

# Cascade

Social Group

May 2010

[www.cascadesocialgroup.co.uk](http://www.cascadesocialgroup.co.uk)

## Cascade Mountain Walks Programme 2010

Date	Mountain Walk (Please Note: All walks are graded 6/7 - Strenuous to Very Strenuous)	Overnight Stay?
29-May to 1-Jun	<b>Ben Nevis, Pap of Glencoe &amp; The Two Passes</b> , Highlands, Scotland Very High Mountains! Walk distances are 12m, 6m & 9¼m respectively	Yes - 3 nights at Clachaig Inn, Glencoe
18-Jul	<b>Pen-y-Ghent</b> (max ht 2277ft), Horton in Ribblesdale, Yorks Dales - 7½ miles	No - Day return walk
6-8 or 13-15- Aug TBC	<b>Cadair Idris</b> (max ht 2888ft) & <b>Aran Fawddwy</b> (max ht 2944ft), Snowdonia, Wales. Walk distances are 9m each	Yes - 2 nights B & B at a guest house/hotel
12-Sept TBC	<b>Scafell Pike via Brown Tongue</b> (max ht 3187ft), Wast Water / Wasdale Head, Cumbria - 6 miles	Yes - 1 night at a YHA
10-Oct TBC	<b>Wharfedale</b> (from Ribblesdale Viaduct) (max ht 2415ft), Yorkshire Dales - 9 miles	No - Day return walk

### Appeal for New Regular Walk Leaders

We are looking for 2 or 3 members to become new *regular* walk leaders for the group, who will be able to offer and lead walks on a regular basis i.e. one walk per quarter / 4 walks a year. A number of the current regular and occasional walk leaders are unable to continue hosting such walks and this is often leaving a number of gaps in the Sunday walks programme, which we put together for you to participate in and enjoy. We would also welcome any offers from members to become an occasional walk leader, who may be able to do a couple of walks a year.

## Cascade Diary Synopsis

<u>May</u>	<u>Event</u>
Sunday 2 <sup>nd</sup>	Ashford in the Water Amble
Friday 7 <sup>th</sup>	Carvery & Chat Night - High Lane
Saturday 8 <sup>th</sup>	'When the Lights go on Again'
Sunday 9 <sup>th</sup>	Salterforth Sights Walk
Sunday 9 <sup>th</sup>	Lunch at the Appetising Anchor Inn
Monday 10 <sup>th</sup>	Reading Group
Friday 14 <sup>th</sup>	Tenpin Bowling the Afternoon
Friday 14 <sup>th</sup>	Phoenix Ceilidh
Friday 14 <sup>th</sup>	Singles Walking Holiday - Alonnisos
Saturday 15 <sup>th</sup>	Manchester to Hathersage Folk Train
Saturday 15 <sup>th</sup>	Vin Garbutt at Sale Folk Club
Sunday 16 <sup>th</sup>	Edale Panorama Walk
Sunday 16 <sup>th</sup>	Sunday Lunch at The King's Arms
Friday 21 <sup>st</sup>	Cinema Night - Parrs Wood
Saturday 22 <sup>nd</sup>	Dunge Valley Rhododendron Gardens
Sunday 23 <sup>rd</sup>	Lymm Meander Walk
Friday 28 <sup>th</sup>	Whit Friday Brass Band Competition
Saturday 29 <sup>th</sup>	'A Trip to Scarborough', Chad's Theatre
Sunday 30 <sup>th</sup>	Hare Hill Gardens
<u>June</u>	<u>Event</u>
Sunday 6 <sup>th</sup>	Walk - The Delightful Dane Valley
Sunday 6 <sup>th</sup>	Sing Live North West - 'The Beatles Story', Bridgwater Hall
Friday 11 <sup>th</sup>	'The Importance of being Earnest'
Sunday 13 <sup>th</sup>	Didsbury Open Gardens
Sunday 13 <sup>th</sup>	Sponsored Walk
Friday 25 <sup>th</sup>	Culinary Demonstration & Dinner, Wycliffe Hotel, Edgeley
Saturday 26 <sup>th</sup>	'Mam, I'm 'ere'- Altrincham Garrick
<u>July</u>	<u>Event</u>
Friday 2 <sup>nd</sup> /Sunday 4 <sup>th</sup>	Walking Week-end for Singles, Hackness
Saturday 10 <sup>th</sup>	Trip to Tate, Liverpool
Thursday 22 <sup>nd</sup>	Clonter Opera Theatre

Sunday  
2 May



### Ashford in the Water Amble

Grade 4 Moderate - 6 miles and approx. 3½ hours

#### Walk Route:

Our walk starts today in the attractive village of Ashford in the Water, Derbyshire. The water in the title is the River Wye and the name of the village means exactly what it says: 'a ford near ash trees'. The walk combines one of the idyllic villages and one of the finest viewpoints in the Peak District, superb woodland and lovely stretches of riverside walking in Monsal Dale.

The walk covers 6 miles of mixed terrain, which in parts includes good footpaths, two gradual ascents and a covers a modest distance. Good walking boots are essential and warm weatherproof clothing may be advisable dependant upon the weather on the day. We can stop off en route for a small bite to eat so bring a few snacks & drinks. After the walk, there will be an opportunity to have lunch at a nearby pub.

Friday  
7 May



### Carvery and Chat Night

The Dog and Partridge

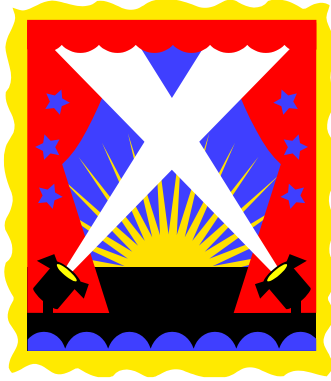
88 Buxton Road, High Lane, Stockport, SK6 8HJ

Cost: £3:59 for carvery

£4:99 for vegetarian meal ( fish pie, mushroom risotto etc)

Start the weekend by joining me for a carvery whilst you catch up on the news of Cascade events and other members. If you are a newcomer or a potential member you will be made very welcome. Tables are not bookable so come any time which suits you.

Saturday  
8 May



**"When the Lights Go On Again",**  
**musical play by Roy Sault**  
Woodford Players,  
Community Centre,  
Chester Road, Woodford.

Tickets £8:50 & £7:50.

This fantastic show tells the story of family life in England during the war years, culminating in a VE/VJ day party.

The audience are invited to sing along with the many well known songs featured in the show.

The audience will laugh and cry and join the family through some difficult times and some fun times. It is a very clever observation on the humour that saw the nation through those dark years. School Concerts, Rationing, The Saturday Night Dance, ARP Wardens, Air Raids, Queues and Spam all get a look in. There is of course the Camp Concert complete with Sergeant Major and his motley crew.

A fabulous night out not to be missed

Sunday  
9 May



### Salterforth Sights

Grade 4 - Moderate  $6\frac{3}{4}$  miles & about  $3\frac{1}{2}$  hours

#### Walk Route:

Some rather strange sights feature on this walk (sculptured heads) that combines the tranquillity of the Leeds and Liverpool Canal and the wild moors of Weets Hill above Barnoldswick where curlew call and the wind is ever present. On a clear day you get a cracking view of Pendle Hill and can also see Ingleborough in the distance.

There is a fair amount of up and down via field, track, lane and path but the ascents/descents are long and gradual rather than steep. Reasonable agility is needed for the stone walls we scramble over. We'll also see Blacko Tower on the return leg which has some interesting theories as to why it was built!

We'll do the usual 'nibbles and drinks stop' to put you on so bring some along. We are having lunch at the 'Anchor Inn' afterwards (see '**Appetising Anchor Inn**' write-up for booking details). Waterproofs and walking shoes/boots are suggested plus there are toilets at the green 3 minutes walk from the pub ☺.

Sunday  
9 May




### Appetising Anchor Inn

Originally called the Travellers Rest, the Anchor Inn in Salterforth meaning 'Salter's Ford' is believed to date back to around 1655 and built on an old packhorse way, a salt road from Cheshire to Yorkshire used by drovers and salters.

When the canal was excavated between 1770 and 1816 the Inn became damp, so a new inn was built directly over the old cellars and today these cellars hold a fabulous stalactite formation. The Anchor with its unique history, small beamed rooms has bags of character and is also reputed to have a resident ghost!

The pub has an entry in the CAMRA good beer guide 2008 and serves 'Theakstons Black Bull Bitter',

		<p>'Duechers IPA' and 'Old Speckled Hen' on hand pull plus the usual array of beer and lager and a very occasional guest beer.</p> <p>The fare is simple traditional home cooked English. Starters are £3.50 to £4.75. Main courses from £6.95 to £7.95 and Sweets are all £3.65. The food I saw looked rather nice and the diners were tucking in with gusto! This is a popular Inn so be prepared for a wait before sampling the 'vittles'.</p>
<p>Monday 10 May</p>		<p style="text-align: center;"><b>Reading Group Meeting</b></p> <p>This month's book is the autobiographical story of the life of Idina Sackville - the woman who scandalised 1920s society and became <i>White Mischief's</i> infamous seductress.</p> <p>Written by her great-granddaughter, <b>Frances Osborne, The Bolter</b> is an "...enthralling account of a dazzling, troubled life" <i>Julian Fellows</i>.</p> <p>"Osborne's richly wrought descriptions of glittering Paris nights and lush mountainous landscapes of Kenya's Happy Valley are fabulous...A breakneck-paced, thoroughly diverting story". <i>The Times</i>.</p> <p>Come along to a friendly relaxed evening to chat about this book - and/or anything else you have read &amp; enjoyed. Don't worry if you haven't read it - you will be very welcome to come along and suggest books for future reading. If you have any books you would like to loan/swop with other members bring them along.</p> <p>Cost: a small contribution towards refreshments.</p> <p>Meetings are on <b>Mondays</b> (usually on the 2nd Monday on the month). Titles, as they are chosen, will be featured in the newsletter.</p> <p>There are several second-hand copies of this very popular book around in second hand bookshops, libraries and on Amazon for 1p plus £2:75 p&amp;p.</p>

Friday  
14 May

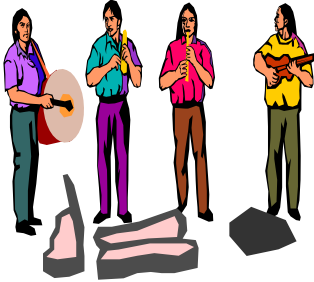


**Tenpin Bowling in the Afternoon**  
14, The Orient, The Trafford Centre,  
M17 8ED

Cost: £10:50 for 2 games

Tenpin bowling for pleasure and light exercise

Friday  
14 May



**Phoenix Ceilidh**  
Horwich

Cost:£8:00 Concessions £5:00

The group playing tonight - Housewives Choice

Friday  
14 May



## **Greek Island Walking Holiday for SINGLES**

Alonnisos is a beautiful, quiet Greek Island in the Sporades in a National Marine Park and I have found an Englishman who lives there who is willing to lead our walks. He has written a book about walking on the island (I have a copy I can let you see), and his web site is [www.Alonnisoswalks.co.uk](http://www.Alonnisoswalks.co.uk)

We will be staying in the Paradise Hotel  
[www.paradise-hotel.gr](http://www.paradise-hotel.gr)

There is also an optional walk on the nearby island of Skopelos which I will lead (yes folks, I've done the rece, across the the island through a pine forest to Aghias Iannis, the church featured in Mamma Mia, which was filmed on Skopelos) dependant on times of ferries, buses etc., but it should be feasible.

### **Costs**

Flights at time of going to press £240:00 from Goldtrail Holidays (Monarch at 08.30 to Skiathos).

You will need to book this yourself.

Hotel 20 Euros per night if sharing a twin room for Bed & Breakfast.

Single room: 30 Euros per night for Bed & Breakfast



Olympic Holidays also do a package to this hotel if you prefer, but it does seem cheaper to do it independantly



Transfers from Skiathos - approx 16 Euros each way

4 Walks on Alonnisos - 60 Euros

Meals in Tavernas - 15-20 Euros

Packed lunches will be easy to get from local bakeries.

<p>Saturday 15 May</p>		<p style="text-align: center;"><b>Manchester to Hathersage Folk Train</b></p> <p>Departs Manchester Piccadilly at 11.45am calling at all stations from Reddish North to Hathersage. Return on the 14.32 from Hathersage calling at all stations (except Strines) arriving Manchester Piccadilly at 15.32</p> <p>Cost: Train Ticket and Refreshments at Little John Hotel, Hathersage.</p> <p>The Folk train takes you on a musical journey as you travel through the Peak District countryside. Talented musicians play on the train then everyone alights to visit a local pub and enjoy a further session from the band.</p> <p style="text-align: center;">Class 49 play Blues and Bluegrass.</p> <p>Hope Valley Line Folk train is very popular and there is limited seating capacity in the carriage with the band.</p> <p>Little John Hotel, Hathersage offers fresh home cooked food, a specials board and locally brewed traditional hand pulled ales or John Smith Beers</p>
<p>Saturday 15 May</p>		<p style="text-align: center;"><b>Sale Folk Club Vin Garbutt</b></p> <p style="text-align: center;">Tickets - £10:00 from - 0161-432 4317 or <a href="mailto:info@salefolkclub.co.uk">info@salefolkclub.co.uk</a> Winner of BBC Radio 2 Folk Awards "Best Live Act" Award 2001</p> <p>Powerful, hugely moving, warm, humane, inspired, funny and gut wrenchingly honest. These are just some of the superlatives used to describe Vin's performance this year. This international, award winning, singer songwriter is completing his 40th year on the road. He is forever in demand and his shows are continually sell outs, so get your tickets early!</p>

<p>Sunday 16 May</p>		<p style="text-align: center;"><b>Edale Panorama</b></p> <p>Grade 5 - Moderately Strenuous 7½ miles &amp; 4 hours</p> <p style="text-align: center;"><b>Walk Route:</b></p> <p>This is a high level walk for much of its route, basically mapping out a 'horse shoe' around Edale village. The views are stunning on occasions with interesting rock formations and outcrops. This area can be challenging in difficult weather conditions and so warm clothing, provisions and equipment are essential; but don't be put off, the views are worth it</p> <p>The first half comprises upland pastures, following the Pennine Way before starting the accent up to Grindslow Knoll (601m). We then ford the stream at the head of Grindsbrook Clough and follow the edge of Blackden Moor as it loops around the Edale valley. Much of this path has now been paved with reclaimed flags - luxury. When we've had enough of this we'll take one of several paths back to lower levels and Edale village itself. Our final leg of the walk is via a different pastureland route back to Upper Booth.</p>
<p>Sunday 16 May</p>		<p style="text-align: center;"><b>Sunday Lunch at The King's Arms</b> 4 Delph Road, Grain's Bar, Oldham OL4 2JX</p> <p style="text-align: center;">Cost £10:00 for three courses</p> <p>This picturesque stone built coaching house offers exceptional value for Sunday lunch. Located in the foothills at the Denshaw boundary north of Oldham it provides easy access from the M62 or Oldham.</p>

Friday  
21 May



### **Cinema Night**

Parrs Wood Entertainment Centre  
Wilmslow Road  
Didsbury  
M20 5PG

Admission for the film is £7:60 reduced to £5:30 for concessions.

Meet at the entrance to the cinema. We can decide which film we would like to see and purchase the tickets.

We can then go for a bite to eat at Nandos or Frankie & Bennys which are both next to the cinema unless anyone has any better ideas on a place to eat.

For anyone who just wants to see the film, just let me know and we can arrange to meet outside just before it starts.

Look forward to seeing you there!

Saturday  
22 May





**Dunge Valley Rhododendron Gardens**  
**Windgather Rocks, Kettlethulme, High Peak**  
**SK23 7RF**  
Tel 01663-733787


*Cost £3:50 free if you spend £12:00 on plants!*

Set in a beautiful hidden valley in the rolling Pennine Hills, with the sound of curlew filling the air, see a collection of over 550 species and hybrid Rhododendrons as though in a hidden Himalayan valley, with streams, waterfalls, ponds, bridges, bog gardens and a wide variety of unusual perennials, trees and shrubs in a magnificent setting.

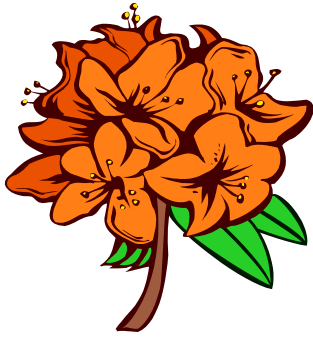
One of the most comprehensive collections of Rhododendrons in the UK with plants such as Rhododendron 'Loderi King George' with its huge scented flowers, new varieties like Rh. 'Midnight Mystique' and Rh. 'Lemon Dream' and many rarities in full view and for sale in The Hardy Plant Nursery.

There is a lovely tea room that serves drinks, cakes and light lunches.

<p>Sunday 23 May</p>		<p style="text-align: center;"><b>Lymm Meander</b></p> <p style="text-align: center;">Grade 2 - Easyish 5+ miles &amp; about 3hours</p> <p style="text-align: center;"><b>Walk Route:</b></p> <p>We start the walk by going down the Trans Pennine trail to Star Lane then onto the towpath of the Bridgwater Canal after a short walk, we then enter Lymm village and into 'The Dingle' through the woods. Cross the main road to follow the path by Lymm dam and up to Crosfield bridge which we go over to follow the path through the woods on the other side of the dam to reach the imposing church at the head of the dam. After several footpaths at the back of the village we go over the canal and rejoin it back into the village and down steps to Slitten gorge cross footbridge follow sow beck through gorge to reach Danebank road then Lymmhay lane continue on this back to the Trans Pennine trail and the ranger's cabin.</p> <p>Usual walking gear, waterproofs and boots or you could use good walking shoes for this walk. Liquid refreshment and light snacks required. We will be dining at the Spread Eagle in the centre of Lymm afterwards.</p>
<p>Friday 28 May</p>		<p style="text-align: center;"><b>Whit Friday Brass Band Competition</b></p> <p>Often described as 'the greatest free show on Earth', the Saddleworth &amp; District Whit Friday Brass Band Contests take place every year on the afternoon and evening of Whit Friday 28th May. From the earliest recorded contest in 1884, the event has grown in popularity. Last year well over a hundred brass bands participated in some twenty different contests at venues scattered around the moorland villages and towns on the western edge of the Pennines. All of the contests are open-air, many in delightful surroundings. The area has a very strong tradition of brass band music. In the weeks before Whit Friday, the sounds of rehearsals echo across the hillsides from the various band rooms and village halls. There are thriving bands in some of the tiniest</p>

		<p>villages. And the best bands are world class. The 2009 prize fund is just over £36,000.</p> <p>The contests are open to all-comers. So the local youth bands get to match their skills against the top bands of the country. For bandsmen, the dash from contest to contest makes for an exhilarating (though exhausting) evening. See the comments in the guest book. This is a major event in the brass band calendar and bands travel the length of the country to participate, some even turning up from overseas.</p> <p>Contests typically start at about 4.30pm. Bands play two pieces (marches), one on the march and then their well-rehearsed show-piece on whatever passes for a rostrum. Each performance is scored 'blind' by an adjudicator, hidden in some adjacent darkened room or caravan. Each contest offers prizes for the best band, best youth band, best soloists etc. At one of the busier venues, you could expect to hear over 50 bands, before the winners are announced shortly after close (10.30 pm or 11.30pm, though the most popular contests can go on well into the early hours).</p>
<p>Saturday 29 May</p>		<p><b>'A Trip to Scarborough'</b> by <b>Richard Brinsley Sheridan</b> directed by Beccy Patterson Cost £8:00</p> <p>Chad's Theatre Mellor Road Cheadle Hulme SK8 5AU</p> <p><i>A Trip to Scarborough</i> sits between <i>The Rivals</i> and <i>The School for Scandal</i> in Sheridan's limited but memorable writing career. Penniless Tom Fashion arrives at the Royal Hotel to try to persuade his older and richer brother, Lord Foppington, to part with some of his money. Failing to do this, he impersonates his brother in a bid to marry an heiress, the innocent daughter of a country squire, Sir Tunbelly Clumsy. Full of intrigue and mistaken identity this is classic English comedy at its best and will be the perfect end to our season.</p>

Sunday  
30 May



**Hare Hill Gardens**  
Over Alderley,  
Macclesfield SK10 4QB  
tel 01625-584412

Cost: £3:40 or free with National Trust Cards

Hare Hill is a hidden gem of a garden. At its heart is a delightful walled, wooded garden with a pergola and wire sculptures and a pool with a central island accessed by a rustic timber bridge. Hare Hill sits in a landscaped parkland with stunning views across Cheshire to the distant Pennines. The woodland gardens are especially spectacular in early summer when the azaleas and rhododendrons are in bloom. There is a walk from the gardens to Alderley Edge, so if we are feeling energetic we can walk to the tea rooms or just drive, whatever you fancy.

Sunday  
6 June



**The Delightful Dane Valley**  
Swettenham Arms Pub, Swettenham Village,  
Near Congleton, Cheshire,

Grade 2 - Easy 4½ miles & about 2½ hours

**Walk Route:**

Our stunning walk to-day takes us through the Cheshire Countryside crossing the Swettenham Brook four times, with views of Jodrell Bank and Shutlingsloe and Bosley Cloud.

Another highlight of this walk is the Lavender & Sunflower Meadow behind the Swettenham Arms. Created in 2005 it is a popular attraction during the summer months. The magnificent two-acre plot situated at the rear of the pub releases a gentle soothing aroma in the breeze, and attracts a wealth of wildlife including a triumphant local bee population.

Bring a snack and a drink or save yourself for the excellent but on the pricey side food at The Swettenham Arms after the walk.

Access to the toilets at the pub will be available☺.

Sunday  
6 June







**Sing Live North West**  
**'The Beatles Story'**  
Performing at  
The Bridgwater Hall, Manchester

Cost £12;50

From the early Cavern Club days to the height of Beatlemania, and into their solo careers, the quartet of John Lennon, Paul McCartney, George Harrison and Ringo Starr invented the modern concept of a rock band - they were one of the first bands to write their own material and play all their own instruments. Featuring classic songs from throughout the life of the Beatles and beyond, this concert promises to recapture the defining sound of the sixties. We will be celebrating the songwriting talent of Lennon, McCartney, Harrison and (perhaps to a lesser extent!) Starr, with tracks such as "Love me do", "All my loving", "I wanna be your man", "A hard day's night", "Ticket to ride", "Michelle", "Day tripper", "Here, there and everywhere", "Penny Lane", "Blackbird", "Let it be" and "Hey Jude".

Complementing these will be songs from the solo careers of each member of the band - songs like "Imagine", "Band on the run", "My sweet Lord" and others. We will be joined on stage by leading Beatles tribute band "The Tragical History Tour", who are very excited to be continuing their involvement with Sing Live after the great success of the Classic Rock concerts in Nottingham and Birmingham, where they were greatly appreciated by the audience and singers alike.

<p>Friday 11 June</p>		<p><b>"The Importance of being Earnest"</b> by Oscar Wilde The Library Theatre St Peter's Square Manchester</p> <p>£14:00 per ticket</p> <p>This hysterical study of the Victorian leisure class is one of the funniest plays ever written. But this "trivial play for serious people"-as Oscar Wilde dubbed it -is also full of social and sexual ironies beneath its sunny and blithely irresponsible surface. A laughter filled comedy of inversion this play was the first ever-production in the Library Theatre back in 1952 and is being fittingly revived to mark the company's final production in its present home."</p>
<p>Sunday 13 June</p>		<p><b>Private Passions - Gardens on Display</b></p> <p>This June, Didsbury Open Gardens will be offering another chance for gardening enthusiasts to view the creativity of some of the best private gardens in Manchester. Over twenty gardens, normally lying tantalizingly unseen, will be throwing open their gates in aid charity including, St Anne's Hospice and The Alzheimer's Society, on Sunday 13<sup>th</sup> June, 12-5.30pm.</p> <p>Peter Jordan, who opened his gem of a cottage garden for the first time last year said, "It was one of the best afternoons of the year. I opened with my neighbour Simon, and although our terraced gardens are tiny, visitors seemed amazed at how many plants we managed to pack in. I'm really looking forward to opening again."</p> <p>Anne Britt, a local garden designer who also opens her garden added, "It can be nerve-wracking, willing the roses to open on time and praying my Allium Globemasters don't flop over."</p> <p>Even more private gardens have decided to open this year, from formal courtyard to cottage style private garden, allotments, and school, church, college and public gardens. Several offering refreshments and plant sales, plus a chainsaw woodcarver, pottery exhibition, live music and giant lawn games. There are also plans for a small Farmers Market outside the</p>

		<p>Library.</p> <p>Programmes go on sale 1 May, from The Cheese Hamlet, RazmaRead, Living Flowers and Inmans Newsagents. Each is £5, and allows entry to all of the gardens.</p> <p>To be added to the Didsbury Open Gardens mailing list, email: <a href="mailto:info@didsburyopengardens.org">info@didsburyopengardens.org</a> and also visit the web site at <a href="http://www.didsburyopengardens.org">www.didsburyopengardens.org</a></p>
<p>Sunday 13 June</p>		<p><b>Sponsored Walk for Rainbow House Children's Hospice</b></p> <p>Join Shelagh on a 7 mile walk from the Cat and Fiddle Pub in Macclesfield around the beautiful Goyt Valley and raise some funds for this special charity. Further details to follow</p>
<p>Friday 25 June</p>		<p><b>Culinary Demonstration and Dinner</b> <b>Wycliffe Hotel</b> Edgeley, Stockport</p> <p>Cost £21:00 plus gratuities</p> <p>Head chef, Mr David Walker, will demonstrate and talk through a special menu. You will then have the opportunity to ask questions before sitting down to enjoy the meal you have witnessed being prepared.</p> <p>We have been here before and the food has always been excellent.</p>

Saturday  
26 June



## 'Mam, I'm 'ere!'

Altrincham Garrick Theatre,  
Barrington Road,  
Altrincham WA14 1HZ.

Cost: £13:50 (concessions £11:50)

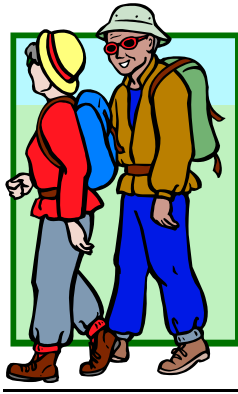
This spoof tribute to ABBA's blockbusting film is a hilarious, 70's based musical. It is wonderfully underpinned by ABBA's brilliant hits, and will have you boogying and laughing in your seat all night!

...a Liverpudlian tale of love, lust and laughter!

Shazza, our schoolgirl heroine, living in 1970's Liverpool, has a crush on her charismatic sports teacher, a handsome young rugby player widely admired by mothers and girls alike.

Her 'Mam' warns her of the dangers of carrying on with such a controversial affair and her father a Drag Queen who runs the local night club, Fifi's Fabulous Palace, strongly disapproves. "Rugby players are only ever after one thing!" On a girls night out at Fifi's, with best mates Tracey and Ophelia, she bumps into him, and makes her feeling known. It is a love that is destined never to be, or is it?

Friday  
2 July to  
Sunday  
4 July  
(2 nights)



**Walking Weekend for SINGLES**  
**Hackness, near Scarborough, North Yorkshire**

[www.hacknessgrangehotel.co.uk](http://www.hacknessgrangehotel.co.uk)

The Hackness Grange hotel is situated in the attractive village of Hackness, only six miles from Scarborough yet within easy reach of beautiful walking country in the North Yorkshire Moors.

Three walks are planned - an easy one on the Friday afternoon and two moderate ones on the Saturday and Sunday.



3 single rooms and 7 twin-bedded rooms are available.

The cost for 2 nights dinner, bed and breakfast is £135:00 per person for either a single room or for sharing a twin-bedded room.

Single occupancy of a twin-bedded room is £270:00 for 2 nights dinner, bed and breakfast.

A deposit of £30 per person (50% non-refundable) is required at the time of booking with the balance being due by **1st June at the latest**

Cheques should be made payable to  
**Cascade Social Group**

<p>Saturday 10 July</p>		<p style="text-align: center;"><b>Trip to Tate Liverpool Picasso Exhibition</b></p> <p>I am planning a day out to see the Picasso Exhibition at Tate Liverpool Tickets cost £10 but there is a reduction for groups of over 10</p> <p><u>I will advise interested members of the exact train time in July</u></p> <p>We can hire audio guides at the gallery which will enable us to enjoy the Exhibition to the full</p> <p>It should be a very exciting exhibition And Albert Dock is an interesting venue with plenty of cafes</p> <p>We could also visit the Walker Art Gallery before the Tate as it is very close to Lime Street station</p>
<p>Thursday 22 July</p>		<p style="text-align: center;"><b>Clonter Opera Theatre, Swettenham Heath, Congleton, CW12 2LR</b></p> <p><i>Cost £12:00 would normally cost £40:00 upwards</i></p> <p><u>This is a dress rehearsal, but has always been excellent in the past few years</u></p> <p>The 'Napoleon of Music', Rossini wrote his unique take on the Cinderella story as a bet in 1817. The triumphant result took Europe by storm and was one of the musical sensations of the age. Dispensing with pumpkins and panto, the familiar rags-to-riches story is presented as a human comedy, rich in insight, invention and pathos. A family drama that takes us beyond the fairy-tale and into the world of dreams and wishes, fears and hopes, failure and fulfilment, <b>La Cenerentola</b> pits love and compassion against vanity, greed and ambition in a darkly comic, musically dazzling masterpiece</p>

Friday  
26 November  
to  
Sunday  
28 November  
(2 nights)

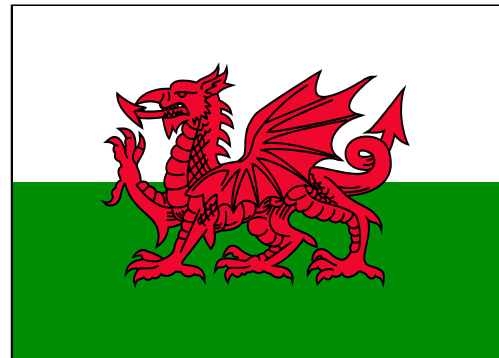
**Weekend in Llandudno  
FOR SINGLES ONLY**

Chatsworth House Hotel  
Central Promenade

-2 nights dinner, bed & breakfast for only £62:00  
per person!!

There are a limited number of single rooms, so it will  
be first come first served or let me know if you  
don't mind sharing.

We have had fun there on our two previous visits  
doing anything you like - shopping , going to cafes,  
walking after a scenic local train journey, swimming  
in the hotel pool. Then chatting over dinners in the  
evening. There is entertainment & dancing on both  
evenings.



## RAMBLE/WALK GRADING GUIDE

GRADE NO	WALK TYPE	DESCRIPTION
1	Stroll	Classed as a very easy walk on the level & usually based around a beauty spot, up to 3 miles in distance.
2	Easy	A walk-taking place on level paths and up to 5 miles in distance.
3	Easyish	A walk-taking place on lower hill slopes, valley tracks and paths, and occasionally a bit of rough terrain and up to 6 miles in distance.
4	Moderate	Energetic walking over less difficult hills and moors following tracks and paths and up to 7½ miles in distance.
5	Moderately Strenuous	Energetic walking over less difficult hills and moors following tracks and paths and up to 9½ miles in distance.
6	Strenuous	Mountain & hill walking normally on distinct paths. There are likely to be some steep ascents/descents and usually between 6-9 miles in distance.
7	Very Strenuous	High-level mountain walking and hill climbing, often on indistinct paths, with steep ascents/descents and usually between 6-9 miles in distance.

### BASIC RULES TO BE OBSERVED BY ALL WALK PARTICIPANTS:

1. Always book at least two days before the event to avoid disappointment. Walks numbers may be limited for safety reasons or be cancelled due to inadequate numbers booking the walk.
2. Please be prompt, its not much fun standing around waiting especially in inclement weather. Walks will leave no later than ten minutes after the stated start time.
3. Walking boots should be worn unless otherwise stated on the event publicity.
4. Appropriate clothing should be worn, waterproofs and spare clothing carried.
5. Always carry a drink and a nibble. The need for packed lunches etc will be advised in the event publicity.
6. Walk leaders may have to cancel an event due to inclement weather, etc.
7. They may also have to refuse to take someone because of inappropriate clothing or inadequate experience.
8. Our walks are free and the leaders are volunteers. Please respect their judgement and comply with their requests. They have your safety and that of the group in mind.
9. If you have any doubt about your abilities, or the suitability of your walking gear, please call the leader before booking the event, they will be pleased to offer friendly advice.
10. Please consult with the walk leader first if you wish to bring a dog, or children.
11. Wherever possible, please try and share transport to the walks.