

## 2018-19 SEASON OPENING WALKING EVENT

### PISCINA RESTAURANT PARCENT

WEDNESDAY 3 OCTOBER



The first walking day of the new season will be on 3 October. There will be 3 different walks choose from and this will be followed by an optional lunch (16€) which we hope you will stay for. All walks start and finish at the Piscina Restaurant in Parcent (38.737902 -0.074662) which is where the lunch will be held.

### WALKS

The 3 walks are shown below and full details are in the programme on the website. Please note that the start time is when the group leaves the start point and that prior to this you will need to book in for the walk and the lunch and buy your annual 2018-19 walking fob (1€), so please arrive in plenty of time.

- 0930 hrs - **Carrascal de Parcent Ridge** led by Andy Marsh. This is a Very Strenuous walk over mainly rough terrain (VS/C). The walk will take less than the published 5½ hours, ascend 863 meters and cover a distance of 14½ km. The walk will be taken at a good pace to get back for lunch.
- 1000 hrs - **Col de Rates from Parcent** led by Rob and Pauline Chalmers. This is a Moderately Strenuous walk on roads and good paths which are rough and steep in places (MS/A). The walk will take approximately 3½ hours, ascend 435 meters and cover a distance of 11 km.

- 1100 hrs - **Parcent to Alcalali Circuit** led by Mike and Jackie Broadley. This is an Easy walk on roads, tracks and paths (E/A). The walk will take approximately 3 hours and have a total ascent of 100 meters over the 8 km distance.

Please remember that there is always the possibility that the weather at this time of year will still be hot for walking. Ensure that you are fully prepared for the walks by choosing the correct level of walk for your ability and the weather conditions and that you take with you the correct amount of fluids and sun protection.

### **LUNCH - OPTIONAL**

There will be a Menu Del Dia lunch at the Piscina Restaurant following the return of the walks. Although this is optional we hope that as many of you as possible will stay to start the season with a great social event. We normally get over 100 staying for the lunch so it should be a great event.

Lunch will cost 16€ for 3 courses including wine and IVA but not coffee. You will be asked to indicate whether you are staying for lunch at the start of the walk.

### **VOLUNTEERS!**

We are asking for a couple of non-walking volunteers (friends/partners/spouses) who would be willing to drive their car to a pick up point if, in the unlikely event, there is a walker who gets into difficulty and needs to get a lift back to the restaurant. If you are able to help then please contact [admin@cbmwalkers.org](mailto:admin@cbmwalkers.org). We hope you will not be needed but with such large numbers expected for the opening walks the chances are increased over a normal walking day and we would like to have this extra support in place.