

**March 22nd - Tony & Carol Dilger**  
**"A Talk on the Wildside"**

Two small cameras versus Africa's 'Big Five'. Wildlife photographers Tony & Carol Dilger take on the challenge of photographing some of the most iconic species on the planet. Intriguing stories and breath taking images from the heart of the African bush reveal why the Dark Continent is "no place for sissies".

**About Tony & Carol :**

We are a husband and wife team of award-winning, professional wildlife photographers with an unusual lifestyle, living permanently on the road in a motorhome and photographing wildlife in Britain, continental Europe and Africa. We are experienced speakers and highly qualified,

including a first-class honours degree in wildlife photography, but are most at home encouraging other photographers through our workshops, exhibitions and safaris.

[www.tonydilger.co.uk](http://www.tonydilger.co.uk)

**More about Us!**

The Café is open 7 days a week all year round, 9 am - 5pm with just 4 days off over Christmas!

We serve a varied menu of home-made food, including many vegetarian options, gorgeous cakes and daily specials. With lots of parking we are ideally situated to be included in your day out.

**Not just a Café....**

**we offer many other services**

We can provide buffets for any occasion ~ delivered free locally, set up for self serving from £5.25 per person at your venue. Special menus available for the Coniston Gondola & Windermere boats.

Wilf's Away meals - have a big group coming round & don't want to cook? We sell 8 portion size dishes of all the Cafe favourites to just pop in the oven or heat up plus puds/cakes & salads!

The Café is available to hire, with menus starting at £660pp & a minimum spend of £400 (incl. VAT).

**For full details see our web-site**

**[www.wilfs-cafe.co.uk](http://www.wilfs-cafe.co.uk)**



- \* Feb 22nd - Darren Axe  
 "Treading Lightly; European Mountains by train, boot and snowshoe"
- \* March 1st - Ingrid, Kate & Sean  
 "Teddy Bears on a Tandem"
- \* March 8th - Steve Chilton  
 "The Round: in Bob Graham's footsteps"
- \* March 22nd - Tony & Carol Dilger  
 "A Talk on the Wildside"

**ALL THURSDAYS**

**Cost £8.50**

starting with a light supper & brew at 7pm

Talk starts 7.45pm prompt

Booking with payment required

Some tickets may be available on the night

All details on : [www.wilfs-cafe.co.uk](http://www.wilfs-cafe.co.uk)

Email : [food@wilfs-cafe.co.uk](mailto:food@wilfs-cafe.co.uk)

We take credit / debit cards

Contact the Café for details & bookings

## Feb 22nd - Darren Axe "Treading Lightly"

Darren is an International Mountain Leader with a passion for sustainability and the mountain environment. Throughout ten years of journeys to, from and around Europe's high places he has developed familiarity with a diverse range of upland landscapes. This talk critically assesses our place in wild places; from how we move in, out and around them, to the activities we undertake within.

From the emblematic Alps to wild Scotland, this thought-provoking talk takes us there and back again with stunning photography throughout.

**About Darren :** He is an International Mountain Leader, Fellow of the Royal Geographical Society, Public Speaker and Environmental Projects Coordinator at Lancaster University.

As a Geography graduate of the Lancaster Environment Centre, Darren's core interest is in exploring interactions between people and landscapes. His work at Lancaster is focussed on engaging students in education for sustainable development through experiential learning. His mountain work is focussed in the Highlands and Islands of Scotland along with snowshoeing and trekking expeditions in the French Alps.

[darrenaxeimlfrgs.com](http://darrenaxeimlfrgs.com)

## March 1st - Ingrid, Kate & Sean "Teddy Bears on a Tandem"

When Kate was 8 years old, The Tomlinson Family left their home in Scotland & flew into Inuvik in Arctic Canada. New to cycle touring, their somewhat vague plan was to head southwards for 2 years, or until their money ran out.

As part of her home education or "school from the saddle", Kate wrote a journal describing her experiences which she emailed back to her classes each month.

A few years later on, Kate, now a teenager, & her Mum have combined the journal with other memories & photographs from their travels to make a book telling the story of their adventures as she & her four teddy bears rode the 16,500 mile Pan American Highway on the back of a tandem.

**About The Tomlinsons :** Sean and Ingrid, originally from The Lake District, now live in the Highlands of Scotland where they work as tree planters and Kate is a student at Plockton High School. The family have adventured extensively, both locally and worldwide since Kate was a baby, by sea kayak, bicycle and on foot.

Sean is also a sculptor in figurative clay, one of his main subjects being climbers.

## March 8th - Steve Chilton "The Round: in Bob Graham's footsteps"

First done in 1932 by Bob Graham, a hotelier of Keswick, Cumbria, at the age of 42. The 42 Peak Round has become a testing ground for the supremely fit. Each summer many highly tuned ultra-distance fell runners attempt the 27,000 ft of ascent within the allotted 24 hours. Only one in three will return to the Keswick Moot Hall before the clock runs down. Most of the rest will be back again ...!  
(Photo Jasmin Paris on her record BGR)

This illustrated talk will detail the history of the Bob Graham Round & explore the what, why and how of this classic fell endurance challenge. It will cover its development from a more or less idle challenge to its present status as a rite of passage for endurance runners. Interspersed with this detail of the round are snapshots of many of the event's most significant individuals: innovators, record setters, recorders and supporters. Finally, some thoughts on why Billy Bland's record time for the BGR has lasted since 1982, whether someone will soon beat it, and also concerns about the impact it's challengers are having on the environment.

**About Steve Chilton :** He is a committed runner & qualified athletics coach. In a long running career he has run in many of the classic fell races, mountain marathons, the Cuillin Traverse as well as road marathons (PB 2-34-53). An author with three books on fell running: 'It's a Hill, Get Over It' won the Bill Rollinson Prize in 2014; 'The Round: In Bob Graham's footsteps' was shortlisted for the TGO Awards Outdoor Book of the Year 2015 and the Lakeland Book of the Year Award 2016. 'Running Hard: the story of a rivalry' was nominated for the Boardman Tasker Award in 2017.

He blogs at: <https://itsahill.wordpress.com/>