

RED ROSE BUNBURY MILL RUN SUNDAY 11 JUNE 2017



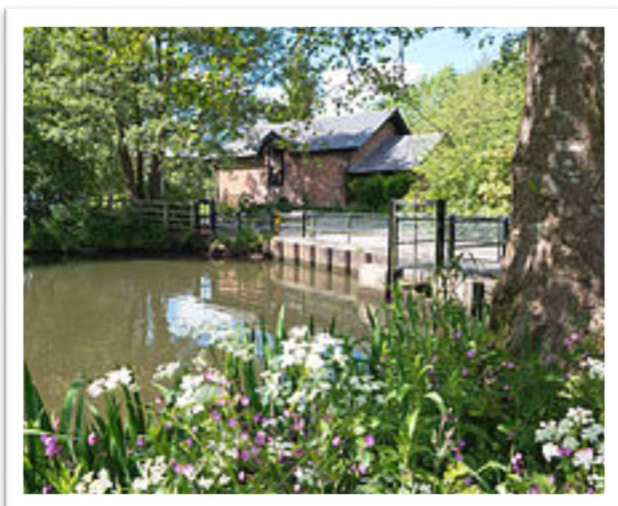
Join us on Sunday 11th June for a short run through the Cheshire Countryside to Bunbury Mill

The mill is nestled in a beautiful spot on the edge of Bunbury village. The grounds include the historic mill, a visitor's centre, car park, cafe, an idyllic picnic area, the mill pond and wildlife pond. Whatever the weather there is plenty to do and see at the mill and local enthusiasts are on hand to paint an exciting picture of the mill's history with demonstrations and hands-on opportunities



A guided tour is available at rate of £3.50 per person lasting approximately 30 - 40 minutes. and you will be put to work when you enter the mill, weighing the grain, winnowing, ringing the bell, starting the wheel, shaking the shoe, trying to hand grind wheat and then testing the quality of the flour. If you do really well you can start on Monday, 5am, as an apprentice at one shilling a week!

For those not taking part in the tour there is a Tea Room offering, coffee, sandwiches and scrumptious home-made cakes.



We will need to confirm numbers for the mill tour and it would be appreciated if you could email trredrose@hotmail.com to confirm if you would like to participate in the tour no later than Wednesday 8 June. Pre booking isn't required if you are just coming on the run.

If you would like to join us we will be departing after the Sunday Antrobus meeting at 1:45 or alternatively join us for the meeting from 12am