

Chichester U 3 A Ambles 2011/12

<u>Mondays</u>	<u>Area & Grid Reference</u>	<u>Approx Distance</u>	<u>Meeting place & outline route</u>
September 5	Fishbourne GR 842046	5 miles	Park in Fishbourne Church car park, signposted off A259. West around Fishbourne Creek, across fields to Bosham. Return via Walton Farm. Flat. Leaders: Mavis & Bob Hyslop 01243 788704 Mobile: 07821666184
October 3	Eartham Woods GR 939106	5 miles	Stane Street to Gumber Farm, then Warren Barn, The Plain & return. Gently undulating. Leaders: Margaret & Vic Grigson 01243 787283 Mobile: 07929858804
November 7	Pagham Harbour GR 857966	5 miles	Park in the Visitor's Centre Car park. Footpaths to Church Norton, loop around to beach & return. Leaders: Jenny & Terry Davies 012143 533287 Mobile: 07974581149
December 5	Emsworth GR 742054	4 miles	Park in Beach Road – sea end. Conigar Point if tide is right, Solent Way & Wayfarers Walk to Langstone, return by Church Path. Flat – if low tide some of the route is shingle. Leaders: Christine & Richard White 02392 473869 Mobile: 07840273886
2012 January 2	Offham, Arundel GR 026085	4.5 miles	Park in Black Rabbit car park far end. N via Offham to South Stoke and across river Arun to North Stoke. Returning S along the riverside path. Several stiles. Mainly flat. Leader: Catrina Jones 01243 773404 Mobile: 07759531850 Lunch at The Black Rabbit, Arundel (optional)
February 6	Chidham GR 788039	4.5 miles	Meet at Church. Footpath N & Cot Lane, then W along the shore to Prinsted & return by farm land. Flat. Leader: Barbara Chaundy 01243 781306 Mobile: 07746261626
March 5	Staple Ash Farm GR843153	5 miles	Park on verge south-east of Staple Ash Farm Monkton farm, SDW, wild daffodils if we are lucky. 1 moderate hill Leader: Linda Applin 01243 789618 Mobile: 07989885598
April 2	West Wittering GR 780985	4.5 miles	Park in the main road, before the Old House at Home P H. Ella Nore Lane to estuary, L to Snow Hill, East Head, E along coast to Berry Barn Lane & return. Flat. Leaders: Margaret & Vic Grigson 01243 787283 Mobile: 07929858804
May 7	Counters Gate Car park GR 897113	4.5 miles	Goodwood, Ladys Winkins, Little Copse 1 hill Leader: Linda Applin 01243 789618 Mobile: 07989885598
June 4	Chilgrove GR 828144.	4.5 miles	Park beside 'The Fish House' restaurant. Walk N then W to Phillis Wood and Monkton Farm. Stiles. Undulating Leader: Catrina Jones 01243 773404 Mobile: 07759531850

July 2	Stanstead Forest GR 754104	4.5 miles	Park in car park opposite entrance drive to Stansted House. Drive and paths to Forestside, Warren Down, Stansted Forest to Monarch's Way. One steep hill up and down, rest flat. Leaders: Christine & Richard White 02392 473869 Mobile: 07840273886
August - SUMMER BREAK - NO AMBLE			

I am happy to organise the group, but members have offered to lead walks, as you will see from the programme. If you have any general questions about ambling please contact Yvonne Piper 01243 785760

We meet at the agreed point (Grid Reference) at **10.00am**. Please bring a drink or small snack for a 'coffee stop' and short rest about half way. We should be home in time for lunch or some months it may be possible to go for a pub lunch.

If you wish to amble, please ring **the walk leader for that day** between **8.30 & 9.15 am**.

As the programme is arranged many months in advance it is sometimes necessary to make changes nearer the date. These changes are notified by e-mail, otherwise it is advised that you make contact with the leader for the day personally.

Please arrange **car sharing** as far as possible as parking space is often limited.

As many footpaths are muddy at times during the year please be prepared with strong footwear – preferably walking boots.

On **January 2nd** our walk is along the Arun river. We will lunch after the walk at The Black Rabbit public house (optional). If wet we will meet just for lunch, but please let Catrina (01243 773404) know if you will be lunching, if possible in December, so that she can book. There is a varied, inexpensive menu to suit all tastes.

Final numbers will be confirmed on the morning.

Disclaimer

Please note that neither Chichester U3A, nor the Walk Leader/Organiser of the walk(s) 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.

Walks organised by U3A Groups automatically receive **Public Liability insurance** cover, provided the leaders are U3A members, through the **Third Age Trust**. This is designed to protect leaders against claims for damage to property and for injury or death which might have been occasioned on the walk. This is **NOT** a personal accident insurance and accordingly participants on walks are responsible for their own Health and Safety and the safe keeping of their equipment, clothing and belongings.

Participants on Walks should follow the advice/instructions of the Walk Leader in order to minimise any risk to themselves and should also ensure that they do not endanger any others in the party.

Yvonne Piper