

**North East Lancs Area**

Enquiries and bookings to Hazel Dean on 01282 449979

In an emergency today phone Chris Thornley 07821 098374 or Hazel Dean on 07733 961441

**COACH RAMBLER TO HELMSLEY 4<sup>TH</sup> JULY 2010**

This excursion is to HELMSLEY on the edge of the North York Moors is a first for East Lancs. Coach Rambles. The rendezvous will be at Ripon. Bookings will be taken for Llangollen on 1<sup>st</sup> August, Newby Bridge on 5<sup>th</sup> September and the Roaches Staffordshire on the 3<sup>rd</sup> October. Please make cheques payable to Ramblers Association Coach Account. Note that telephone bookings will require a stamped self addressed envelope. Just leave a message if I am not in. Don't forget you can email me to book and apart from posting your cheque your ticket will also arrive by email: [hgd1@sky.com](mailto:hgd1@sky.com)

Many of you will have heard that Paul Brown one of our regular leaders for all grades of walks is currently out of action and recovering from a recent operation. We wish him well. I have his home address with me today if any of you wish to send him a card or you can sign the card from all of us which will be going round the coaches today.

Burnley and Pendle have tickets available now for their social trip to Ulverston and Swarthmore Hall on the 8<sup>th</sup> August. Pam Maybury on the Burnley Coach is the booking secretary and the tickets are £11 for both coach and admittance.

More leaders are still needed for B party in October November and December. Please help if you can.

**COACHES RETURN FROM HELMSLEY COACH PARK AT 6 PM**

'A' PARTY                      13 ½ MILES                      MODERATE                      LEADER                      FRANK WALKER  
Alight at the top of Sutton Bank and follow the Cleveland Way north to High Paradise. Continue east to Dale town and then field paths down in to Rye Dale and on to Rievaulx. Then follow the Cleveland Way again eastwards to Helmsley.

'B' PARTY                      11 MILES                      MODERATE                      LEADER                      ROBERT ECCLES  
Alight at the top of Sutton Bank and head south around the airfield to above the White Horse. After looping the airfield join the Cleveland Way to Cold Kirby and drop down into Flassen Dale. Cross fields and woods to Rievaulx. Continue south to rejoin the Cleveland Way at Rievaulx Bridge and continue in to Helmsley. Walk is mainly on good tracks but there is some road walking. There is 350m of ascent and 550m of descent.

'C' PARTY                      7 ½ MILES                      MODERATE                      LEADER                      ROBERT ECCLES  
There is no leader for C party today. However C walkers can go with the B party and miss out a couple of loops – you can have a rest or refreshments and wait for the B party to return to the beginning of the loop before continuing on your way. For route follow information as given in B or take it easy and join the D party.

'D' PARTY                      6 ½ MILES                      EASY                      LEADER                      BRIAN CHADDOCK  
Alight in Helmsley and walk on a track up Beck Dale to near High Baxtons Farm. Continue across field paths and return to Helmsley via Ash Dale. No stiles but two short inclines in first half of walk.

**INDEPENDENT WALKERS – PLEASE PROVIDE A WRITTEN ROUTE, YOUR PARTY AND A CONTACT NUMBER**

PLEASE WEAR YOUR SEAT BELTS WHILST THE COACH IS IN MOTION