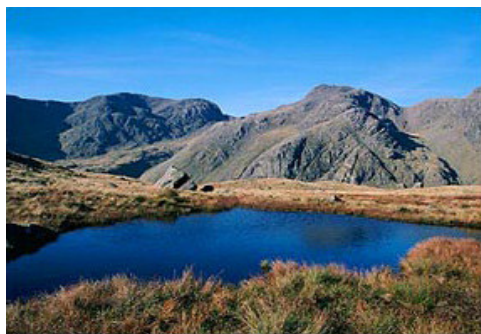




Western Lake District Weekend Trip

16th – 18th February 2007 (end 5th week)

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We will be heading to Borrowdale for some proper mountain walking! The barn is ideally placed for some of the biggest fells in the Lake District, and we may well head up Scafell Pike — the highest in England! Hence this trip is not for the inexperienced or faint-hearted, as the walking will be long and strenuous over steep and rocky terrain! Hopefully though, the effort will be rewarded with great views of the surrounding lakes and fells, and the satisfaction of a good day's peak-bagging...

***Please be aware that this trip is intended for those who wish to do 2 full days of quality mountain walking. It will involve a significant amount of up and down, walking off paths, wet and mud, rough underfoot

conditions and physical exertion. We are not intending to offer flat/easy alternative walks so this trip is not suitable for those inexperienced in putting up with sometimes rather unpleasant British walking conditions.***

Depart: 1600 on Friday afternoon (TBC)

Return: late on Sunday evening

Cost: £45.00 (includes accommodation, transport and food, with the exception of meals on the journeys)

Equipment: You must pay attention to this! No one wants to live in a nanny state but so often people come poorly prepared and to do so is to risk putting yourself and the whole group in danger. You might think this is hyping it up but it is true!

It's Britain – the weather is almost certainly going to be wet, windy and cold so you must come prepared! You must have a pair of well worn-in walking boots with ankle supports: this is essential or you are guaranteed to twist an ankle. You also must have a waterproof jacket and trousers, hat and gloves, warm clothing, and changes of clothing – bear in mind you will likely get soaking wet every day! You can borrow waterproof trousers from the club if you don't own these yourself. You must not wear jeans – these are totally unsuitable for the outdoors as when wet are very very cold and will give you hypothermia.

Extra Equipment: As we are staying in a camping barn, you will need a sleeping bag. Please bring money for meals during the journeys—dinner on Friday and Sunday nights. Other meals will be provided.

Please also read the club's "Equipment List" carefully then sign the slip at the bottom to confirm that you are happy with it.

If you would like to come: Please sign up and pay at Free Tea, or make sure that you send your cheque (payable to "OU Walking Club), to Marion Crawford at Oriel College, before the end of 1st week (Saturday 20th January). If you cannot pay by cheque then e-mail Marion to arrange to meet her by Friday to pay by cash.

Membership: Please note that you must be a club member to be allocated a place on the trip.

Refunds: The club has to cover certain fixed expenses like the accommodation and minibus hire. For this reason, if you pull out of a trip you will not be refunded unless someone subsequently takes your place. So if you need to drop out, email Marion as soon as possible to give yourself the best chance of getting your money back.

If the trip is oversubscribed, trip places will be allocated by means of a ballot (with priority being given to drivers who have passed the University minibus course and those not signed up for other weekend trips). You will be contacted during 2nd week to confirm your place on the trip. In the unlikely event that you are unsuccessful, your payment will be returned promptly, along with details of any trips that still have places.

If you have any questions, please don't hesitate to contact us, we will be happy to help.

Do come along for a great mid-term getaway...

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