

## Chichester U 3 A Ambles 2009/10

<u>Mondays</u>	<u>Area &amp; Grid Reference</u>	<u>Approx Distance</u>	<u>Meeting place &amp; outline route</u>
September 7	West Stoke GR 825088	4 miles	Park in car park. Track to Kingley Vale, to hut & Yew trees, Stoke Down to Woodend, R & L on road, then path through Ashling Wood & Stoke Wood. <b>One Gentle slope.</b> <b>Leader: Yvonne Piper 012343 785760</b>
October 5	Chidham GR 794035	5 miles	Park at Cobnor Farm Community car park. E to the shoreline, shoreline path round Chidham, back across fields to the car park. <b>Flat</b> <b>Leader : Wendy Ghest 01243 528513</b>
November 2	Petworth GR 977216	4.5 miles	Park in Petworth Town car park ( free) Across Petworth Park to Upperton, the south to Tillington & return. <b>Gently undulating.</b> <b>Leader: Charlotte Murgatroyd 01243 780983</b>
December 7	Walderton GR 787104	4.5 miles	Park in layby at Walderton corner. Road & paths to Broadreed Farm, Lumley Seat, then towards Stanstead House & return. <b>Some hills.</b> <b>Leaders: Richard &amp; Christine White 02392 473869</b>
2010 January 4	Chichester Waterways GR 836010	4.5 miles	Park in first car park at Chichester Marina. N to Dell , then E to Crouchers & footpath to Donnington. Return along the Chichester Canal. <b>Flat.</b> Lunch at the Spinnaker Restaurant (optional) <b>Leader: Helena Millen 01243 536093</b>
February 1	Whiteways Lodge GR002108	4.5 miles	Meet in car park at Whiteways Lodge. Path S of Houghton Forest, The Denture, right to Westburton Hill, S on South Downs Way & return. <b>Some hills.</b> <b>Leader: Yvonne Piper 01243 785760</b>
March 1	Climping GR 005007	4 miles	Park in car park (Possible charge). Track R to the Mill, round Golf Course, path by the river to shore, back by Dunes or wet sands if tide is right. <b>Flat.</b> <b>Leader: Linda Applin 01243 789618</b>
April 12 (NB Change of date)	Birdham GR	5 miles	Park at Birdham Church. N to the shipyard, then S along the harbour to Westlands, Westlands Farm, Oldhouse Farm, Itchenor House, then footpath to harbour & return along harbour edge via Westlands Farm to church. <b>Flat.</b> <b>Leader: Yvonne Piper 01243 785760</b>
May 3	Stoughton GR 814126	4.5 miles	Park in Stoughton Down car park. Footpath to Chilgrove Hill, left to Bow Hill Farm, then return via Wildham Wood. <b>Moderate Hills.</b> <b>Leader: Linda Applin 01243 789618</b>
June 7	Lurgashall GR 937273	5 miles	Meet at the Noah's Ark pub. Through woods, tracks & fields to the foot of Black Down Hill, which it skirts westwards. S over Blackdown Park & downhill past the Lurgashall Winery & return. <b>Some Hills.</b> <b>Leader : Wendy Ghest 01243 528513</b>
July 5	Stanstead Forest GR 754104	4.5 miles	Car Park on road opposite Stanstead House. Cross road, path L by Forest Hanger to Forest Side, Warren Down, through Stanstead forest & Monarch's Way. <b>Gently undulating.</b> <b>Leaders: Christine &amp; Richard White 02392 473869</b>
<b>August - SUMMER BREAK - NO AMBLE</b>			<b>P.T O.</b>

Please note the change of date for the April walk as the first Monday in April is Easter Monday.

**This year I have tried to make our group a shared responsibility, with several members offering to lead, 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**.

Minimum number for walks to take place is **5 people**.

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

After 9.15am & during the amble a mobile number is available **07766 577408**

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

On **January 4th** our walk is around the Chichester waterways. We will lunch after the walk at the Spinnaker Restaurant. If wet we will meet just for lunch, but please let Helena know if you will be lunching. Choose from the menu on the day, both main meals & lighter options are available.

**There is no need to book, numbers will be checked on the day & the restaurant phoned.**

### **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.