



Parcevall Hall
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Autumn Ramblers October 9th – October 12th 2017

Guidance Notes

Our walk leaders this autumn are Simon Green and Ronda Christensen.

Simon walks all over the UK for his own enjoyment, and has been leading walks for Bradford District Care Trust for 3 years, 2 of which he has spent as a Cascade Trainer, trained by Walking for Health. He will be leading the short walks this October.

Ronda is from New Zealand and has been a walk leader for 6 years. Also trained by Walking for Health, she leads walks in Yorkshire and knows our area well. She also regularly leads walks in the Himalayas, as well as across the UK. Ronda will be leading the challenging walks this October.

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

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

Participants will be required to complete and return a Health Questionnaire prior to the event, and we will also be asking you to confirm to your walk leader that there has been no change to your state of health in the intervening period, when you arrive at Parcevall Hall.

Simon and Ronda will complete a full recce of the routes and complete a Risk Assessment, close to the start date of October 9th.

As ever, we advise you to bring with you the requisite amount of good quality outdoor clothing which will equip you for walking comfortably in all weathers over 3 days, and a small rucksack. If you require a hot drink whilst walking, please bring a thermos flask.

Simon and Ronda follow best practice and are highly trained and experienced walk leaders. A proviso of joining the walks is that participants agree to follow all instructions given by the walk leader, and that they accept that should an accident occur, neither Simon nor Ronda will be held responsible.

That said, we look forward to offering you a very warm welcome to Parcevall Hall, and hope that you enjoy walking in the wonderful Wharfedale landscape.

Autumn Ramblers

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.