**CONTEMPLATIVE FIRE SUMMER WALK**

**A walk along one of the Peak District’s most beautiful gritstone edges, led by Companion Mike Nutt.**

**A chance to stretch the legs and share in the company of other companions and friends, with some led reflection stops on the way.**

**This is not a silent walk in the usual Pilgrimage to Now/Here style.**

**Where :** From Grouse Inn nr. Longshaw, along Froggatt Edge to Curbar Gap and back.

***Please note that this walk although mainly flat is a 5 mile walk*** . There is a refreshment stop (Jolly’s famous tea and coffee van) half-way at Curbar Gap.

***Please note there are toilets only at the beginning and end of walk*** (Grouse Inn)

**When : Saturday 6th July . 10.30am start .**

Meet in car park of Grouse Inn, Longshaw, Nr Sheffield. S11 7TZ. Note there is parking space along the roadside near the pub .

**Booking :** It is very helpful to know numbers attending, so **please pre-book via Tina Towey .** **info@contemplativefire.org**

Suggested donation for the day, between £10 and £20 per person.

Please pay by BACS if you can. Account name “Contemplative Fire”, sort code 09-01-27, account no. 78891209

**Please reference your payment with your surname and CFN pilgrimage**

***Don’t forget to bring walking shoes/boots , weatherproof clothing, and packed lunch.***