

# South Cheshire Group

Newsletter No. 36

October 2012

## Notices

### Let us have your e-mail address.

We will send you an e-mail to let you know when the programme and Newsletter are available on the website and keep you up-to-date with events and programme changes.

E-mail speeds up our communications and helps to reduce printing and postage costs.

## Committee:

### Chairperson

Philip Guest  
Tel: 07918 687683

### Secretary

Bernard Stanway  
Tel: 07973 228886

### Treasurer

Vacant  
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### Footpath Secretary

Graham Taylor  
Tel: 07810 766094

### Rambles Coordinator & Programme Secretary

David Vernon  
Tel: 01270 569039  
Kath Adlard  
Tel: 01270 626534

### Membership & Web

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### Publicity

Paul Boniface

### Newsletter

Bev Brady

### Communications Coordinator

Kevin White

### Members

Julie Hayward  
Phil Keogh  
Diane Birkenhead

## Annual General Meeting : Monday 5th November : Nantwich Museum : 7.30 pm

Agenda will include appointment of Officers, a presentation and an opportunity to give your views and suggestions for group activities.

Your confirmation of attendance at the **AGM** will help in arranging the refreshments.

Phone or send a text message to Phill Keogh on: 07989 300251

## Chairman's Chat

Philip Guest

Time flies by, it seems as only yesterday I was penning my thoughts on the Ramblers and walking.

Although the summer has been hard to bear for the sun worshippers, we seem to have been very lucky with the weather for the walks, or I have been away from the UK that much. I have to thank those who have added rail, water or food to our events as these activities have generated so much interest in our group and consequent membership.

I took a walking holiday in Tuscany in July and to my surprise found that the area is not at all expensive. It was a Ramblers Holiday and for the first time with that company found the hotel to be very poor but tolerable due to the fantastic food and very helpful staff. It was during the first week of the Olympics and attempting to read the local papers it seemed that the only medal winners were Italian!

On a semi-serious note, the issue of walk grading became quite important to a number of the attending group. There were some who had quite a fear of exposed heights and were very upset that the traditional grading used by Ramblers Holidays did not match what they expected. I think this is sometimes an issue for us as I have noticed that a number of our group can be put off a walk if the brief suggests the walk will be tougher than it is but at the same time many are surprised at finding a walk was longer than they expected but had had no difficulty in completing it. We all need to be stretched in order to get the most out of our hobby!

The group holiday to the lakes was a success and is covered separately in this issue, I must thank the 'walking wounded' for attending as they all added to the occasion. For next year, I am working on an Easter break and Plas tan y Bwlch will be available again for the late summer break.

This edition of our newsletter comes out just before our AGM when we elect our committee and officers for the following year. I know that some officers wish to stand down after fulfilling their current role over time and I will be spending as much time as I can in seeking candidates to replace them. I just ask all of you to think of how you can help the group in whatever way, large or small as the group only survives through the efforts of its members.

Finally, a big thank you to all our walk leaders for giving us such a varied and entertaining summer of walks, keep it up.



*Thanks to all who have provided news items over the past 6 months. The news is regularly published to our website and used to create the bi-annual Newsletters. If anyone has any 'rambling related' news or a small article they would like to contribute, please forward to Bev Brady at [john@giovannis-crewe.fsnet.co.uk](mailto:john@giovannis-crewe.fsnet.co.uk)*

## Walks Report

David Vernon—Rambles Coordinator

During the 12 months Sept 11-Aug 12, the average participation was 15.5 per walk and a total participation of 1200 walkers. Well done to all walk leaders who provide such a variety of walks to attract these numbers.

There was little or no interest in the walks that we were invited to join with our neighbours, Congleton Group.

Walks that included 'mountain' in the description were poorly or not attended and in conversations with walkers there appears to be little interest at walking at high levels or distances in excess of 10-12 miles. The walks/activities that included a degree of socialising were very well attended and indeed in some circumstances oversubscribed.

### AND FINALLY

This will be my last report as an officer of the group. The programme production has changed immeasurably over the last 2 to 3 years and virtually all the data is collected electronically. I have no IT skills so it is impractical for me to oversee a process I don't understand.

I will see the forthcoming programme through to its' completion and will continue to liaise with walk leaders over the programme as long as my services are required.



*John Rogerson and David Vernon*

## A Long Day in Snowdonia (A Cautionary Tale)

David Vernon

During this walk, a medical situation arose with one of the party. This was managed by the group with a minimum of fuss and assistance was provided by N. Wales Ambulance Service.

The management was simplified by the proximity of a telephone landline and a 'made' road. The walker was only temporarily incapacitated and is now quite well.

Had this situation occurred 1.5 hours earlier a different management strategy would have needed to be employed as there were no telephone connections available and no nearby roads. My thoughts on this management may be useful to anyone leading a party and finding themselves in a similar situation.

1. The leader should assess the situation and immediately ascertain if there is a qualified first aider in the group.
2. The leader should ascertain who is the most suitable person to manage the situation (it may be there is someone more qualified than the leader and who has dealt with similar situations before)
3. The fittest person should be dispatched to summon help (this may be forward, back, up or down; if 2 persons can go, all the better but try to avoid splitting the party too much) The person/s going must have a mobile 'phone and must have written down as much info as possible as to where the incident is taking place including Grid

ref if possible, number of casualties (if applicable), the time of the incident, the state of the casualty/ies when he left and how long ago was this.

When the person dispatched is able to contact the emergency service they should ask for POLICE, who will assess the situation and if necessary take over the management. They will contact the agencies they think appropriate re Ambulance, Mountain Rescue, Park Wardens, Countryside Rangers and others and will be able to maintain contact via VHF radio during all the process.

5. Under NO circumstances should the group move from the location given to the emergency service or the casualty be moved before being contacted by the new managing agency. However if the party leader feels that a member of the group is capable of leading the majority of the group to a destination of his choice this should be considered particularly if adverse weather or poor visibility are imminent. Do not allow individuals to go off on their own.
6. At the end of proceedings the walk leader must ensure everyone is accounted for.

**Plan the walk, walk the plan.**

## The Magnalonga

Bev Brady

Some 37 members and friends from South Cheshire Ramblers were included in the 500 strong taking part in the Magnalonga in August this year. The Magnalonga is an annual food and drink walk of approximately eight miles through the Marches countryside, it starts and finishes in Ludlow, stopping at intervals to partake in the course of a meal, based mostly on local produce.

After each of us being equipped with bottled water, a homemade biscuit and a half pint tankard we set off from Ludlow Brewery in pouring rain. After a couple of miles the sun appeared for our arrival at the first stop, where we were greeted with local cider (so that's what the tankard was for!) and a mega sized pork and pickle sausage roll, which went down very well.

We continued through the beautiful Shropshire countryside, hordes of us, bound for the next course of our lunch..... Beef in Beer with herb dumpling, the tankard replenished with local ale this time and all accompanied by music in the meadow.

Forging on....several more miles were covered through fields and woods, over stiles and along footpaths and quiet lanes. Arriving at Lady Halton's barn several of us had a little sing and dance to the band whilst enjoying the local Bromfield cheeses washed down with Perry. It was noticed that one or two were refilling their tankards several times over without invitation!

Meandering along.....with perhaps by now a stumble here and there, we made our way into Ludlow once more, catching views of its magnificent medieval castle and the River Teme. Here on the Millennium Green was the 'pudding stop'.... Red Berry Tart served with locally made ice cream and accompanied by Apple and Elderflower cordial. Totally delicious!



After a short rest to recover from all the eating and drinking (oh yes and the walking ) we covered the last half mile back to the Brewery for a final tipple....Marches Fruit Liqueur.

We were not surprised to learn from Beth one of the organisers, that we had in fact walked 10 + miles, a good job too after all those calories!

## Patterdale Weekend

Angela Coles

We were around 18 in all. Hats off to the injured members who came and enjoyed the river boat trip, visits to Keswick and the waterfalls.



A big thank you to Robert and Judith for preparing and leading walks on both days taking in views of Ullswater and the Hills around. Phil Guest led an afternoon walk on Saturday and Graham led the hard walk - the Fairfield Horseshoe on Sunday. This took in St Sunday Crag where Angela joined the walking wounded, spraining her ankle stepping off a rock. Well done Graham who got everyone down despite awful weather conditions, unclear paths, poor visibility in places and many wet rocks just when you wanted a firm foothold.

The evening's entertainment was provided by a vocalist arranged by the hotel, a quiz arranged by the party and an impromptu hula hoop demonstration provided by Caroline. Some of us enjoyed a quiet bridge session.

The Patterdale hotel does what it says on the tin. It says 2 star on the door but we all agreed that the experience was worthy of more than that. The single rooms are limited and too small for some of the blokes but they had everything needed including ensuite shower room, wardrobe, flat screen TV, tea and coffee making facilities and bedside table with light.

The dining was good, puddings more so and the service excellent. A room was available for the group to be together. Packed lunches could be ordered as could papers etc.

The main advantage of the hotel is that it is easy to locate on the main Windermere/Penrith road, parking is available immediately outside and walks can be made from the hotel; either lakeside, hillside or up to the crags for those who want to be challenged.

Angela would like to thank; Alan for his care, Vicki and Kevin for first aid, Sally and all those who donated cushions; Liz for the advice, Judith and Robert for their kindness and Philip for the lift to the railway station.

Roll on the next one.....

## A Cheshire Cruise and Walk

Robert Spowage

Another year another cruise and walk, this time on a canal in Cheshire, again, organised by David Vernon. We met at 9.00 am on 27th July at the Heritage Marina on the Macclesfield canal near to Scholar Green. Two day boats had been hired for a trip along the canal towards North Rode. Additionally a third group walked the reverse route with the intention of meeting the boats at a given point on the canal. This group would take the boats back to the marina whilst the others would walk back to the start.

Each of the boats was skippered by experienced persons who were not walking.

The route took in the Macclesfield Canal section of the Cheshire Ring Canal Walk, part of the Gritstone Trail, Staffordshire Way and Staffordshire Moorland Walks. It featured interesting views of Ramsdell Hall, Astbury Golf Club, Congleton Dock, a section of disused railway line, Congleton Edge, Mow Cop and The Old Man of Mow. Each section gave interesting views of Cheshire and North Staffordshire.

At 9.30 am we set out on our leisurely cruise along the canal at the great speed of three miles per hour. The weather was fine and ideal for our activities. We had all brought our packed lunches which were to be supplemented by a range of sausages and buns kindly provided by Phil Keogh. It did mean that some of the groups were required to cook the sausage as we "sped" along the waterway to ensure their availability for lunch.

Canal travel certainly provides a completely different view of locations as seen from roads etc. Fields of cows, Mallard and Heron were commonplace. The gardens of houses backing onto the canal often with their own moorings provided a perspective on the variety of lifestyle adopted.

Ramsdell Hall, Astbury Golf Club and Congleton dock were soon behind us and a coffee break taken where the canal was crossed by the railway and road at nearly the same place (Hightown). An interesting positioning of three forms of transport spread over several centuries; then onwards towards Bosley Locks.

Lunch time was approaching fast and we stopped some distance from the locks. By this time the afore-mentioned sausages were cooked and ready to eat. No mean feat in a cramped galley with limited utensils. Then the walking group appeared as if by magic. The smell of cooking sausages had clearly encouraged them to put on a spurt.



After demolishing the feast the two boat crews embarked on their walk back to the marina. The journey back consisted of canal, disused railway and Gritstone trail. There was a minor glitch however. We missed the turn onto the railway trail and walked just over an extra mile before getting on track again. This could have had significant implications as is recorded later.

So we finally we walked along the railway track and various footpaths to Congleton Edge. Here we climbed onto the Edge, giving views to both East and West. We passed the "Nick O the hill" and proceeded up to Mow Cop with its wide views of the Cheshire plain. We took a small detour to look at the "Old Man of Mow", then via steep paths to Akers Cross where we rejoined the canal. By now time was seriously against us as the gates to the Marina were locked at 5.00 pm. We rushed along as fast as we could go, but to no avail. We were after time. Fortunately we were saved by Mary Tilley, captain of one of the boats, waiting for us. She being a canal boat enthusiast had a key to the gate thus enabling us to remove our cars for a quick trip to the nearby Rising Sun Pub for a welcome drink and for some a well earned meal. It was enjoyed by all those involved. A big thanks to David for his excellent organisation of the day.

## The Annual Dinner

Dominique Dufour-Jackson

*By popular request we will once again be holding our annual dinner at*

**The Thatch Country Inn at Faddiley**

*on the*

**25<sup>th</sup> January 2013 at 8.00pm (for 8.30 pm)**

*Priced at £19.95 per person for a three course meal with tea or coffee.*

*For reservations and any further information please contact:*

*Dominique on 07971 603057*

**Book early: Numbers are limited to 45 places.**

**Please confirm your choice of Starter and Main Course (see menu on back page) to Dominique**

**By end November 2012.**

*Please note: there is no price increase from last year.*

## Long Distance Walking and Long Distance Walks

Philip Lund

I first got involved in 'long distance walking' through two quite separate events in June 2005. One was my completion of the ascents of the 214 fells in the original seven Wainwright guides to the Lakeland Fells; the other was when the mast of the yacht I was helming during a flotilla holiday on the Croatian coast fell down at sea. After the first I was persuaded to record my completion in the Hill Walkers Register maintained by the Long Distance Walkers Association (LDWA), of which more later. After the second some of my holidaying companions decided that they would prefer to stick to terra firma and undertake some long distance walks in the UK.

The stated aim of the LDWA is 'to further the interests of those who enjoy long distance walking' and any who read its journal Strider (not a mere 'magazine') will soon appreciate the emphasis on 'long'. This journal lists the programmes of the various local groups which, at least in the summer months, often organise walks of 20 or more miles, these sometimes being 'events' with a time constraint. Clearly these are tough assignments on which the emphasis seems to be as much on achievement as on companionship and appreciation of the countryside. Certainly this is the case for the LDWA's major annual event – the Hundred. This is a cross-country event of 100 miles over a pre-determined route, visiting checkpoints along the way, which is to be completed in under 48 hours. The LDWA has this year celebrated its 40th anniversary and has also held its 40th such walk. To mark the London Olympics this year's walk started next to the main Olympic Park and passed four other London 2012 games venues: normally the walks are in more conventional hill-walking areas. The results are analysed in many ways leading to a multitude of statistics. Suffice to record here that normally around 400-500 'starters' set off on such a walk; about 60-80% complete it; and that one person has completed all of the 40 Hundreds. The average age of the starters has steadily increased over the years, from around 35 in the 1970s to around 55 now and there have been more than 100 completions by 'seniors' (those aged over 70). In fact the oldest ever completer was nearly 82 so there's still time for most of us – but it's not for me!

Almost certainly of greater interest to our membership is the growing number of designated long-distance paths. Various individuals and organizations have created specified routes linking existing rights of way (footpaths, roads etc), plus – in some cases - newly negotiated rights, into meaningful routes, whether linear or circular. The first such was the Pennine Way, first envisaged in the 1930s but not opened, as the first UK National Trail, until 1965. Since then the number of trails has grown rapidly: the LDWA's UK Trailwalker's Handbook (published in 2009) details over 700 covering over 40,000 miles and the LDP part of the LDWA website now has pages for over 1,200 paths totalling over 68,000 miles.

These paths vary enormously in length and popularity with 18 of the longer ones being given the status of a National Trail, about the future promotion of which the Ramblers organization is currently much exercised. However whilst the LDWA provides certificates to those completing specified numbers of these Trails ('Diamond' for all 18) the distinction between these and some other routes lacking that status is far from obvious. The first long route which I completed – the Wainwright Coast to Coast Walk – does not have that status whereas the lesser Cotswold Way does.

The LDWA Handbook and website also provide detailed information on each of the trails, this including an indication of whether or not they are waymarked and whether or not they are marked on OS maps. They also include a list of the firms which provide support on the walks – by booking a chain of accommodation and moving one's main luggage on between each night's overnight location. My group of friends have now used such services for six different walks, travelling to and from the starting and final locations by train (and, sometimes, local bus). I can highly recommend undertaking such a walk using this procedure but those who do not wish to undertake long-distance walks over several days can still experience shorter and more local trails. This Group has, in recent years, walked both the Gritstone and Sandstone Trails and our programme for the rest of the year includes both the Crewe and Nantwich Circular Walk (spread over 3 Sundays) and a circular walk around Alsager which was devised last year by your current scribe (and a friend from Alsager) for the Alsager Chamber of Trade. I hope to see you on these!

## CHANGES TO WALKS PROGRAMME

The **full programme** and **regularly updated** information for South Cheshire Group walks is published on the website. <http://www.ramblerssouthcheshire.org.uk/walks/index.htm>

**Walk on 4th November:** Douglas Hill is unable to lead the walk on 4th November.

John Rogerson has kindly offered to lead a walk on that day and the basic details are:

Stiperstones, Salop

7 miles moderate

09:00 Nantwich Lake

John Rogerson: 07867 655071

NEW MENU  
2015

# The Thatch

Wadhams Road, Fiddlers, Newton, Cheshire, CW5 8JE  
Tel: 01276 524225 Web: www.thatch-newton.co.uk

"Simplicity at its best....."

## To Start

Chef's Homemade Soup of the day served with chunky seeded bread

Warm Goats Cheese with salad (V)

Stilton Mushrooms - pan fried mushrooms in a creamy stilton sauce served with chunky granary bread (V)

Fishcakes served with mixed leaf salad

Traditional Prawn Cocktail with North Atlantic Prawns on a Mixed Leaf Salad

Chilled Honeydew Melon served with fruit coulis

## Hearty Bite

Over Roasted Pork Fillet with carrot and parsnip mash, parmentier potatoes and braised green cabbage,  
finished with orange scented jus

Homemade Steak, Mushroom and Ale Pie with homemade chips and seasonal vegetables

Chicken wrapped in Bacon, in a mushroom and stilton sauce with baby potatoes and seasonal vegetables

Goats Cheese, Caramelised Red Onion and Sundried Tomato Savour Strudel on parmentier potatoes with  
pepper and onions in a rich tomato sauce (V)

Salmon Fillet on spinach and leek, creamy prawn and white wine sauce, baby potatoes and seasonal vegetables

Pan Fried Sea Bass Fillet with lemon herb butter, on crushed potatoes with fresh seasonal vegetables

12oz Gammon Steak with free range egg, pineapple & both, mushrooms, tomato and homemade chips

Fresh Haddock in a crispy beer batter with homemade chips and mushy peas

## Dessert

Choose from our sweet menu on the evening

## To Finish.....

Your choice of tea or coffee

3 course to include tea or coffee £19.95

(please note this menu is subject to availability and may have minor amendments)

please to enquire we cannot guarantee all of our dishes are free of nuts - some dishes may contain shell (V) denotes vegetarian