

A Few Calming Words, Far from the Madding Crowd! Show Girls, Outdoor Gear Guide, Golden Girl, Love to Climb, Paddle Your Own Canoe, Wild Woman Adventure Club, If You Do One Thing, Outdoor Adventure Week, Diary Dates, Celebrate Wild Style, I'm A Wild Woman Jackets, Press Room, Millie's Bit, Spread the Word.



Dear Wild Woman,

A Few Calming Words

Prozac, Mogadon, Valium, Librium...

Made you smile? Good - because let's be honest, it IS quite a challenge to stay positive and upbeat in the face of plunging consumer confidence, an economy in a tailspin and collective anxiety at risk of paralysing us all. Keeping a sense of perspective, remembering to laugh AND live for the day is vital.

So we say *Sucks to the Recession* join us on an adventure in the wild - and let's live!

Far from the Madding Crowd



Since our last newsletter we've been on the hunt for new locations, exciting adventures and extra special accommodation, suitable for Wild Women looking for a get-away with a difference

Our search for quality, comfort and value for money has led us to the wild and woolly reaches of Welsh border country. Here we've discovered the most enchanting countryside with hidden valleys, dancing daffodils, gentle rivers, plunging waterfalls and cobweb blasting walks across some of the most beautiful landscape you will ever see.



Less than 150 miles from London and well served by road, rail and bus links getting here is a doddle. Once you are here - it's another world.

Your shoulders drop 2 inches and the food and laughter will soon set you to rights. As for traffic - you are having a laugh? Gridlock is 2 sheep and a tractor

In fact, our locations are so special and so off the tourist track we may have to swear you to secrecy lest the rest of the world discovers this magical place.

NEWS

Annual Membership Wild Woman Adventure Club

Want to make adventure a regular part of your life - then join our Wild Woman Adventure Club. From short Treasure Hunt walks to long weekend breaks we've got the perfect way to add a little zing to your life. *Go wild with us and you can still wear your lippy!*

Membership entitles you to:

- * 1 FREE Treasure Hunt Walk
- * 50% discount on all Treasure Hunt Walks
- * 5% discount on ALL our adventure breaks
- * 5% discount on a I'm a Wild Woman! fleece
- * Access to member resources & information
- * Discounts from our partners

All this for **just £75 a year**

[Click here to pay online](#)

Outdoor Adventure Week May 16th – 23rd 2009



We are supporting Outdoor Adventure Week for the second year running.

The campaign aims to:

- * *Increase* awareness and understanding of the wide range of outdoor opportunities and encourage greater participation.
- * *Promote* the value of the outdoors for healthy exercise, recreation and appreciation of the natural environment.
- * *Contribute* to achieving a balanced view of risks and benefits and promote an adventurous view of life.

In short everything we stand for in our mission to get more real women out there - just doing it!

[Click here](#) to find out more.

Go Wild In Wales

Put some spice in your life and join us on a 2-night weekend break from **22nd - 24th May 2009** at the special rate of **£175** per person.

[Visit](#) then call **0845 094 8486 or 07967 726498** to make your booking.

So what can we tempt you with? Maybe



Cycling along quiet leafy forest trails, pony trekking over wild moorland, climbing in a dramatic and secluded limestone quarry, the thrill of driving a 4 x 4 offroad, a canoe expedition, or an exhilarating quad trek

way off the beaten track. All of these pitched perfectly whatever your experience or level of confidence.

Ready to eat?

Let's cook dinner on an open fire in the woods, share an al fresco picnic outdoors, dine in style with a celebration meal prepared by a private chef, or sample traditional Welsh fare in a local hostelry

Ready to come?

To grab a place on our first open **Go Wild in Wales** break in **May 22nd - 24th** call **0845 094 8486** or **07967 726498**.

Show Girls

We were in the front row to see Sir Ranulph Fiennes professional explorer, declare the annual NEC Outdoor Show open on March 27th.



The show offers the opportunity to track down outdoor gear bargains, discover the latest offerings from outdoor gear manufacturers and try out new adventure activities - all while staying warm and dry. We went to have a look-see, have some fun and find out what the outdoor industry is doing to appeal to women like us who want to go wild outdoors yet still wear our lippy!

From watching a bushcraft knife being forged by a female master blacksmith, to the amazing aerial antics of professional climbers attempting the Sky Masters Challenge there was plenty to keep us hooked.

We spotted new computer software which makes unwieldy OS maps a thing of the past, the SheWee, a portable device for women that makes 'having to go' SO much easier, Sealskin waterproof socks to keep your feet dry even if your boots leak, a windproof pull-on top that packs down to the size of a small apple and a fleece from Craghopper styled with the female form and a sensible budget in mind.



Here's yours truly, the original Wild Woman, having a bash at the climbing wall supplied by the Royal Marines. And all to prove that 50 definitely is the new 30!

Group Adventures

Quad Trekking, Clay Pigeon Shooting & Canoeing. You have told us how much you would like to come on one of these.

We need 6 or more to make it happen for you. So why not put your name down on our waiting list or even better gather a group of friends together.



Tell us your preferred dates and we will organise everything for you. Just [let us know](#) what you would like to do.

Open Event Diary Dates

Treasure Hunt Walk, The Slaughters, Glos - *Thurs April 30th '09*

Climbing & Abseiling, The Peak District *Mon May 4th '09*

Treasure Hunt Walk, Bourton on the Hill, Glos *Fri May 15th '09*

Treasure Hunt Walk, Bibury, Glos *Sun May 17th '09*

Go Wild in Wales, Mid Wales - *Fri May 22nd '09*

Go Wild in Wales, Mid Wales *Fri June 26th '09*

Read more on [Women Go Wild Outdoors](#)

Special Occasion Treasure Hunt Walks

Share the adventure. Want a birthday bash with a difference then book a Treasure Hunt walk. Have fun and finish with afternoon tea and a celebration cake at your destination.

Contact [Lesley](#) to book your special date.

Celebrate Wild Style

A special birthday, a pre-wedding do, or you'd just like time to re-connect with friends? We can organise an adventure for you combining outdoor fun and fresh air with indoor pampering, delicious food and girly chill out time.

From a Treasure Hunt to a long weekend we've got it covered. Go Wild and *still* wear your lipstick. Find out what we can offer your group:



Call **0845 094 8486** or email [Lesley](#)

OUTDOOR GEAR GUIDE

Stand Up and Take Control!

Need to go? There isn't a loo for miles and baring all is not an option - then why not try the SheWee? At £6 this little device could be a lifesaver. We've given it a test drive and yes it really does work. Sure it takes a little getting used to but if it puts an end to the pain of crossed legs on trips then it deserves a place in our rucksacks and in our handbags.



If you'd like to find out more www.shewee.com
www.cotswoldoutdoor.com/stores

Golden Girl - Katherine Shirmacher

Love to Climb

Not a Golden Girl exactly this month - rather a woman who loves what she does for a living. Katherine is an experienced coach, instructor and successful climber in many aspects of the sport. Having tried various different jobs and careers, Katherine has chosen climbing as her way of life.



A former member of the British Climbing team, with 15 years climbing around the world and oodles of experience coaching all ages and abilities, Katherine is well equipped to inspire more women to take up this sport. With her energy and enthusiasm she encourages both new and existing climbers to learn, improve and discover new climbing adventures. We look forward to working with Katherine in the future.

FREE Expert Boot Fitting



Blisters? Pressure points? Hot spots? Tired feet? These common problems could all be signs that your boots don't fit properly

Cotswold Outdoor are offering a free fitting service on your new or existing boots. If you are buying new boots the fitter will find out what sort of walking you plan to do, help you find the best boots for the job, check they fit snugly and finally test them on an incline board. If your existing boots are causing discomfort, it may be possible to fix the problem with insoles or volume reducers.

There is no charge for the fitting even if you didn't buy your boots from Cotswold Outdoor, but you will have to buy any correctional materials. We think this is a brilliant service. You can drop into any of the 39 Cotswold Outdoor stores around the country during the week or call ahead to make a weekend appointment.

Call **0844 557 7755** or visit
www.cotswoldoutdoor.com/stores

GALLERY

If you've been on one of our adventures then you are already a Super Star in our [Gallery](#). We send everyone who takes part a complimentary photo. Why not show your friends and family what a great time you had by sending them a copy of this newsletter and the link to the [Gallery](#). Then they can see just what a Wild Woman you are!

RESOURCES

Find our events listed:

whatson2day.co.uk

www.banbury-cross.co.uk.

I'M A WILD WOMAN! FLEECE

Full zip fleece jackets with blue leaping lady logo now on sale at £38 plus P&P. Manufactured by Regatta these stylish fitted jackets are both flattering and practical.



PRESS ROOM

At last! We are in the April edition of Cotswold Life. Lead writer, Katie Jarvis tells how she spent the day with us and how much fun she had going 'wild' in the country!

GEAR GUIDES

If you would like any of our gear guides to help you choose the best clothing and equipment to suit your needs, take a look at our [Resources](#) page. Alternatively, [email](#) or call and we will gladly email or post them to you.

Recent topics include:

- Get the layered look - stay warm
- Buying a new bike
- Cycling gear for women
- Choosing walking boots
- Gaiters are a girl's best friend
-

SPREAD THE WORD!

If you think that one of your girlfriends, network members or family would enjoy one of our outdoor adventures, please [forward this email to her](#)

-

Paddle your Own Canoe



Now the warm spring breeze is in the air, it's the perfect time to plan a well earned weekend energiser for May or June. What better activity to try than canoeing.

Canoeing is one of the most relaxing outdoor activities. It can take you to wild places where other boats cannot go where you can get up close and personal with the wildlife.

Never paddled a canoe before? Not a problem! We will teach you how to get in and out of your boat safely and basic paddling technique. Paddling with a partner, you'll soon discover how to get your canoe going where you want to go. We paddle on sheltered lakes, quiet canals and slow moving rivers.

Watch our website and newsletters for details of our canoeing tasters coming soon in Northamptonshire, Warwickshire, The Peaks and Mid-Wales.

Want to know more about what's involved- then read about [Ali's first experience of canoeing](#) on our Resources page.

Climb Every Mountain

Ever fancied climbing but thought it wasn't for you. Think again.

More women than ever are taking up climbing.



We've bagged 4 places on a **1 day Women only Rock Climbing and Abseiling Day in the Peak District** on Bank Holiday **Monday 4th May**. The course is aimed at the complete beginner or those who have done a little climbing. With grades to suit every ability level and all equipment provided including rock boots this is a brilliant way to discover if this growing sport is for you.

You will have the opportunity to try several climbs and finish the afternoon with an abseil from Millers Dale Viaduct. Delivered by an IOL registered, qualified and insured instructor with an excellent reputation.

Transport from Banbury, North Oxfordshire leaving at 6.30am prompt. Climbing session 9.15 am to 4.00 pm. Return to Banbury by 6.45pm traffic permitting.

Cost £60 per person. Bring your own packed lunch.

Booking Essential. Places will go fast. Your payment by cheque, BACS or PayPal must be received by **27th April 2009**.

To book call **0845 094 8486** or **07967 726498**

Millie's Bit

Millie has been out and about checking out several forest walks in Wales.

As a Wild Dog with style, this image conscious Yorkie absolutely hates anything mussing up her hair. As for twigs and sticks in her undercarriage – well that drives her quite potty.

However, being Millie, she couldn't bear to pass up on the thrill of bouncing into a tempting pile of beech leaves scattering them in all directions. We



caught her mid-blur as she paused to rearrange her silky locks. If you look carefully you can just see her button black nose.

Next month Millie gives her personal account of 4 x 4 off-roading in Wales while bouncing around in the back of a Landover.

To find out more about any of our events or to book for your own group, please email me, [Lesley](#), or call **0845 094 8486** today to book your place.

With warmest wishes,

A handwritten signature in black ink that reads "Lesley". The signature is written in a cursive style with a long horizontal line underneath.