

ITINERARY



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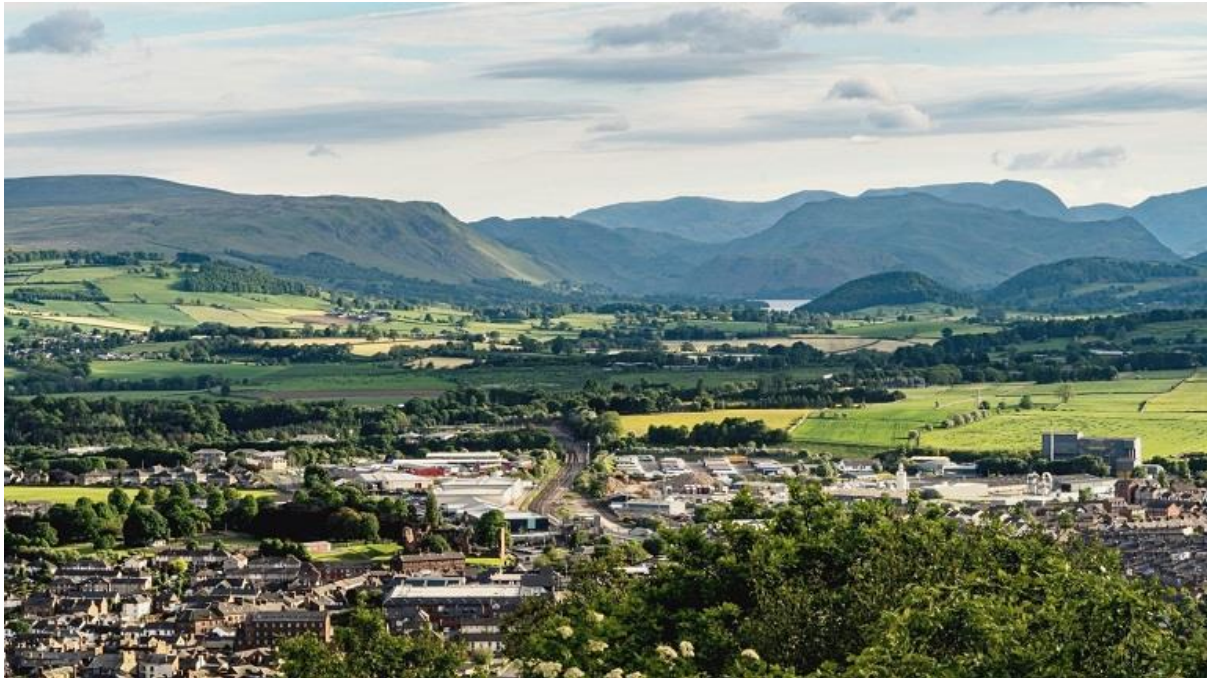


ADMA Penrith, the Lake District, contacts:

UK+NL: Debbie Buttle: debbie.buttle@nhs.net

UK and NL: Jitka Vanderpol: dr.vanderpol@icloud.com

A warm welcome to Penrith for the 33rd ADMA annual meeting. We look forward to another old-fashioned face to face meeting!



Nestled between the beautiful fells and tarns of the Lake District National Park and the stunning upland hills of the Pennines, the market town of Penrith is a gateway to some of the most incredible landscapes in the UK. Its attractive red sandstone houses, cosy pubs, family-run shops, local eateries and attractions inspire all generations of visitors, while just outside this ancient market town's borders are a huge range of activities and historical sites that encourage hours of exploration.

Ancient sites include a circular earthenwork bounded by a ditch (nicknamed 'King Arthur's Round Table') at Eamont Bridge and the nearby monolith at Mayburgh Henge indicate that this area was inhabited during prehistoric times. Always keen to exploit good transport routes, the Romans built the fort of Voreda about six miles north of Penrith and linked it to another at Brocavum, now Brougham Castle.

In the 9th and 10th centuries, Penrith was the capital of Cumbria – a semi-independent state that was part of the Strathclyde region of Scotland. In 1295 Edward I captured the town, and for the next 150 years it was subject to numerous border skirmishes between the Scots and the English. These relentless attacks led to the construction of a series of defensive towers which were developed into the castles you see today.

The imposing ruins of Penrith Castle have an intriguing past. It was begun in 1399, when a stone wall was added to an earlier pele tower. The castle was improved and added to over the next 70 years, becoming a royal fortress for Richard, Duke of Gloucester. The Normans built Brougham Castle, and a substantial part of the castle remains today.

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A legendary giant, and King of All Cumbria, Owen Caesarius, is said to be buried in the giant's grave in St Andrew's Churchyard. The four hogback stones surrounding the grave are said to represent wild boar he killed in nearby Inglewood Forest. The Penrith Museum and Tourist Information Centre are housed in the former Robinson's School. The recently refurbished museum covers the history, geology and archaeology of the Penrith area.

High above the town, on top of Beacon Hill, is Penrith Beacon, a monument built in 1719, on a spot where beacons have been lit in times of war and emergency since the time of Henry VIII. You can walk up to the beacon, and from there get a magnificent view on a clear day across the Eden Valley to the hills of Lakeland.

During the conference, you will stay at the North Lakes Hotel & Spa in Penrith. Positioned on the edge of the Lake District National Park. It is the ideal gateway for exploring this beautiful part of England or simply relaxing in award-winning spa and enjoying AA Rosette FYR Grill restaurant. The ADMA conference program and Sunday dinner will be held in the North Lakes Hotel.

Our arrival dinner will be at the Inn on the lake hotel, award winning 4-star hotel in Glenridding. One of the most spectacular settings in the Lake District, having breathtaking views of Lake Ullswater or looking towards the magnificent Helvellyn mountain range. You will experience an unforgettable journey having the Lady of the Lake steamer boats take us from the Pooley Bridge village pier near Penrith to Glenridding for our arrival dinner on Friday.



We look forward to another stimulating meeting and another convivial visit.

Jitka Vanderpol, organizer

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1. Flights and transport

* By plane:

You can fly from Schiphol (Amsterdam) to Manchester or Newcastle airport with various airlines: KLM, British airways, Easy Jet.

Train from the Manchester airport (10-15 min walk), there is direct train to Edinburgh or Glasgow (if not cancelled or delayed due to industrial strike or lack of conductors) which stops in Penrith. For booking you can use Trainline UK app which works very well, having a digital train ticket on your smart phone. Alternatively, if you book a train, you can print a paper ticket at the train station using the booking code. Both digital and paper tickets are valid.

From the Newcastle airport you can take the Metro line to the main train station, then change for the 'slow' train to Carlisle and then change in Carlisle for the train to Penrith. This takes longer than the journey from Manchester by train.



*By ferry & car:

From Amsterdam you can travel by DFDS Ferry to Newcastle overnight, docking at 8am in Newcastle port which is less than 2 hours away from Penrith. This would be recommended way if you plan to spend few days in the Lake district.

The hotel has car parking available for guests.

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2. Accommodation: North Lakes Hotel & Spa Penrith



[https://www.icloud.com/icloudrive/008k-lc_qI8BHplSM-LnuNPYA#north_lakes_hotel_\(Original\)](https://www.icloud.com/icloudrive/008k-lc_qI8BHplSM-LnuNPYA#north_lakes_hotel_(Original))

Accommodation is widely available at the venue hotel on first come first serve basis, it is also the location of the scientific meeting. This luxurious four-star hotel in Penrith is 10 minutes away from the Lake District. You can enjoy the indoor pool, gym and spa facilities. ADMA members who book last minute might be staying in another Penrith location, therefore we would like to encourage an early booking.

If you would like to extend your stay at the North Lakes Hotel & Spa, please contact the hotel directly to reserve a room for any extra night; please mention that you are part of the ADMA party when booking.

** Please note that our group booking rates will not extend to further nights, which may cost extra.*

Contact details:

- [T: 01768 868111](tel:01768868111)
[E: reception@northlakeshotel.co.uk](mailto:reception@northlakeshotel.co.uk)
- Ullswater Road,
Penrith, Cumbria, CA11 8QT
United Kingdom

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3. Daily itinerary

Date	Time	Agenda	Location	Notes
Friday 16 th June	From 3:00pm	Arrival & hotel check-in	North Lakes Hotel	
	5:10pm	Depart from the hotel	North Lakes Hotel	
	5:30pm	Lady on the Lake, boat trip from Pooley Bridge peer to Glenridding Sparkly drinks	Pooley Bridge Ullswater Steamers pier	
	6:30pm	Gala dinner Candles room Simon Philips Guitar music	Glenridding Inn on the Lake Hotel	
Saturday 17 th June	9:00am	Scientific meeting	North Lakes Hotel	See the separate programme on the next page
	5:00pm	Ending scientific meeting	North Lakes Hotel	
	5:10pm	Annual General Meeting	North Lakes Hotel	ADMA members only
	7:00pm	Dinner FYR restaurant grill	North Lakes Hotel	
Sunday 18 th June	11:00 am	Check out		

Social program for partners

Date	Time	Agenda	Location	Notes
Friday 16 th June	12am at hotel reception 4pm arrival back	Fell walk from Glenridding to Red tarn eastern side of Helwellyn with a mountain guide *	Glenridding	This is only for fit members who would be used to a regular exercise. Mountain walking ankle supported shoes required, plus waterproofs.
Saturday 17 th	Morning	1. Lowther Castle and Gardens	Lowther estate Penrith	
	Afternoon	2. Penrith town & history tour with a guide		

- *This walk is open to all members and family members, please register your interest in advance.*

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Scientific meeting: program tbc

9:00pm-5:00pm Lectures

5:10pm-6:00pm ADMA Annual General Meeting – only for ADMA members

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4. Abstract Submission

The Executive Committee ***strongly encourages*** delegates and their juniors to consider presenting at this meeting; talks reporting work in progress, new theoretical/integrative ideas or interesting cases are all very welcome.

Abstracts may not exceed 500 words excluding title and authors; maximal 1 graph or image may be included in the abstract. The abstract has to be divided in the following headings: background, aims, methods, results, discussion and conclusion.

Please submit your abstract **before February 28, 2023** so that a balanced program can be composed and circulated well before the meeting.

The abstract will be available on the website following the meeting. A PDF of the presentation or link to the official publication of the abstract on the website is optional.

5. Registration fees

The scientific and the social parts of the meeting are open to all delegates.

- Registration for 3 days + 2 nights (Friday to Sunday) £372/€440
This includes: the social activity; the scientific meeting; 2 dinners; 2 nights/hotel stays; 2 breakfasts; 1 lunch
- Partner for 3 days + 2 nights £154/€182
This includes: the social activity; 2 dinners; 2 nights/hotel stays; 2 breakfasts
- Registration for 2 days + 1 night (Saturday to Sunday) £214/€253
This includes: the scientific meeting; 1 dinner; 1 night/hotel stay; 1 breakfast; 1 lunch
- Partner for 2 days + 1 night £79/€93
This includes: 1 dinner; 1 night/hotel stay; 1 breakfast
- Registration for scientific program with dinner (Saturday) £118/€140
- Registration for only scientific program (Saturday) £52/€62
- **+ separately:**
- Annual ADMA membership fee for 2023 £50/€59

To facilitate arrangements for the meeting, please complete and return the attached registration form as soon as possible, but in no event later than **February 28, 2023**. Definite registration will depend on the timely payment of your membership fees, registration fees and partner's fees. **Not paid is not registered.**

Your payment is your reservation and payments are non-refundable after March 1, 2022. All payments need to be settled prior to the meeting and will be used to contribute to the expense of the meeting.

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6. Concluding remarks

We look forward to welcoming you to Penrith, North Lakes, and to your contribution to the program for the 33rd ADMA meeting! Let us know if you need more advice or help. Share your thoughts via ADMA Whats App

Please remember that wearing the official ADMA tie or scarf is compulsory at all official ADMA events.

Yours sincerely,

Jitka Vanderpol and Local Organizing Committee



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Penrith

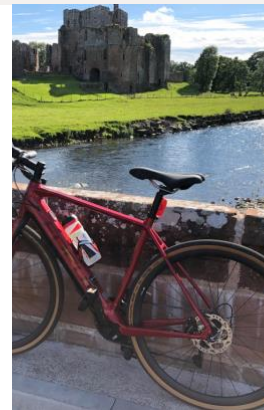
- **The historic market town of Penrith is the shopping, business and social centre of Eden District. Situated at the heart of Cumbria. A perfect destination for you to explore the Eden Valley and Lake District.**
- Penrith has much to offer visitors and lots going on locally. Stroll around the cobbled lanes of our town centre and explore our wealth of **independent shops**. Unwind in our boutique **cafes or restaurants** offering fine dining and world cuisine. Enjoy our **lively pubs and evening entertainments**, from cinema and theatre to **concerts and events**. Indulge in our leisure facilities right here in town or base yourself here to explore all the **outdoor and family attractions** our area has to offer.



Eden valley castles



- Penrith Castle
- Brougham Castle
- Brougham Hall
- Lowther Castle & Gardens
- Dacre Castle
- Dalemain Mansion & Gardens
- Hutton in the Forrest Castle & Gardens



North Lakes Hotel & Spa promo video:

https://www.icloud.com/icloudrive/008k-lc_qI8BHplSM-LnuNPYA#north_lakes_hotel (Original)

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7. 33rd Annual Meeting of ADMA: registration form*(Please use block capitals and delete as appropriate)*

1. Personal details		
Name & initials:		
Email address:		
Membership status: Member/Junior		
Dietary preferences:		
2a. Do you plan to attend the meeting?		Yes/No
<i>If "yes", please answer the following supplementary questions.</i>		
2b. Do you plan to attend the social activity?		Yes/No
3. If accompanied by partner		
Name & initials of partner:		
Dietary preferences of partner:		
Does partner plan to attend the social activity?		Yes/No
4. Would you like to give a platform presentation?		Yes/No
If yes, title of the abstract:		
Please attach the structured abstract as a Word file (< 500 words)		
5. Attending the following (please tick as appropriate). See section 5. Registration fees		
	delegate	partner
Registration for 3 days + 2 nights (Friday to Sunday)		
Registration for 2 days + 1 night (Saturday to Sunday)		
Registration for scientific program with dinner (Saturday)		
Registration for only scientific program (Saturday)		

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Please note all payments should be made before 1st of March, 2023

See section 5. Registration fees

Dutch and UK members should return the form to: Mrs. Debbie Buttle

(e-mail: debbie.buttle@nhs.net)

REGISTRATION FEES

Payments should be made before March 1, 2022

Payments should be made to:

In the UK: Please transfer your Membership fee and Registration fees to:

ANGLO-DUTCH MIGRAINE ASSOCIATION

NatWest

Account number: **43177506** Sort code: **01-04-92**

Swift code: **NWBKGB2L** IBAN: **GB40NWBK01049243177506**

State your name in the payee reference.

In NL: Please transfer your Membership fee and Registration fees to:

ANGLO-DUTCH MIGRAINE ASSOCIATION, Amsterdam

IBAN: **NL86INGB0007234478** - BIC: **INGBNL2A**

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