Welcome to the autumn edition of *Best Boot Forward!*, the newsletter for the Summit Good Ramblers.

It's been a very enjoyable summer here in the Lake District. The weather has been mainly sunny and warm, and we’ve had some great walks out into lovely countryside, although there have been a few walks in mizzle, clag and gale force winds. Actually, did someone really say it was summer?!?!

What's been particularly enjoyable for me, though, is the number of new people we have had on our walks, and the high percentage of those that have joined the Ramblers - welcome to you all! We are really pleased you enjoy your walks with the group and we hope you have a long and happy association with us.

I would also like to say a huge thank you to everybody who has led walks for us over the summer, as without you we wouldn’t have such an active and enjoyable society.

In early September we held our AGM and had a fairly major change in committee members. To those people who were on the committee and decided not to stand for re-election, thank you for all you have done for the group over the years: it is greatly appreciated.

Over the next few months we will be developing our walks’ programme so that in addition to the usual day walks that we run, we will be including more weekends away, the occasional two-day moderate-level trek, and perhaps even the occasional social as well (*hic!*).

From me and all of the new committee, we hope to see you on one of our walks soon.

Wayne Ingamells (Chair & Walks’ Coordinator, Summit Good Ramblers)

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*Wonderful waterfall wanderings near Wansfell*
Compass points: views from the walks

Summer brought us a mixed bag of weather this year - from very hot sunny days, with beautifully clear-blue skies to extremely windy and wet walks where you wonder why you ever left the house! However, we’ve had some great walks across the Lakes, and a few people even ventured into the Yorkshire Dales.

Here’s just a few photos of the many highpoints.

Looking all fine and dandy near Dent!

Crummock Water & Low Fell from Squat Beck

Summer hats in August (on Kirk Fell)

A Wednesday night in Wasdale!

“Welcome to boggy Baystones!”

Stunning scenery from Skiddaw

Smiles all round on Great Gable!
“App Corner”

These days the average smart phone is an incredibly advanced piece of equipment. In addition to the phone handset itself, the applications that are available are very useful, too.

Did you know that even when locked most smart phones can be set up so in the event of a medical emergency a responder can access your “In Case of Emergency” details and medically relevant information (like illnesses and medicines) that could help them to help you?

There are also excellent First Aid apps available from the Red Cross. These cover both adult and baby & child first aid.

And even better, they’re free!

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The new committee, and all that...

On the 10th September, Summit Good held its Annual General Meeting in Ambleside. After thanking the previous committee (Sarah Moore, Suzanne Gates, Wayne Ingamells and Tom Sellers) for their service, the committee positions for the coming year had to be decided upon.

In no particular order, the new committee is...

(Left) Chair & Walks’ Coordinator: Wayne Ingamells; (Right) Secretary & Membership Secretary: Katie Bailey

(Left) Treasurer: Matt Stanton; (Right) Webmaster: Tom Middleton

Everyone on the new committee is keen and really enthusiastic to grow the society into an even more vibrant and exciting group to be a member of, so if you have an idea for a walk, social or event that you think people would enjoy, please drop them an email at summittgoodrambling@gmail.com, and they’ll see what can be done to make it happen.

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Looking towards Thirlmere from Blencathra
Walks’ Programme for Autumn 2016
The walks programme until Christmas looks very exciting, and as normal is published on our Ramblers and blogspot pages:

- http://summittgood.blogspot.co.uk/

This season, though, the programme has a few “twists” in which people may enjoy. These include a moderate-grade two-day (one night) mini-trek in the Lake District (this is the Ullswater Way, staying at YHA Patterdale halfway round), and also holding a “Christmas Weekend Event” rather than just a Christmas meal.

The two-day trek, the Ullswater Way, is a complete loop of beautiful Ullswater starting and finishing at Pooley Bridge. The complete route is 20 miles, but we have decided to walk this over two days, each being around 10 miles, with an overnight stop at YHA Patterdale. As the YHA can provide most things you need (evening meal, breakfast and packed lunch, as well as drink, bedding etc.) if you decide to come along the weight of your rucksack shouldn’t be much more than a normal daypack. The intent is that this event would be aimed at those members who are interested in trying a two-day trek, but needn't have done one previously. The date for this is the 22nd and 23rd October.

We also thought it would be fun to make an event of our Christmas meal this year, and turn it into a “weekend of walking”! We intend to run walks on both Saturday 10th and Sunday 11th December starting from Keswick, and have an evening meal in the town on the Saturday night. People are welcome to come to the entire weekend, or pick ‘n’ mix from the walks and / or meal as they wish. There is a wide range of accommodation options available in Keswick (hotels, B&Bs, hostels, camping) to suit all tastes and budgets. We hope to be able to time the meal to fit in with the bus services so people can relax and have a festive mulled wine if they want, knowing they can get home if they choose to not stay in Keswick for the night.

Both events should be fun, so we hope you can join us!

Contact Us
For more information email summittgoodrambling@gmail.com
Visit us on the web at www.summittgood.blogspot.co.uk/ or find us on Facebook by searching “Summitt Good Walking Group”