

Pre-season meeting and AGM weekend at the Mount Cook Centre
Please read this carefully before you arrive.

Arrival:

Arrive after 1500 on 15th November

Parking - There is a 40 space car park located on the right of the access road, opposite and at the bottom of the driveway. Please park there and walk up to the centre (150m). Trainers who need to unload equipment and the two van owners who are booked for the weekend will be able to access the centre - please contact Mary or Sonia shortly before you arrive.

All bedding is provided, **however please remember to bring your own towels.**

Late arrivals on Friday - if you have booked dinner on Friday night but will not arrive until after 7pm or if you are unexpectedly delayed please let Mary know.

Mary 07895 639214 maryedgerton87@gmail.com

Sonia 07817 312679 secretary@eagleskiclub.org.uk

Transport - as a reminder:

Taxis

Wirksworth Taxis – 07970 160659

Galaxy travel – 01246 272727

Al's Taxi's – 07866 661188

Please note taxis must be pre-booked.

Buses

Trent Barton Sixes - 6.1

Towards Matlock/Bakewell from Malthouse Close

Towards Derby from The National Stone Centre stop, on Porter Lane

Sheffield - Wirksworth, Stagecoach - X17

Steeple Grange, Malthouse Close

Train Stations

Cromford Railway Station, Lea Road, Cromford, DE4 5JJ, 2.2 Miles

On Sunday there is a replacement bus service operating between Cromford and Derby.

However, Andrew Duncan says :

I am cycling to the train station in Derby on Sunday. If anyone is interested in a one way cycle trip then I am happy to "lead" that. A directish route keeping off main roads is about 25 km. More roundabout routes of 30 - 45 km are easy to find. I want to set off no later than 12.30.

By car

The nearest **food shops** and fuel stations are the Co-op in Wirksworth, 1.1 miles and Sainsburys in Matlock, 4.1 miles.

EV charging - there are charging points in Wirksworth in the Market Place (up to 22kW) and the Co-op and it is possible to use the centre's charging point for a £15 charge (you need to bring your own cable).

The nearest **pub** is the Rising Sun in Middleton.

Centre information:Fire alarm

Should the fire alarm go off during your stay, it is your personal responsibility to evacuate the building and congregate at the assembly point by the large orange wind sock.

Sonia or Mary will ring the emergency number (01629 818290). Mount Cook staff are the only people able to silence and reset the alarm.

Once the building is evacuated, please stay outside until you've been told by a member of the Mount Cook staff it is safe to re-enter the centre.

Overuse of spray deodorant will set off the fire alarm. If the alarm is set off due to deodorant there will be a call out fee (double fee if it's Lynx).

Meal times:

Breakfast 0800

Dinner 1900

No smoking in the building. Please use designated areas outside the building and ashtrays provided.

Candles, naked flames, BBQs or fireworks including sparklers are strictly prohibited onsite.

Noise must be kept to a minimum after 11pm.

There is a bar open from 1800 on Friday and 1700 on Saturday. The centre is a licensed premise and you may not bring your own alcohol.

Please avoid wearing muddy footwear in the centre. There are boot scrapers available outside the main entrance. If possible, bring some other shoes or 'hut shoes' to wear inside.

Each bedroom has a controllable radiator. Do not cover these as it is a fire risk.

Wifi Username: Mount Cook Guest Wi-Fi Password is MCGI2018 (Please note the fourth digit is the letter I, not the number 1)

There is a kitchenette where you can make tea and coffee. Please wash up and put away any kitchen items after use.

Departure:

All bedrooms must be vacated by 1000 on Sunday, 17th November - in other words before you go to a training session or out for an activity.

There will be a place to store luggage. We must leave the site by 1600.

Before departure please:

Strip all bedding (including beds which have not been used). Leave empty bedding in a pile on top of the cupboards in the bedroom

Empty bedroom and bathroom bins. Please separate general waste, cardboard, glass & mixed recycling and distribute into the external bins provided.

Turn all radiators and bedroom lights off and make sure all taps are off.

Leave keys at reception