

## Greenmount June 2021

### Tuesday, 1<sup>st</sup> June 2021

I went out to play with my new lawn mower for the first time. Jenny was relieved to finally have the large box moved out of her kitchen.

Cutting the back went well and the Bosch Rotak 750 was light and easy to handle on its wheels. There was one major issue and two observations.

Most importantly, the cutting height adjustment did not seem to work. Nevertheless, I managed to cut the grass.

The first observation was that the electrical cord was not really long enough and considerably shorter than that supplied with my Wolf edge trimmer.

The second observation was that the grass box was not as well designed as it could have been. It was not very large and soon filled up. When it did fill up, the 'box-full' indicator did not work particularly well and it was not easy to empty completely, grass becoming wedged between the front supports and the side.

It did make a good job of the gardens, although pushing it up the front garden, which was on a fair incline, was not so easy and on one occasion, it rolled back, over the cable and cut it. I was not best pleased.

My first thought was to join the cable using an in-line connector but I did not have a three-pin connector. A 10 amp one was available at our local Wickes branch at a cost of £4, which would be more than adequate for the 1700 watt machine.

I contacted John Lewis about the height adjustment fault and after chatting online, arranged for a replacement to be delivered and the faulty one to be collected on 7<sup>th</sup> June.

I went out to clean my edge trimmer and mower and tidy up. It was while cleaning it that I discovered that the height adjustment did work. It was a question of depressing the button on the top and then using the handle on the top to push it down or pull it up to the desired setting. The user instructions only showed that the adjustment was by pushing the button. How that should make it go up and down did puzzle me.

After tidying up, I rushed upstairs for a shower and then we set off for our trip to the Manchester Royal Eye Hospital for Jenny's evening, follow-up appointment.

I had intended calling at Wickes in Bury for the in-line connector to repair the mower cable I had damaged but Jenny received a call on her mobile just after we left to confirm she was attending for her appointment and she was asked if she could arrive as soon as possible because there had been a cancellation, so we headed directly for our destination. A few minutes later, she received a second such call.

The anticipated two-hour appointment took less than half an hour and we came home for a late evening snack, having missed tea.

### **Wednesday, 2<sup>nd</sup> June 2021**

Having taken Rachel to work in Manchester after dropping her car off at the garage again, this time for a repair to the door mechanism, Jenny and I called at Sainsbury's store at Heaton Park for a few grocery items, mainly some bottles of Highland Spring water. It was the only place we could buy it in glass bottles – more expensive but much better for the environment. There was none on the shelf and the plastic bottle six packs were too expensive.

We tried the Home Bargains store next door (plastic bottles only) but they didn't have any 1.5 litre six-packs either.

We came up to Bury via the M66. The road into Bury from the M66 we would normally have taken to reach Home Bargains in the retail park on the east side of Bury was closed due to road works and the main route we had to take was congested with two lanes of traffic as a result.

Home Bargains had the water we wanted at a reasonable price and I called at Wickes for the in-line connector I needed before we came home.

After lunch, I repaired the lawnmower cable using the in-line connector. I tested the cable and it worked.

I started to trim the edges of the front garden and finished most of it before I ran out of line. I removed the empty line cartridge and packed up to fetch Rachel from work. She was too late to collect her car.

### **Thursday 3<sup>rd</sup> June 2021**

I dropped Rachel off at the garage to collect her car and came back home.

Some time ago, I had purchased a line reel for my Wolf Garten trimmer which was for the wrong version of the model I had. I took the line off that and wound it onto the empty spool I had removed from my trimmer. I was then able to finish off the front garden.

Having done that and put the trimmer away, I spent the rest of the day cutting wood again under the car port.

I took some time in the evening to start planning the TV recordings for the coming week.

### **Friday, 4<sup>th</sup> June 2021**

We went grocery shopping to Unicorn in Chorlton and Waitrose in Broadheath. The roads were busy both going and returning, not helped by the odd driver who didn't have a clue and the impatient few who barged their way to the front of any and every queue at the first opportunity, driving through red lights and exceeding the speed limit.

After lunch at home, I finished off planning the TV recordings for next week, interspersed with other odd jobs. Before tea, I put in the recordings for tomorrow and Sunday.

### **Saturday, 5<sup>th</sup> June 2021**

We went round to the old school to help with the yard sale, which commenced at 9 a.m. I had to be there for 8:30 a.m. to set out our stall of electrical goods and Jenny joined me later. It was a lovely, sunny morning and the sale was well attended.

We came home for lunch and Jenny was in considerable pain around her right hip as a result of her sciatica.

After updating and reconciling the accounts, I put in the rest of the TV recordings for the coming week and then, with Rachel's help, recommenced work on the back bedroom skirting.

That did not go well. The walls were out, the corners were out and, would you believe, the floor wasn't level. As if that were not enough of a challenge, the piece of skirting I had cut for the side wall was warped. I liked a challenge.

I cut a test piece to obtain some idea of the alignment of the corner between the side and back wall. The result of that was that the skirting on the back wall (the warped bit) needed some packing underneath and behind it, on the last joist. I was then able to make the corner and force the top of the skirting to the wall.

I trimmed the length I had cut for the back wall because it was too long and put it into position. Making the corner with wasn't easy and my guess was that when I forced the side wall skirting to the wall, it would now be too short.

To resolve the problem with the warped piece and force it to the wall, my plan was to fix a piece of wood to the floor across the last two joists and then cut two pieces of wood to wedge between that and the skirting to force it into position. That would then help with the fitting of the piece along the back wall.

That was a job for tomorrow since it was 5:30 p.m. and still very warm.

### **Sunday, 6<sup>th</sup> June 2021**

We had a late, leisurely, cooked breakfast and I undertook a mammoth dish-washing session. After that, I tidied up the TV recordings we had watched during the previous week and then turned my attention to the skirting in the back bedroom.

I made the wedges to force the side-wall skirting into position, which took a while and had a look at the piece I had cut for the back wall. It was, as I suspected, a fraction too short, which wasn't too much of a problem because I could cut the length down and use it on the bathroom wall. My main concern was making the corner between the side wall and the back wall, which was proving difficult. I left that for another day.

## **Monday, 7<sup>th</sup> June 2021**

Apart from the daily routine jobs, I helped Jenny make some chutney to Mary Berry's Dover House Chutney recipe and I covered the strawberry raised bed with plastic netting to keep the birds off the strawberries when they ripened. I tidied out the gardening box as part of the latter process and found some lettuce seeds we had not used, so I planted those out in the salad bed to see if they would still germinate.

We also made a constructive plan for tomorrow as follows:

1. Jenny's blood sample appointment
2. Home bargains in Bury for more Highland Spring water
3. Bury recycling centre with the trailer (required a fine day)
4. B&Q at Heap Bridge for a list of items I had compiled
5. On returning home, tidy the garage.

I updated my web site, as I try to do at the beginning of each month.

## **Tuesday, 8<sup>th</sup> June 2021**

The day did not go according to plan (what a surprise).

Jenny's blood sampling went as well as these things did.

Garage tidying moved from slot 5 to slot 2 and went well too, but we needed at least another day to finish it.

We left off late in the day to take rubbish to the Bury recycling centre, making an unscheduled call at Rayman's stationery shop for some labels so I could print the ones required for the chutney we made. That moved the rubbish into slot 3 and Home Bargains to slot 4, where Jenny bought two six-packs of 2 litre bottles (plastic) of Highland Spring water.

Since the time was approaching 5 p.m., I decided to give B&Q a miss and we came home. What I wanted from B&Q was not a priority and I could call on our way grocery shopping on Friday.

## **Wednesday, 9<sup>th</sup> June 2021**

A call of nature woke me at about 6:30 a.m. and I felt quite good. The sun was shining and the sky was blue. I made the mistake of just having another half an hour in bed. The alarm went off at 7 a.m. and I dozed off to sleep until about 9 a.m. When I did rise, I felt awful. I should have got up when I first woke.

We were back in the garage, tidying. When we finished for the day, I had a path through from the front of the garage to the back (or vice versa) for the first time for ages. I also had more junk in the trailer.

The next part of the exercise would be to tackle the garage loft, but not for a few days.

## **Thursday, 10<sup>th</sup> June 2021**

I woke up at 6:30 a.m. and, still feeling quite tired, remained in bed for another hour.

For the first half-hour or so, I felt fine and then my head, neck and shoulders started to ache and I found it hard to concentrate on anything. Even eating breakfast was a challenge.

Afterwards, I sat in my chair in the lounge and eventually fell asleep for an hour.

I woke just in time for us to leave to collect Bob and Marie for lunch with Matt and Carrie at the Duckworth Arms to celebrate Marie's birthday.

We had a table for six in the beer garden at the back of the pub and despite an overcast sky and the Met Office forecasting some heavy rain, it stayed fine and pleasantly warm.

Matt and Carrie left early to continue working from home, having paid the bill as a birthday treat for Marie and for Father's Day in advance for Bob and me.

Jenny and I dropped Bob and Marie off at home and came home for a cup of tea. I felt a bit better for the fresh air but I still felt tired.

I started listing the TV recordings for the coming week.

## **Friday, 11<sup>th</sup> June 2021**

We went grocery shopping to Unicorn in Chorlton and Waitrose in Broadheath and, after lunch at home, I finished off the list of TV recordings for the coming week.

## **Saturday, 12<sup>th</sup> June 2021**

We had a foray into Ramsbottom, scouring the charity shops, somewhat successfully. I came away with two good Sci-fi DVDs, namely Close Encounters of the Third Kind and Event Horizon, both "special editions" and Jenny found three books.

The main objective was to obtain a further supply of organic caster sugar from Plentiful.

We called at Summerseat Garden Centre for some mealworms, not for us but for our very friendly blackbird that frequents our garden several times a day, with her chick and with which we have become well acquainted. We usually put the mealworms out on one of the raised beds in the morning and she was usually waiting for them. This morning we had run out of the bird food and, while Jenny was in the kitchen, with the door open, our little visitor popped her head in as if to ask where her breakfast was. Needless to say, she was please to see us when we returned, along with a robin that also came regularly.

After lunch, I tidied up the TV programmes we had watched during the previous week and backed up my files

## **Sunday, 13<sup>th</sup> June 2021**

I was up reasonably early and spent my day in the garden.

I tidied up the blackberry bush a little, removing some dead branches and tying up others that had grown to keep them off the ground.

I re-potted Jenny's basil for her and pulled up the larger weeds from the patio. I also pulled up the catmint that was growing in the gaps between the bricks and potted it.

I tidied up the herb bed, cutting back the sage and the rosemary, planting the off-cuts in the garden at the back to see if they would take in the herb bed there.

I weeded the remaining beds and the pots and then cut the grass front and back. While cutting the front, the blade worked loose and I had to tighten it with my torque wrench to 22 Newton-Metres. When I had finished, I cleaned the mower and put it away.

I trimmed the edges of the front garden and the patio edge at the back. The sides and back edge I left for tomorrow because they needed to be cut using shears to avoid damaging the plants. I cleaned the edge trimmer for the first time since I bought it and put that away.

I cut back the ivy that was intruding from the far right corner of the fence.

With an hour's break for lunch, I finished at 5 p.m.

After a shower, I sat down to listen to a recording of Jazz Record Requests. Of the twelve tracks played, I found one that was of interest to me, "A Touch of Frost", composed and played by Barbara Thompson on alto saxophone; with Billy Thompson on violin; Pete Lemer on keyboard; Clem Clempson, on guitar; Dave Ball on bass and Jon Hiseman on drums. This was the theme tune to the TV series starring David Jason. Being a recording, I was able to skip through the tunes I did not like.

## **Monday, 14<sup>th</sup> June 2021**

After a reasonably warm, dry, sunny spell we were back to cloud cover, cooler temperatures and some very light mist, giving the ground a decent wetting, which is what the plants needed. There was more unsettled weather to come during the week with temperatures more or less down to the seasonal average, which should help my fruit bushes along nicely. I was looking at the blackcurrants yesterday and the early bushes were showing some signs of ripening already, although the fruit did not seem as large as it should. I put that down to a cold and unusually wet spring with an unprecedented heat wave early on.

By the time we had breakfasted and dealt with the dishes, the weather was improving. I went outside and spent the day clearing the moss and weeds from the block paving on the patio. I completed at least half of the area and stopped work at about 4 p.m. because I needed to move the picnic bench and Jenny was not strong enough or well enough to lift it with me. How to move it presented a challenge.

## **Tuesday, 15<sup>th</sup> June 2021**

It was more or less a repeat of yesterday. I was out finishing off the patio. I was able to make good progress because I didn't need to move the picnic bench. When I removed the cover, there was no growth between the block-paving bricks underneath the table.

I dug a lot of moss out of the patio as I approached the back of the conservatory and the last task before finishing was to fill the gaps between the bricks with kiln dried sand. Jenny helped me to tidy away my garden tools.

The final job of the day was to water the back garden at 10:00 p.m.

## **Wednesday, 16<sup>th</sup> June 2021**

It was another nice fine day and it was a case of more of the same, dealing with the block paving, this time round the conservatory bay. Progress was slow on this stretch due to the amount of growth and much of the work was from a kneeling position. I didn't quite make it all the way round the bay.

I was interrupted by Jenny, who was cleaning the old white, plastic patio table and two mismatched chairs. The chairs needed jet-washing and I ended up being soaked so I had to come in for a complete change of clothing. Normally, when I used the jet washer, I put on my waterproof clothing but I didn't think I needed it on this occasion. I was wrong!

I also stopped work for about an hour for a late lunch on the picnic bench on the patio for the third day running.

The garden received another watering at 10 p.m.

## **Thursday, 17<sup>th</sup> June 2021**

It was a day of more block-paving cleaning and I finished off the section behind the conservatory bay, down to the corner of the side passage. The threat of rain stopped play at 3:30 p.m., which was alright because I was absolutely shattered and I needed to prepare for our grocery shopping tomorrow, for which we needed an early start.

As it turned out, it didn't rain and I didn't do much preparation. I did manage to thumb through the TV listings for the coming week and list all the recordings I wanted. All that remained was to search the programme guide for my long list of series and specific items I wanted to make sure I hadn't missed anything.

## **Friday, 18<sup>th</sup> June 2021**

It was amazing how quickly grocery-shopping day came round again. At least, this week, we shopped relatively locally, visiting Sainsbury's and Home Bargains' stores at Heaton Park and Tesco's store at Prestwich.

We started with a visit to B&Q's DIY store at Heap Bridge, which was on our way to Heaton Park, for a few items I wanted and we called at Matthew and Carrie's house to drop off some organic compost Matthew wanted on our way home.

After lunch, we walked up to Holcombe Brook Post Office for some stamps. Jenny needed one for a letter to DVLA to try to obtain her driving licence that they should have renewed in January. The delay has been due to the declaration of her glaucoma, which, according to the optician, does not impede her ability to drive following the successful, NHS treatment she received at the Manchester Royal Eye Hospital, where everyone was reassuring, helpful and absolutely brilliant.

Not so the people at the DVLA, who seemed to be dragging their feet somewhat, even allowing for the Covid-19 pandemic. Our daughter, son and daughter-in-law had all been working flat out, putting in the hours needed to do their jobs without extra recompense throughout the pandemic and if they could do what needed to be done, I didn't see why people at the DVLA couldn't. I spent most of my working life in the NHS putting in extra time for no extra pay, even taking calls from work on my mobile telephone when I was on holiday in Cornwall and abroad. My philosophy was that if a job's worth doing it's worth doing well and if there's one thing I hated it was leaving "loose ends", often caused by external agencies not doing what they were supposed to do when they were supposed to do it and having to be chased, often several times.

This was the second letter to the DVLA. It would have been much simpler not to have mentioned Jenny's illness in the first place. At least she would have her licence by now.

### **Saturday, 19<sup>th</sup> June 2021**

I was back kneeling and scraping again, progressing along the side-passage block-paving and I put in about seven hours altogether, allowing for my lunch break.

Rachel arrived for the weekend during the afternoon.

After a very nice tea, I managed to tidy up the TV programmes we had watched during the previous week before retiring.

Despite being really tired, I didn't sleep well.

### **Sunday, 20<sup>th</sup> June 2021**

I was up at about 8 a.m. and I cut my hair and trimmed my beard since I was looking somewhat unkempt and showered. A cooked, leisurely breakfast followed.

The Dyson Pure Cool Link Tower fan had been indicating it needed a new filter for the last few days. I checked the last time I had ordered a new one and it was in June 2020 from Kenco Spares at a cost of £44.99. Since the recommended renewal period was twelve months, the timing was about right.

I attempted to log in to my Dyson account and it would not recognise my password. I went through the forgotten password procedure and subsequently attempted to log in.

That didn't work either. I gave up and searched for a replacement filter without using my account. I found the item I needed. The price was £65. The Kenco web site did not have any. I did find what I wanted at PartsCentre, at a cost of £49.99 plus next day delivery at (£4.99), one pound more than standard delivery, which took 3 to 5 days and we would be away then.

The total price was an increase of about £10 (over 20%) in twelve months but at least it was £10 cheaper than Dyson.

I dealt with a few TV recordings, listened to Jazz Record Requests, which included three tracks of interest, two of which I had heard before and a Fats Waller tune that I had not heard as far as I could recall.

I replaced the halogen 12 volt bulb in the toilet with an LED bulb.

My last task of the day was to water the back garden again since none of the rain forecast had matured. Having gone three days since the last watering, the plants looked fine and it was a case of ensuring the fruit bushes in particular continued to flourish.

### **Monday, 21<sup>st</sup> June 2021**

I was up in time to see Rachel off to work and, after breakfast and tidying away the breakfast dishes (Jenny had been up earlier and dealt with the washing-up from last night), I went outside and fitted a 90° degree bend on the end of the overflow from the water butt so that the end of it was nearer the grate, rather than the open pipe being just on the edge of the drain.

With a little help from Jenny, I re-laid the net over the strawberry bed, with a central support (cane) to form a peak to give the leaves more breathing space. I first removed a second plant that looked like broccoli from the bed and potted it. Goodness only knows how it got there in the first place.

I resumed the cleaning of the block-paving in the side passage. It was quite cool so I donned my fleece.

I left off for lunch and then sorted out TV reception on the laptop. For some reason it was being really problematic and even after restarting Windows, it didn't work because, for some unknown reason, it had not loaded the software into the tuner box. I powered the box off and on again and it burst into life, which was just as well, because I had a recording scheduled for later in the afternoon. I had reverted to WinTV again, which seemed to be working alright but NextPVR, which had been fine until recently, was exhibiting quite a bit of picture break-up across various channels so I decided to retune it. Two attempts at that resulted in all the channels in the wrong order. I gave up.

I went back to clearing the block paving and almost made it to point where the conservatory met the house wall. It was slow going.

## **Tuesday, 22<sup>nd</sup> June 2021**

I was up at 7:30, as were the rest of our neighbours after I forgot to unset the house alarm before descending the stairs.

It was a nice sunny morning and I dealt with last evening's dishes while Jenny dozed on in bed. I also fed our feathered friends and put out the washing line before breakfast.

Our friendly female blackbird was, not for the first time, joined by what appeared to be her two chicks and, briefly, her mate.

After breakfast, I washed up again, which didn't take long and sat down to let my breakfast settle before bending down.

I took the opportunity to retune the channels in NextPVR again and this time they were listed in LCN order. I left the system performing an EPG update.

I cleaned out the fire in the lounge which we had used for the previous two evenings, since it had been quite cold, then went out to recommence work on the block paving. There was some new growth here and there on the patio with which I dealt first and then I worked on the side passage.

I made good progress and had a lunch break, during which I reconfigured NextPVR to use EPG123 to update the guide rather than obtaining from the terrestrial transmission.

Then it was back to the block paving and by 5:30 p.m. I had completed the section of the side passage up to the chimney for the lounge fire, which was most of it. I had made really good progress, largely because the side passage did not attract a lot of growth because most of it was shaded from the sun.

## **Wednesday, 23<sup>rd</sup> June 2021**

We spent the day preparing for our week's stay in a caravan in the Lake District.

## **Thursday, 24<sup>th</sup> June**

I had planned on leaving at about noon but it was nearer 13:30 by the time we set off on our journey north, not that it took us long since we were only travelling to just north of Lancaster, the caravan being in the south-west of the Lake District. It was a decent afternoon with sunny periods and the static caravan was quite roomy and warm inside, out of the fresh, westerly breeze. We unpacked and settled in. Having brought some home-cooked, "ready" meals with us, we had a quiet evening in and a good night's rest.

The weather took a turn for the worse and I was woken by the very heavy rain in the night.

## **Friday, 25<sup>th</sup> June**

The plan had been to go for a walk, exploring the area but the rain persisted and the forecast for the day was continuous, heavy rain with temperatures down to what one would expect in late winter, just managing double figures. We had brought our waterproof clothing but there was no fun in pottering about in persistent rain.

The rain eased off by lunchtime so we put on some warm clothing, our waterproofs and walking boots, then headed off to Hale, about a mile up the A6, taking a narrow back road from the caravan site.

Our purpose was three-fold. First, we needed the exercise. Second, I wanted to find out exactly where the bus between Bowness and Carnforth stopped, having found the route on the internet, which said it stopped at the King's Arms, Hale. Third, I wanted to try to find a decent place to have a decent, gluten-free, evening meal.

Needles to say, we achieved our first objective by not only exploring Hale but walking on up the A6 another good mile to Beetham and then back using public footpaths across country.

The King's Arms in Hale was now The Tavern and the bus did stop there but there was no bus stop. I enquired within about gluten-free food and, while the young lady was very helpful, the options for food were pretty poor.

Approaching Beetham, I found a bus stop on the far side of the road and went over to take a look at the timetable attached to it. It was most informative. I made notes of the content.

In Beetham we sat on a bench in the village centre, next to the old stocks, and had our late packed-lunch. We had met a gentleman in Hale who told us there were three pubs that served food in Beetham. We only found one, the Wheatsheaf and the welcoming sign on the entrance said meals were only served outside, so that was not an option.

We had a rain shower on the way back but it was not unpleasant walking.

We had our evening meal in again.

## **Saturday, June 26<sup>th</sup> 2017**

We had a bit of a lie-in and it was almost noon by the time we hit the road, heading for Carnforth.

We found a side street in which to park the car and explored the town centre, which wasn't very large. We visited three charity shops and I bought a DVD and Jenny bought a nice, small, pot watering-can and a book. We also found a restaurant called The County which had some appealing gluten-free dishes in both the starter and the main courses so I went in and booked a table for 7 p.m.

We sauntered across to the memorial garden, sat down and had our late packed lunch. We ended up chatting to a couple of people and Jenny took a call from Rachel. By the time we made a move it was approaching 4 p.m.

We decided to have a look at the heritage centre on the station, it being the location of scenes in the film Brief Encounter. Unfortunately, the famous clock that appeared in one of the scenes in the film had been removed for renovation and repair and the heritage centre was closed.

We went back to the car and drove down to Bolton-le-Sands, where we turned right, along a narrow lane, to the coast and we parked the car. We walked along the coast path, as I had done with Mike, Frank and Steve nine years ago, on 10<sup>th</sup> October 2012, when we walked from Carnforth to Morecambe along the coast and then turned inland to Lancaster. We found the café I had photographed then but it was closed.

We walked a little way along the path towards Morecambe but Jenny's leg was troubling her after negotiating two awkward styles and climbing a bit of a hill so we returned to the car and admired the views of Morecambe Bay until it was time to head back to the restaurant.

We had an excellent meal with excellent service at The County and came back to our holiday home for just after 9 p.m.

### **Sunday, June 27<sup>th</sup> 2021**

We had another lazy morning and headed off to the RSPB sanctuary at Leighton Moss, taking the narrow back roads, which took about 15 minutes.

We went round the shop and bought a couple of items, then had a cup of tea and a piece of carrot cake, the only gluten-free option, at the café, before pottering round the marshes, visiting various hides and taking pictures of the birds. We also went up a high observation tower, where a chap was looking through his powerful telescope on a tripod at some marsh harriers. I could only just make them out with my telephoto lens. They were too far away to photograph.

There was nothing spectacular to see, unfortunately. We still enjoyed the afternoon and came back for tea at about 5 p.m. I estimated we had walked about 2½ miles round the bird sanctuary.

### **Monday, June 28<sup>th</sup> 2021**

We drove over to Arnside using the scenic route, via the back roads and avoided all the traffic. Arnside was busy but we easily found a place to park, by the roadside on the approach to the promenade.

We walked along the promenade, admiring the views and looking at the few shops and then continued round the coast path, taking the climb up the tarmac path to the left just before the coastguard station. That brought us out onto estate roads above the town and we walked round to pick up the narrow road leading to Arnside Knott.

The long climb led us to the cattle grid just before the car park. There were lots of paths leading upwards but no signposts pointing to the viewing point on the peak. We carried on through the car park and when it looked like we had gone too far, we found a steep path, straight up the hillside, to the viewing point. It was not signposted.

On reflection, we should have taken one of the earlier paths up to the peak.

At the viewing point there were spectacular views over the Kent estuary to the hills of the Lake District beyond.

There were way markers at the viewing point so we made the mistake of following them. They went round in a long circle. It was a nice walk but there were no signposts of the way down for which we were looking, which was different to the way up.

We started on the loop again but this time, instead of following the way markers where they pointed sharp right, we carried on the path straight on that started to go downhill. This eventually led us to the estate roads above the town again, this time more to the east side.

Thankful to be back on the promenade, we found a shop that was serving hot drinks and we had a cup of tea. Unfortunately, they didn't have soya milk and they had no gluten-free food. We sat outside, drank out tea and ate what we had brought with us; I had an apple and Jenny had a gluten-free fruit and nut bar.

We came back to the caravan for a chicken salad tea.

## **Tuesday, 29<sup>th</sup> June 2021**

We had a day out in Kendal. It wasn't far and we found a parking spot, which was within easy walking distance of the main shopping centre, on a side road off the road out towards Windermere. That was after trying a car park in Kendal, finding the cost was £5 for the day and driving straight out again.

We potted around the shops and had an excellent, gluten-free lunch at The Master's House Tea Rooms and then went for a stroll along the river (River Kent, that flows into the sea at Arnside), following the river walk then crossing the river and following the other side to the recreational area, where we sat and relaxed until tea time.

We walked round to the Wetherspoons pub we had found earlier for a gluten-free evening meal and then headed home, missing the turning for Milnthorpe and taking the long detour down the M6 to junction 35 then back up the A6 to the caravan site.

Apart from the convoluted route home, it had been a very pleasant day and a very warm one.

**Wednesday, 30<sup>th</sup> June 2021**

We took the more scenic route on the old A roads up to Ambleside (via Windermere) and to say the road up to Windermere was an A road, it was pretty narrow in places. The signing to the route from the A6 was not exactly good either, traffic being directed to the dual-carriageway trunk road rather than following the old, much more pleasant route, not that it would have coped with the volume of traffic and the size of some of it on the major road.

Luckily, we found a parking spot in a car park across the road from the pier at the head of the lake (Windermere) just as another vehicle was leaving it. All the car parks we saw were full and Ambleside was very busy, as was Windermere. The four hours stay cost £5.40, proceeds going to support the Lake District national park so I didn't mind paying towards its upkeep.

The walk into the town took about fifteen minutes and we had a good look round the shops. Jenny saw a very nice Covid-19 mask with sheep printed on it on the way in and she wanted to buy one for Rachel. I agreed and suggested we bought it on the way back.

We pottered round the shops.

We called at Ambleside Sheepskins for a pair of soft-sole moccasins each. We learnt that Ambleside Sheepskins no longer had its workshop and bought in its moccasins. What's more, they were made from suede with sheepskin linings. I made a note to look elsewhere in future.

Jenny was looking for a couple of items she had seen, acquired from the Lake District by other people she knew, but couldn't find them.

We almost found a decent tea room at which to have lunch but it meant sitting outside in the sunshine, all the tables were taken and we didn't know whether they did any gluten-free food or not. We were third in the queue, which didn't move forward for fifteen minutes so we gave up, walked round the corner to a bench by the police station, sat down and ate what little we had brought with us.

Returning through the town, I saw a sign for the waterfalls so we walked up the hill, initially on the road and then climbing through the wood to the viewpoint, which took about thirty minutes. There wasn't much water coming over the falls due to the recent dry spell so the falls were not that spectacular.

We followed the same route back down and headed towards the car park, passing the shop that displayed the mask for Rachel at about 3:45 p.m. It was closed. Jenny was not best pleased.

We reached the car park and had a gluten-free ice cream each, sitting on a bench overlooking the lake until it was time to leave.

It had been a nice day but not overly successful.