walks, often further afield (10-12 miles) and with a wide variety of interest, usually on the 2nd Saturday or Sunday in the month. Occasionally extended to provide an additional challenge.

**QUICK WALKS (Q10k)** – Sunday morning brisk exercise, finishing around noon, on local circuits of approximately 7 miles (10-12k) on the 4th or 5th weekend in the month

**MORNING WALKS** - These are 5 – 7 miles long, on the 3rd Wednesday morning in the month, varied in character and followed by an optional café or pub lunch. Occasionally held on a Tuesday or Thursday.

**SHORT SOCIAL WALKS** - 3-4.5 miles at an easy pace with a chance to have lunch or a drink with fellow walkers afterwards.

**EVENING WALKS** – On lighter evenings, local walks of 4- 5 miles in length are offered on a day suiting the leader, in the 1st week of the month.

**SAR WALKS** require a moderate to good level of fitness and pace, 2 – 2.5 mph, except the Q10k walks, which are at 3mph. All are additionally graded as EASY, MODERATE, CHALLENGING or TOUGH.

## WALKS IN AUGUST SEPTEMBER AND OCTOBER

### Wednesday 6th August Evening walk: Shenley

EASY

Meet at 6:15 at parking behind Clore Shalom School, Hugo Gryn Way WD7 9BL

5 miles

Taking in Salisbury Hall and Ridge, we can meet afterwards at the White Horse in Shenley

FULLY BOOKED!

### Sunday 10th August Day walk: Chiltern 3 peaks

(Ref: C3P)

CHALLENGING

18 miles

In preparation for the West Highland Way two years ago, we offered some walks that were more challenging than our regular day walks. The Chiltern Three Peaks proved very popular and it seemed that there was a place for some walks that allow members to challenge themselves. Not all participants were joining the WHW but **all** agreed it was a really enjoyable if tough day. We will drive to the car park for Ivinghoe Beacon then have a taxi to take us to the start point at Princes Risborough before walking back to our cars.

### Wednesday 20th August Morning walk: Ardeley

EASY

Just over 5 miles starting in the very pretty village of Ardeley. It's about 30 minute drive from St Albans. Easy walk. From Ardeley we head through the outskirts of the farm over to Benington looping back past Walkern Hall and back. Lunch can be in farm cafe or Jolly Waggoners opposite.

### Sunday 24th August Q10K: Heartwood

MODERATE

Our regular 10K starts in Sandridge and takes us through Heartwood Forest and neighbouring Hertfordshire countryside to return by midday.

**Wednesday 4th September**  
**Evening walk: Chiswell Green**

**EASY**

Meet at the Greenwood Park community Centre AL2 3HW at 5.45p.m. for a 6.00 p.m. start, there are two car parks; suggest that the top one is used.

Join Mike and Tina on a social walk in Chiswell Green, St. Albans on Thursday 4th September.

Level EASY with a distance of 3.5 miles mainly flat along good paths, the Three Hammers Pub is at the end of the walk.

The route crosses the main road then enters woodland, there is some road walking with little traffic.

**2 SPACES**

**Monday September 8th to Friday September 12th**  
**Hope Valley (Peak District)**

**MODERATE/CHALLENGING**

We are planning a trip to the Hope Valley in the northern area of the Peak District, often referred to as the High Peak.

We plan to stay at the **Bike & Boot**, a newly built hotel in the Hope Valley that was opened in June 2023.

The cost for B&B will be in the region of £240 per person for those sharing a double or twin room, or £350 for single occupancy. In addition, there will be the usual £5 per person recce levy.

Dinner is not included in the price but is available in the on-site restaurant and currently costs in the region of £30 for a three-course meal.

**Wednesday 17th September**  
**Morning walk: Sandridge**

**EASY**

A 6.5 mile walk from the centre of Sandridge, we will walk to Nomansland and cross fields to Hammonds Farm, before striking through Symonshyde woods, then back via Nash's Farm to the village, where we can have lunch or a drink in one of the village pubs.

**Saturday 20th September**  
**Day walk: Tonwell**

**MODERATE**

We will start this 10 mile walk from village of Tonwell which is north east of Bengeo/Hertford. We will walk through fields to Bengeo, cut across to The River Beane and follow this north on the Herts Way.

We pass the villages of Waterford and Stapleford to reach the Woodhall Estate parkland, keeping on the Herts way to Bengeo Temple farm before returning to Tonwell

There is one wall ladder to go up and over and down

**Sunday 28th September**  
**Q10K: Wheathampstead/Harpenden**

**MODERATE**

This brisk 6.8 mile walk follows a varied route initially along the old railway line from Harpenden to Wheathampstead, then heading north towards Gustard Wood and Mid Herts golf course, before returning via Mackerye End to Harpenden around 12:00pm.

**Sunday 5th October**  
**Day walk: Eversholt**

**MODERATE**

This is an 11 mile circular walk from Eversholt MK17 9DU which is about a 40 min drive from St Albans and north of Dunstable. *More details to come*

**1 SPACE!**

**Friday 10th October to Monday 13th October**  
**Yorkshire Dales and Malham**

**MODERATE/CHALLENGING**

Based at the HF Country House, Newfield Hall, we have the opportunity for up to 30 SAR members, to enjoy a weekend of walking in this wonderful area of Yorkshire, with Malham Cove closeby. For details visit the HF Holidays website.

[3 Night Southern Yorkshire Dales Self-Guided Walking - HF Holidays](#)

**Wednesday 15th October**  
**Morning walk**

**MODERATE**

A 6.5 mile walk. Starting at Peter's Green, then to Someries Castle and Chapel, then down to the disused railway line by Lower Luton Road, to East Hyde and back up Farr's Lane to Peter Green and the Bright Star Pub

**Let Jan**

**Sunday 26th October**  
**Q10K: Verulam/Chiswell Green**

**MODERATE**

Please join me for a sprightly, autumn-Sunday morning gander through Verulam and Chiswell Green.

**The meeting point will be outside the entrance to Westminster Lodge Leisure Centre, Holywell Hill, St Albans AL1, 2DJ. Meet at 9.15am for a prompt 9.30 start and a return by 12 noon**

Wear walking boots, bring a drink, and, if it has been raining at all in the week before the walk, walking pole(s) would be helpful.

Parking at Westminster Lodge costs £3 for three hours. It may be possible to find free parking spaces on the surrounding streets early on a Sunday morning.

A reminder that the Quick 10K walks are intended for walkers who can maintain a steady, relatively fast, walking pace of 3 miles per hour.



## AWAY TRIPS

**Hope Valley, Peak District** - Monday 8th to Friday 12th September – **2 SPACES**

**Yorkshire Dales and Malham** – Friday 10th to Monday 13th October – **1 SPACES**

**2 SPACES**

**Monday 8th to Friday 12th September 2025 (code HV25)**

**Hope Valley, High Peak District**

**MODERATE/CHALLENGING**

Following the success of the very popular trip to Dovedale, another trip to the Peak District is being planned. This time it will be to the Hope Valley in the northern area of the Peak District, often referred to as the High Peak.

We will stay at the ***Bike & Boot***, a newly built hotel in the Hope Valley opened in June 2023.



A possible itinerary for the trip would be:

1. **Arrival Day:** Drive to **Ashford-in-the-Water** (car park DE45 1QG) and meet after lunch outside the Bulls Head / Aisseford Tea Room. We will have an easy 4.2 mile circular walk to Monsal Head, the viaduct, tunnel and then the Monsal Trail back to Ashford. After the walk we will drive a further 10 miles north to the Hope Valley and the "**Bike & Boot**" (S33 0AL) where we will check into the hotel.
2. **Day 2:** Walk from the hotel into Bamford, the bakery, Bamford Mill and along the Derwent Valley Heritage Way to Ladybower Reservoir and then up and along Bamford Edge (highest point 1,395ft) before descending to Bamford where we may stop for refreshments before returning to the Bike & Boot: 7.5 miles / 5 hrs.
3. **Day 3:** Drive to Hathersage and walk up to and along Stanage Edge (highest point 1,502ft): 9.5 miles / 5.5 hrs.
4. **Day 4:** Drive to Edale and walk along the Pennine Way, up Kinder Scout via Jacobs Ladder to Kinder Low (highest point 2,077ft): 9+ miles / 5.5hrs.
5. **Final Morning:** Travel home or visit local places of interest e.g. Castleton & Blue John Caverns.

**The cost for B&B will be in the region of £240 per person for those sharing a double or twin room, or £350 for single occupancy. There will be the usual £5 per person recce is not included in the price but is available in the on-site restaurant and currently costs in the region of £30 for a three-course meal.**

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1 SPACE!

**Friday 10th October to Monday 13th October 2025 (code YM25)**  
**Yorkshire Dales & Malham Cove**

**MODERATE/CHALLENGING**

Based at the HF Country House, Newfield Hall, we have the opportunity for up to 34 SAR members, to enjoy a weekend of walking in this wonderful area of Yorkshire, with Malham Cove closeby. For details visit the HF Holidays website.

### [3 Night Southern Yorkshire Dales Self-Guided Walking - HF Holidays](#)



The area is quite hilly so walks are likely to be moderate to challenging. The tentative itinerary is as follows with walks led by the Leveys and Huttons.:

**Day 1: Newfield Hall**

Short riverside walk on arrival (3-4 miles)

**Day 2: Malham Cove;** limestone cliff and pavement considered one of the most picturesque sites in the Dales

Long option from Malham to Pikedaw Hill, Malham Tarn and Malham Cove (11.5 miles)

Short option from Malham to Pikedaw Hill, Malham Cove and Gordale Scar (7.5 miles)

**Day 3: Grassington;** a delightful vilage made famous as the film set for 'All creatures great & small'.

Long option: from Grassington to Conistone and Malham Moor (11.5 miles)

Short option: Grassington and Hebden via Wharfdale (7.5 miles)

**Day 4: Brimham Rocks;** unique geological formations in lesser known Nidderdale

Short walk from Low Laithe on way home (5 miles)

Note that there will be details of alternative shorter walks available at the hotel, so individuals can opt for self-led short walks independent of the SAR-led walks.

**For half board plus packed lunches, the cost of the HF trip is £380. In addition, there will be the usual SAR recce levy of £5 per person, plus an amount to cover gratuities.**

**Contact Ralph to secure the remaining place on this trip**

**WAITING LIST!**

**Friday 13<sup>th</sup> March to Monday 16<sup>th</sup> March 2026**  
**South Downs (code SD26)**

**EASY/MODERATE**



We will have sole occupancy of HF Holidays Country House Abingworth Hall, on the edge of the village of Thakeham, a stone's throw from the South Downs in West Sussex. There will be two levels of walks on both Saturday and Sunday, led by Paul Weaver, Jane Williams and Richard Brailsford, one of circa 12 miles and one of circa 6½ to 7 miles. In addition, details will be available of a number of shorter walks that members may self guide either direct from

the HF house, or after a short drive – these will be easier, flatter, walk options.

It is about a 2 hour drive from the St Albans area, unfortunately, around the notorious M25 on a Friday, so travel in the morning is encouraged if not vital with places of interest for all tastes en route – RHS Wisley for gardeners, NT Polesden Lacey for historic house & garden buffs, Denbies or Nutbourne vineyards for winos, Box Hill if you just want to soak up the glorious views, one or two lovely cafes on the beach for seaside lovers, the local RSPB reserve for twitchers or even the Bluebell Railway for anoraks!

If there is interest, a shorter walk will be organised for the Monday morning, but again, the M25 is not forgiving any afternoon in our experience, so it is suggested to be away from West Sussex by around



1:00pm at the latest, (unless of course you want to stay on, have an early supper and go after 6:30pm!)

**The cost of 3 nights dinner, bed and breakfast, and packed lunch, will be circa £300. This includes the SAR recce levy of £5 per person.**



**EXPRESS INTEREST**

**Friday 8<sup>th</sup> May to Monday 11<sup>th</sup> May 2026 (code CC26)  
Cotswolds from Cheltenham**

**MODERATE/CHALLENGING**



From our base at Leonardo Hotel in Cheltenham, we will explore this beautiful area of the Cotswolds.

This is the same hotel used by Ramble Worldwide, for their Heart of the Cotswolds trip. For more information about the hotel and the surrounding area, please follow the link below:-

<https://www.rambleworldwide.co.uk/united-kingdom/england/cotswolds/cheltenham-and-gloucester>

**There will be a choice of two levels of walk each day, a longer walk around 10-12 miles and shorter walk of 6-8 miles**

The walks will be led by SAR members Brian Hutton, Alison Hutton, Ralph Levey and Diane Levey.

The cost for 3 nights dinner, bed and breakfast, will be circa £300 (shared basis). This includes the SAR recce levy of £5 per person. We are currently in negotiations with the hotel regarding the single supplement.



Further details will be included in the October Newsletter.



After many successful treks with Absolute Escapes, most notably the West Highland Way, SAR is now offering a walk right through the heart of The Lake District. For further details follow the link below:-

<https://www.absoluteescapes.com/holidays/cumbria-way/>

Absolute Escapes will organise all of the accommodation and baggage transfers, and provide maps and route information to enable the SAR group to self-guide.

Although the overall classification of this trip is MODERATE/CHALLENGING, several of the days will definitely be challenging, and adverse weather conditions could make any day of the trip challenging. Here is a summary of the distances and amounts of ascent.

**Ulverston to Coniston – 15 miles – 640 metres of ascent**

**Coniston to Great Langdale -12 miles – 500 metres of ascent**

**Great Langdale to Rossthwaite -10 miles – 650 metres of ascent (Langdale to Keswick)**

**Rossthwaite to Keswick – 8 miles**

**Keswick to Caldbeck -15 miles – 890 metres of ascent**

**Caldbeck to Carlisle -14 miles – 160 metres of ascent**

The trek should be within the capabilities of SAR members who completed the West Highland Way trek a couple of years ago, and have maintained their fitness level.

To help prepare for the trip, we plan to include some challenging walks in the SAR programme of day walks, starting with the Chiltern 3 Peaks on 10<sup>th</sup> August.

The costs will be £1,055 (shared basis) and £1545 (single basis).

## September 2026 -Majorca

We are at an early stage of planning a one week trip to the Soller area of Northern Majorca. More details will be provided in the October Newsletter.



**EXPRESS INTEREST!**

**Saturday 10<sup>th</sup> October to Wednesday 14<sup>th</sup> October 2026 Melrose  
– Scottish Borders (code MR26)**

**MODERATE/CHALLENGING**



We are at the early stages of planning a 4 night trip in October to the newly acquired Waverley Castle Leisureplex Hotel a mile from the centre of Melrose in the Scottish Borders. Melrose is on the north side of the Eildon Hills and on the banks of the River Tweed: an area with strong associations with Sir Walter Scott, whose home at Abbotsford can be visited.

It's a long journey and hard to reach by public transport so we plan to take a coach. The trip there and back will take up most of the day. This will leave us with 3 full days of walking.

The area is crisscrossed by long distance trails including the St Cuthbert's Way, the Southern Upland Way and the Borders Abbeys Way, which provide ample opportunities for some challenging longer walks of around 10 – 12 miles and shorter moderate walks of 6 – 9 miles. For those wishing to enjoy a more leisurely pace there will be information available for self guided walks and public transport links. The coach will be needed to take and collect walkers but we should be able to release it for one day or most of a day to allow a day trip to perhaps Kelso or Jedburgh.

The cost of the trip will be about £350 per person (shared basis) which includes the recce fee of £5 per person and gratuities. There is a single supplement of £9 per person per night. There will be a moderate and a more challenging walk each day led by either John Graham or Jane Williams. Booking preference will be given to serious walkers but there will be space for those wishing to enjoy easier walks. This will be on the understanding that such walks are self-guided.

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## RECENT WALKS IN JUNE AND JULY

Thursday 10th July– walk and lunch celebrating 30 years of walking and remembering Julian, one of our founding members



Evening walks June and July

Our summer evening walks remain very popular and this year the weather has encouraged SAR members to come out in good numbers

