



**Parcevall Hall
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Winter Walking and Autumn Ramblers

Guidance Notes

Our events do not have formal leaders. However, our walkers tend to walk in groups so that the route-finding is shared and the walk is done in congenial company. Walks are usually organised into two groups:

Group A walks will involve an element of challenge, either by height or distance, according to the weather - equivalent to 8-12 miles on the flat in good weather.

Group B walks will be less demanding - equivalent to 6-8 miles on the flat in good weather.

You are, of course, free to choose your own route or to borrow one of our leaflets with suggested routes close to the Hall itself.

We suggest you bring with you:

- Well-dubbed walking boots
- 2 pairs of socks (medium thick)
- Woollen sweater (2 thin better than 1 thick)
- Scarf (in the absence of a high-necked sweater)
- Hat and gloves
- Suitable trousers (not denim jeans)
- Heavy-duty Gortex jacket and waterproof over trousers
- Small backpack and Thermos

If you have a medical condition or are currently receiving medication, please ensure that one or more of the group members walking with you is aware and knows how to administer whatever may be required.

Walking is one of the healthiest and safest of outdoor activities. However, neither Parcevall Hall, nor the organisers of any walks has control of the environment of the walks, the weather, any animals or indeed of any of the walkers themselves, and whilst taking normal precautions, providing reasonable help and assistance as necessary, they cannot accept responsibility for any circumstances affecting the health or safety of the walkers in the party.

Cheques payable to Parcevall Hall

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PROGRAMME	
Day 1	
4:00pm	Arrivals
6:00pm	Evening prayer (optional)
6:30pm	Evening meal
8:00pm	Introductions and planning of walks
Days 2 & 3	
8:00am	Morning prayer (optional)
8:30am	Breakfast
9:15am	Set off on walks (packed lunch provided)
4:30pm	Tea at Parcevall Hall
6:00pm	Evening prayer (optional)
6:30pm	Evening meal
8:15pm	Social evening
Day 4	
8:00am	Morning prayer (optional)
8:30am	Breakfast
9:15am	Short walks for both groups together
1:00pm	Lunch at Parcevall Hall followed by departures

Guests are requested to vacate their rooms by 12:30pm on the day of departure. Luggage can be stored in the Archway until departure.