

SHORT WALKS GROUP (2- 3 MILES)

AUGUST WALK AROUND DUNHOLME VILLAGE

The hot weather did not deter seven members of the Lindsey u3a Short Walks Group, who met up outside the Lakeside Butcher's Café Lounge armed with sunhats, water and suitable walking sticks.

Our walk took in pavements, tunnel-like footpaths and field tracks as we crossed the beck, circled the fishing lake, negotiated nearly a mile of rough terrain, taking advantage of shady spots, before resting near the old Village Pinfold. We continued through the recently planted Community Orchard and stopped to admire Duckingham Palace floating on the duck-pond, complete with inhabitants. The final stage of our walk was a cooling beck-side amble before returning to our starting point, where most of the party treated themselves to lunch, a drink and a rest.

This is one of my favourite walks and I was happy to take a turn as leader, to share it with the Group. As I led the way, I heard friendly conversations and laughter behind me. It made me appreciate how important the Short Walks Group is to Lindsey u3a for gentle exercise and companionship.

Unfortunately, in spite of Janet's hard work in trying to keep the Group together, membership numbers and offers to lead a walk are dwindling. I am therefore taking this opportunity to encourage members, particularly newer members, to speak to Janet and learn how a pleasant morning can be spent staying active at a leisurely pace. It may also include visiting unfamiliar places and, hopefully, making new friends.

Contact details for Group Leader, Janet Paley, can be found in the Interest Groups section on the website www.lindseyu3a.org.uk and in the magazine.

Jenny Porter