



www.ramblers.org.uk and www.eastyorkshireramblers.org.uk

Welcome to our latest, Beverley Group Newsletter. As always, our aim is to keep you informed of club activities, relevant information and any other topical issues.

WELCOME

May we say welcome to the following who have joined Beverley Ramblers within the last few weeks since our last Newsletter, January 2018.

Kay and Patrick Conboy : Matthew Harrison. Thank you for joining us.

SUMMER SCHEDULE 2018

The East Yorkshire and Derwent Area Summer Programme of Events starts in April.

With thanks to 16 volunteer leaders from our Beverley Group, we have contributed to this combined Area programme a total of 25 Sunday walks, most starting at 10am. Also, we have included a number of shorter local Wednesday evening walks starting at 7pm.

An accumulated mileage of not less than 252 miles is covered on our walks within this new programme ranging from 5 to 11 miles, mainly in East Yorkshire, but also visiting North Yorkshire. This includes Sunday 03 June when we visit Sinnington, a memorial walk for our former Chair and Walks leader David Court who passed away in October last year.

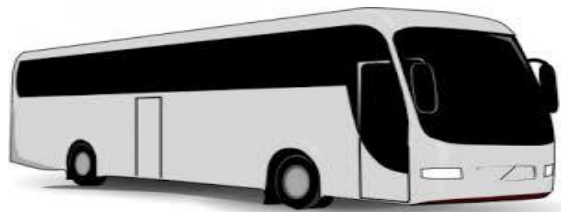
Please make every effort to support our volunteer leaders when you can. Also, don't forget the health benefits highlighted previously, falls in average blood pressure, resting heart rate, body fat, weight and total cholesterol.

WALK SAFETY

Some of our led walks include sections of road walking in order to link public rights of way to make circular routes suitable for the group. Parts of the Highway Code apply to pedestrians, Rules 1 to 35 specifically, as all public roads are open to walkers (except motorways). Pedestrians are the most vulnerable road users. It is important for car and other road users to be considerate of those on foot. However, a summary of a published report (Express 14.11.17) highlighted the following;

'There is no mandatory eye exam required in Britain for drivers apart from having to read a number plate on a parked vehicle at the start of the practical driving test. That test may have been decades prior to current driving activity. Often, people won't realise that their vision has deteriorated over time. More than a third of optometrists had seen patients in the last month who continue to drive despite being told their vision is below the legal standard. Seven people were killed and sixty three seriously injured in accidents on Britain's roads in 2016 when "uncorrected, defective eyesight" was a contributory factor, Department for Transport data shows.'

To repeat previous safety advice (Newsletter January 2017), walk in single file, on the right side of the road to face oncoming traffic. The leader and back marker are recommended to have reflective material visible when road walking. So when walking in the correct manner as a group on the road, and you are alerted to vehicles coming from the front or rear.....**BECAUSE YOU HAVE SEEN THEM, DON'T ASSUME THEY HAVE SEEN YOU.**



BEVERLEY GROUP COACH RAMBLE SUNDAY 13 MAY 2018 RICHMOND, N.YORKS

This year, we visit Swaledale and Richmond, North Yorkshire. Two led walks will take place. An 11 mile linear route from the Swaledale village of Reeth (public toilets available) walking to the market town of Richmond, following the famous Wainwright's Coast to Coast route. The second alternative walk is a 7 mile scenic circular around the Richmond area. For non-walkers, Richmond, a town of unique character and beauty, offers plenty of attractions, shops and refreshment premises. Places to visit include Richmond Castle and The Green Howards Regimental Museum. Also, at the time of our visit, an art exhibition at the old railway station entitled "Boats and Planes ... but mainly trains" is showing.

.....

The coach will pick-up from the usual places, namely Beverley, Market Weighton and Pocklington.
Seat ticket price is £15.00 per person.

Timings and departure to Richmond, North Yorkshire as follows;
Beverley (behind M&S) **08:00** Market Weighton (Giant Bradley Statue) **08:15**
Pocklington (bus station) **08:35**

Departure from Richmond will be in the region of **17:30** to allow those attending, adequate time to have refreshment at a local premises of personal choice.

.....

BOOKING FORM

Name:

Address:

Telephone/Mobile (preferred):

Number of Tickets:.....@ **£15 per person**. [Cheques payable to Beverley Ramblers]

Direct Bank Transfer also available to pay using a reference: **COACH/add your surname**.
Sort Code: **60-83-01** Account Number: **20335962**

Pick Up Point (Tick) Beverley..... Market Weighton..... Pocklington.....

Please send cheques and/or booking forms to;
Jackie HOSDELL, 4, Ford Close, BEVERLEY. HU17 9GS

By 01 May 2018 please

Please don't delay reserving your place as an economic decision has to be made on the viability of the trip on numbers booked and outstanding vacancies, prior to the above date.

Cancellation Policy: Refunds not available unless seat booking re-sold.