

**Footloose
Walking Club**

*Walking in
Lakeland since
1999*

Newsletter

August 2026

1. Welcome to the latest Footloose news letter.

Welcome to our August Newsletter. We would like to extend a warm welcome to our new members who have joined since our last newsletter.

2. The Walking Programme

We have a full programme of walks for July to September. Many thanks to our walks leaders who have volunteered to lead these walks. The hot and dry weather we have been experiencing over the last three months has caused its own problems but for us it has meant that for a change we have rarely needed to use our waterproofs. It has, however, meant that we have needed to take plenty of water to keep us hydrated.

We normally find that turnout numbers in the summer period are slightly lower due to holidays and other activities, and this summer has followed the usual pattern. From past experience, the numbers will rise back up in September.

We are now in the process of filling in the programme for October to December and if you fancy leading a walk please contact James House. The colour coding in the current programme has proved to be very popular and will be continued.

The current programme has very few easy walks and we have many members who prefer them. As all walks are voluntarily put forward by members, the members who are prepared to lead walks obviously determine what kind of walks we have on the programme. If we are to have more easy walks we need members who want easy walks to volunteer to lead them. Can you help here?

On their recent walk, Chris and Julie Watson managed to raise the bar regarding mid morning refreshment breaks when our walkers had the opportunity of tea, cakes, and scones. This proved to be very popular but they had quite a job extracting the walk participants from the cafe. Any walk leaders who want to match this will get full support, although providing tea, cakes, and scones on Striding Edge may be a bit tricky.

3. Summer Social

The summer social this year was 10 pin bowling at Morecambe followed by a bar meal at the iconic Midland Hotel. This was a great success and we will be looking to repeat this in future years. The weather was superb allowing a pleasant walk before the bowling, however although the bowling venue was air conditioned, the Midland hotel was not, making it a

warm and sticky experience. Johnny Lovatt did a great job pulling this all together and should be congratulated. John Lee won the awards for the highest score in one game, while the person with the lowest score received "The most scope for Improvement" award. This award consisted of local Specsaver details.

4. August Social and Planning Meeting

This month we held the Social and Planning meeting at the Gateway Inn pub just outside Kendal. This was a new venue for our club and it proved to be an excellent choice. It was suggested by Norman French who carried out the organisation of the event. The food was excellent, definitely not pub grub, and we had a nice side room to ourselves. The meeting coincided with the solar eclipse so quite a few from the group were seen dashing out with a colander to view the eclipse. Unfortunately there was a bit too much cloud and trees to see the eclipse clearly, but we did make the groundbreaking scientific discovery that colanders are useless for viewing eclipses despite what we were told on TV. Many thanks to Norman for organising this event.

The next planning event will be part of the Christmas meal and AGM, so the next event purely as Planning and Social will be in February. We continue to look for suitable venues so any suggestions will be welcome. Two places under consideration are The White Heart in Bouth and the Pheasant Inn in Alithwaite.

5. Forthcoming Events

- Autumn 2026 Holiday

We now have 24 members booked to go on our autumn break in Masham. This mini holiday will run from 11-14 October and we will be staying at the Kings Head Hotel. It is still possible for additional members to go on this break, and anyone wishing to join us should contact Sue Rigg. Her e-mail address is sue_rigg@hotmail.com. She has recently issued a note checking that her list of participants is correct and up to date. She will be issuing a further note within the next couple of weeks regarding walk options, meals, etc so keep an eye open for this. Sue Firth, who has been working with Sue Rigg on this event, has been looking at walks in this area as she knows it quite well. However, if anyone has some ideas for walks please let Sue know. The numbers of people going will be sufficient to enable us to have two walks each day of differing levels.

- Autumn Hard Holiday (Spanish Trek)

Everything is in place for the September trekking holiday along the NW coast of Spain. It must be pointed out that this is fully booked. All payments have been made and all flights and train tickets bought. We now have a detailed itinerary and the reality of what is ahead is starting to strike home. The walks each day vary from 11 to 18 miles although there is an option of taking the odd rest day.

- Christmas Meal and AGM

Several venues are under review and we should be making a decision fairly soon. We are currently concentrating on Ulverston and Grange-over-Sands as we went to the Kendal area the last two years. Once the venue has been decided, a note will be issued asking members to put their name down.

4. Bank Account

Our new Nat West Community Account is now up and running and should give us the ability to do banking on line with all its advantages without costing us an arm and a leg. We will probably retain our Furness Building Society account as it does give us good interest. Setting up this account has been rather tortuous and we must congratulate Lynne Horne for her perseverance.

We are not intending to use bank transfers (BACS) for membership renewals as we need to ensure that every renewal payment is accompanied by a membership form. There is also the risk that it could be tricky to keep track of 90 identical payments coming into the account in quick succession. We may make exceptions where someone's bank refuses to provide a cheque book and in these cases members should contact Lynne. We will be using BACS for payments for events, holidays, etc.

5. Website and Photographs

James House is pleased that he keeps being sent photographs of our walks. These help to keep our website up to date and make our club attractive to new members. Please keep sending them in.

6. Committee Membership

All the current members of the committee have stated that they are willing to remain in their post in 2027. Although we have enough committee members, if anyone is interested in joining the committee they would be very welcome. To ease you in we would give you the option to attend the committee meeting to see how it all works, before committing yourself. If you are interested please contact any member of the committee.

The chair will have been in place for 4 year at the end of this year. The current chair is willing to stay in the post, however there is a danger of getting stale and new blood can help move the club forward. In the past we have seen Prime Ministers getting stale after being in place for too long, although this is not something we have experienced for many years. If you fancy injecting new life into this position, please let the current chair know.

A usual the committee makeup will be an item on the agenda for the forthcoming AGM.

7. Comments, observations, complaints?

If you have any items of news which you would like to be included in future newsletters please contact the chair. The contact is footloose.cumbria@gmail.com

Happy Walking
John Davies - Chair