

# LANCASTER GROUP NEWSLETTER

September 2011

web: [www.lancasterramblers.co.uk](http://www.lancasterramblers.co.uk)

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## Dates for your Diary

### **Area AGM**

Don't forget Lancaster Group are hosting the Lake District Area AGM on 14 January 2012. The details were in the previous Area News.

### **Walk and Lunch**

Wednesday February 8th will see the return of the once popular Walk & Lunch. A train from Lancaster Station at about 0930 hours will arrive in Arnside around 10am, and the walk will start from that station a few minutes later. A circuit of approx. 5 miles has been planned to lead back to the village and 'The Albion' on The Promenade for lunch at 12.30.

The route will very much depend on the weather, but, if possible, it will take in Arnside Knott, so be prepared for ascent!

The extensive menu at The Albion includes a 'full menu' of starters, mains and puddings; platters and salads; or various Albion burgers; or, if the walk has not left you in need of that amount of sustenance, there is also a 'Saver menu' where 'quality is unchanged, just smaller portions', or cold & hot sandwiches, or jacket potatoes.

If the above tempts you to emerge from a warm house into the cold, for a brisk walk and some socialising, please ring me (32816) beforehand to obtain correct train times (the timetables for February are not available at time of going to press).

Joy Greenwood

## Footpath Survey

Observant readers of the walks programme may have noticed that in March and April the monthly footpath survey has replaced the usual midweek walk. We are hoping this might encourage more people to get involved in this important aspect of Ramblers' work.

Ramblers' concern with public access for walkers, is what distinguishes it from other walking groups; the vital work of keeping public footpaths open and accessible means we can all enjoy walking freely in town and countryside. This right can easily be taken for granted and lost if not safeguarded.

Our local area of responsibility is large and it takes in areas as diverse as Dent, Cockerham, Over Wyresdale, Sunderland Point, Leck and Silverdale. Areas are checked systematically and any problems with stiles, kissing gates, overgrown footpaths, access problems etc., are reported to the appropriate Local Authority for their attention. Armed with secateurs, some problems are dealt with on the spot!

Each footpath survey session covers a maximum of 4-5 miles and is an enjoyable full day with picnic lunch. We work in small groups and it is an opportunity to get to know our area much better and to improve map reading skills whilst at the same time carrying out an essential and much needed task.

If you can help please contact Joy Greenwood (01524 32816) beforehand or just turn up on the day. Look forward to seeing you there!

Pamela Gorham

## **First Aid Training**

A useful enjoyable morning was spent by a group of Ramblers' members on 15th October as previously advertised in last month's newsletter. Bowland Mountain Rescue Team were responsible for providing this interesting, informative, interactive session which was relevant to walkers. All participants agreed that they would be more confident in dealing with an untoward event /accident. The session also provided food for thought in terms of "contents of your rucksack" and this could be a topic for discussion at a later date. So watch this space!

## **Short Walks**

To encourage members and new members it is planned to introduce a monthly short walk on a Sunday. This will probably be a morning walk in the winter months and an afternoon walk in the summer months. This hopefully will take into account members who cannot commit to a full day, can only walk on a Sunday or simply prefer a shorter walk than is normally offered on the walks programme.

## **Donations**

Lancaster Group have supported the following projects:

### ***Arnsdale/Silverdale "Tramper"***

This equipment will allow disabled people to explore the AONB. It consists of a motorised vehicle and its support trailer which enables it to be transported to where it is needed.

### ***Crosdale Bridge***

We made a significant contribution to this new bridge over Crosdale Beck just north of Sedbergh and on the Dales Way. See Area newsletter for further details.

## **Pendle Witches**

2012 will be a big year for Pendle Witches – it is 400 years since the last execution at Lancaster Castle. A group has been formed to set up a number of projects including a walking route from Pendle to Lancaster. It is envisaged that our Group will be involved in some way, perhaps checking and validating parts of the route. Further details when known.

## **Expenses Claims Form**

A new form has been devised for claiming expenses. This can be accessed by going into the Lancaster Ramblers' website and clicking onto the Walks Programme. Top left hand corner is a PDF document with the relevant form. For those who have no internet access contact the Treasurer who will send you a paper copy.

## **Pennine Journey**

It has been agreed in principle that this 247-mile circular route will be waymarked. One condition is that the route is monitored annually (in early spring). It should be possible for Lancaster group to help out by perhaps organising a walk on a local section of the route in Dentsdale and Garsdale. If anyone is interested in organising such a walk please let me know at [ramblers@yasur.me.uk](mailto:ramblers@yasur.me.uk) or telephone 01524811366 and we will try to incorporate it in the walks programme. Further information on the Pennine Journey can be found at [www.penninejourney.org.uk](http://www.penninejourney.org.uk)

David Johnson

## Lancaster Ramblers Treks 2011

During 2011, we enjoyed two treks. In July, we were fortunate in having beautiful weather for our Trek in Derbyshire. Our walk started in Ashbourne and ended in Bakewell three days later, after visiting Dovedale, Lathkill Dale, Parts of the Tissington Trail and spending nights in the Youth Hostels of Ilam Hall, Hartington Hall and Youlgreave.

For our second trek in September, we decided this year to stay at the RA Chalet at Stair. After walking from Keswick to the Chalet on our first day, we had a more ambitious walk in rather wet and windy conditions over Hindscarth and Dale Head. On the final day we walked round the side of Catbells, crossed over the valley at Manesty (with a short paddle to reach the road) and then returned to Keswick via the ferry under lovely blue skies.

We hope to arrange similar Treks in 2012 and more details will appear in the April Newsletter. However, we are also intending to try something new next year in the hope of including those who would prefer a slightly different holiday.

Some places have provisionally been booked on a coach holiday with Alfa Travel going to Ilfracombe for 5 days starting Monday 5<sup>th</sup> March 2012, at a cost of £150. The intention is to use the Alfa arrangements for travel to the resort and for accommodation, but to do our own walks during the days there (although anyone coming on this holiday could go on the excursions organised by the company if they so wished). Places are reserved for us only to 31<sup>st</sup> December and so I need to know names of those interested very soon and will need to send a deposit of £30 to Alfa by that date. The saved accommodation is in twin-bedded rooms. In the event of there being little or no interest in this holiday, I will contact those who have sent a form to me and will not pay in any cheques until we have sufficient numbers and the holiday booking has been confirmed with Alfa Travel.

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### **BOOKING FORM for Lancaster RA holiday to Ilfracombe Starting Monday 5<sup>th</sup> March and returning Friday 9<sup>th</sup> March 2012 Cost: £150 – Deposit: £30**

Name:.....

Address.....

Phone.....Email.....

I wish to join the Alfa Holiday to Ilfracombe and enclose a deposit of £30 (please make cheque payable to S.G.W.Gale. I will send the booking fee to Alfa). Send form to;  
Gill Gale, 54 Morecambe Road, Morecambe, LA3 3AD 01524412487