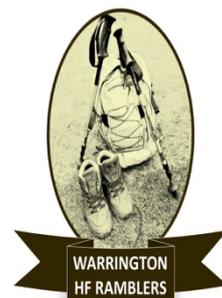


# WARRINGTON H.F. RAMBLING CLUB

Affiliated with HF Holiday  
October 2021 Newsletter



## 2021/2022 Bulletin Board

Look out for 2 Christmas Walks and Meals: Sunday 12<sup>th</sup> December 2021  
Wed 22<sup>nd</sup> December 2021

Christmas Party at the Grange. – Wed 15<sup>th</sup> December 2021

Whitby Weekend - 11 -14<sup>th</sup> March 2022 (See article)

## Walking Progress since reopening the club in April

Since reopening on 14 April, the Club has re-established its varied programme. As confidence grew in our ability to put on events members would take part in and enjoy, we decided to publish a full six month programme and by now, unless you requested otherwise, you should have received a hard copy of this.

As a committee, we decided to print our own this year and thanks go to Diane for designing the copy and Peter Winter for printing them. This has saved around £150 of club funds.

If you would like to see photos and look back over the many walks, then visit the club website:

The website address is [www.warrington-hf-ramblers.co.uk](http://www.warrington-hf-ramblers.co.uk)  
The URL is <https://warringtonwalkers.wixsite.com/warringtonhf>

You will need to go to the membership section and type in the password – Carter.



You can also often see photos on the Club Facebook page. Just search for Warrington HF Rambling Club. It is a closed group for members only, but if you are a member and would like to join the Facebook page, just ask to join the Warrington HF Rambling Club. Peter Hough will then admit you: this is a one off process.



It is also encouraging, that since re-opening to new members in May, we have responded to 25 enquiries, 14 of which have converted into full members, plus 8 have asked to be kept informed of walks with a view to joining us in the future.

If you know of anyone who might like to join, please ask them to email: [secretarywarringtonhf@gmail.com](mailto:secretarywarringtonhf@gmail.com)

## “Freedom Night”. Saturday 31<sup>st</sup> July 2021

Around 40 members attended the Freedom Night and a truly brilliant time was had by all. The Red River Band lost no time in getting everyone up dancing and after almost 18 months of Lock Down, it was just what everyone needed. We also took the opportunity to present two ex Committee Members with a token to express our thanks for their 10 years plus of service (Two others who did not attend did not miss out as we posted our thanks to them). Finally, due to members generosity, we raised £132 for Air Ambulance via the raffle.



### Car Sharing.

At our last Committee Meeting, we revisited the option of meeting in Warrington prior to walks to allow car sharing, however, there are still many who do not yet feel confident in sharing cars. Thus we do not think it is yet time to reintroduce a meeting point prior to walks. Some members however are happy to share and we would urge you as much as possible to make your own arrangements. If you have spaces in your car and are willing to take others, please feel free to email [secretarywarringtonhf@gmail.com](mailto:secretarywarringtonhf@gmail.com) and I will put an email around all members to let them know.

### Barmouth Autumn Weekend 8 - 11<sup>th</sup> October

We had a tremendous response to the above weekend with a record 41 members signing up to go. 30 to stay at the Min y Mor hotel and a further 11 staying nearby. In the event, there were 6 unavoidable cancellations at short notice, however the 35 who attended enjoyed a fabulous weekend with a variety of walking



## Barmouth Weekend Walk Reports

It is worth noting that the iconic estuary railway bridge in Barmouth was closed for renovation, not only to trains, but to cyclists and pedestrians too. This meant we had to quickly change some of the walks.



2 walks were offered on the Saturday. The longer of the two, led ably by Howard and Shirley.

### **Bwlch y Rhiwgyr Walk – Howard & Shirley**

This walk took us into the hills behind Barmouth. The Pass of Rhiwgyr was at a height of about 2000ft and 30 walkers accepted the challenge. Some were regular high grade walkers while others doubted their ability to cope with the climbing. Despite that we set off keeping a pace that would not stretch any of us too much.

We began by walking the length of the prom to Llanaber. That was good for getting heart and lungs into action before starting what was quite a long and steep cobbled slog up onto the hills. Then we encountered numerous high ladder stiles in and out of sheep enclosures. Some downhill stretches here gave some respite from the climbing we had encountered up to this point. There was a lovely panorama out across the bay to the Llyn Peninsula, but it was not as clear as we would have liked. A final crossing of a bog brought us to a rendezvous with the long distance path which would take us steeply up to the pass. We had our lunch there in the cloud and rain, so that we sadly had no view.

From there it was 'downhill all the way' or so I said, but it did not turn out to be true when we encountered more climbing lower down, many groans were in evidence at that point. There were difficulties lower down when we lost a poorly signed path and took a wrong turn which brought us onto the main road into Barmouth further away than planned.

The walk had covered over 10 miles and we had climbed well in excess of 2000 ft, While many of the group were very tired I think all felt that they had had a really good day and were pleased to have completed the walk.



## The shorter walk on the Saturday was ably led by Brian and Anne



### Cefn Coch Gold Mine. - Brian and Anne

Peter and Linda discovered this walk on Friday so offered it to the group and Brian and Anne kindly offered to lead it. During the 19<sup>th</sup> century, Cefn Coch was the richest mine in the Meirionnydd gold belt. The mine was worked from 1862 to 1914.

Another highlight of the walk was Rhaeadr Ddu (the Black Falls) and for a short walk, offered fabulous views towards the Arenig mountains.

As if this picturesque route was not sufficient, Brian and Anne even discovered wildlife along the way.

The walk however, was not without mishap, when one of the party fell and got stuck, sitting in a two foot deep hole in the ground. It brought home one of the benefits of walking in a group. The incident also acted as a warning of risks in performing reccies on one's own.

Luckily no great harm was done!

## The higher grade walk on Sunday was ably led by Peter and Linda Hough - Cadair Idris

It's some years since we climbed Cadair Idris, so when we knew the Club was going to Barmouth, we couldn't resist giving it another go. Last time we approached from a valley in the south, and remember the nightmare route coming down. So Linda and I thought it would be safer from Ty-nant in the north, up the Pony Path. It didn't go exactly to plan, and turned into quite an adventure!

We led a party of ten intrepid souls, in perfect weather conditions, climbing steadily for almost three miles to the summit. Along the way we paused for breaks and to take in the expanding views. Eventually we got our first look at Lyn y Gadair - a lake in a glaciated Corrie, with sheer sides and acres of frost shattered rocks and rubble. This was our route down, but we had no idea what we would face!

Half a mile on, after a bit of a scramble, we were at the trig at Penygadair, the highest point at 893 metres. The views with a blue sky, occasional mist, and full on sun, were awesome. Cadair Idris means 'Chair of Idris', and Idris was a giant. Apparently anyone spending the night on the mountain, will awake mad!

But we weren't finished. We continued along the mountain ridge for a mile to Mynydd Moel. From there we could see Barmouth, Dolgellau, Bala Lake and even the Long Mynd in Shropshire! All around us were mountains and valleys too numerous to mention. We doubled back and started our descent to Lyn y Gadair. This was an interesting experience, as the path turned into a steep river of moving rubble. It must have been a good hour before we all were safely down at the lake. Looking back at the route down took our breath away.

There was still height to lose, and Linda led us across boggy moorland to the Pony Path and down to the car park, over seven hours later since we started: 9 miles and just over 900 metres (3000') of ascent! The gang were great company, on what was probably the best mountain walk Linda and I have ever done.



## Shorter walk on the Sunday ably led by Dennis & Cathy



The short walk in the Sunday sunshine began from Barmouth Railway Station, from where we wound our way through the older streets and up a steep climb to reach Dinas Oleu. Dareth won the prize here for knowing the importance of this 4.5 acres of land. In 1895 it was the first donation of land (by Fanny Talbot, a wealthy landowner and philanthropist) to the National Trust. Dinas Oleu translates at Citadel of Light, an apt description since the NT was formed to help people overcome the overcrowding and pollution of the industrial revolution. Not far from here, a short diversion allowed us to visit the Frenchman's Grave. Known locally as the Frenchman, Auguste Guyard, having fled to Wales from France, cultivated the terraces, producing vegetables and herbs which he gave to the poor. His only wish was to be buried here.

The way afforded fantastic views over the Mawddach estuary, across to Cadair Idris and even as far as Bardsey Island, off the coast of Abersoch.

After a break at "the Slabs", watching the rock climbers practising, we walked on green lanes reaching an old farm for our lunch stop. Until 1922, the council owned farm, offered refreshments to walkers, but unfortunately not today.

From here we began the descent back to Barmouth enjoying the sea views.



All in all it was a great weekend. Those in the hotel enjoyed evening entertainment after the meal. Thanks to Phil and Yvonne for providing the fun quiz on the Saturday and to Simon for sharing with us the further escapades of Albert and the Lion on Sunday. Thanks also to all the walk leaders without whom the weekend would not have been possible.

## Don't Miss Out on next Spring's Weekend Away

**Warrington HF Rambling Club Spring Weekend**

**Fri 11 - Mon 14th March 2022 - Whitby**

With pressure on hotels and B&Bs in this country, we are advising that you book a hotel or B & B early so that you are guaranteed a place on this weekend. Full details are on the recent group email.

Walking there is superb (OK I might be a tad biased coming from Yorkshire) but you can't beat a walk along the coast there.

Please let Phil or Jan know once you have booked so that they can co-ordinate things.

Phil 07729 467945 [phil.barrowcliff@gmail.com](mailto:phil.barrowcliff@gmail.com)

Jan 07951 282446 [jan.sherlock55@gmail.com](mailto:jan.sherlock55@gmail.com)



## Your Newsletter!

We welcome anything you feel may be of interest to members to publish in the newsletter, however, apart from requested write ups for events etc, little is often sent. Please feel free to send any items of interest or amusement to [secretarywarringtonhf@gmail.com](mailto:secretarywarringtonhf@gmail.com) for inclusion

The next newsletter will be published early January (including results of our recent survey. - thanks to all those who responded). In the meantime, thanks to Jo Frankland for the following:

### WALKING VS FOOD

## How many fudges do I burn on a walk?

Many of us have experienced a long, lactic acid-building day on the trail, and followed it up with a curry or a pizza and declared, "I've earned this!". But have we... really? Do the miles we've covered actually even the scales against stuffing our faces with great-tasting fat and sugar?

Here's a very rough formula that should give some idea of what we're all up against (not forgetting that eating lots of fat and sugar is still bad for us, regardless of our mileage).

If you weigh approximately 80kg (12½ stone) and walk at three miles per hour along the flat, then you can expect to lose around 100 calories per mile (if you weigh more or you head up hills, you'll lose more per mile).

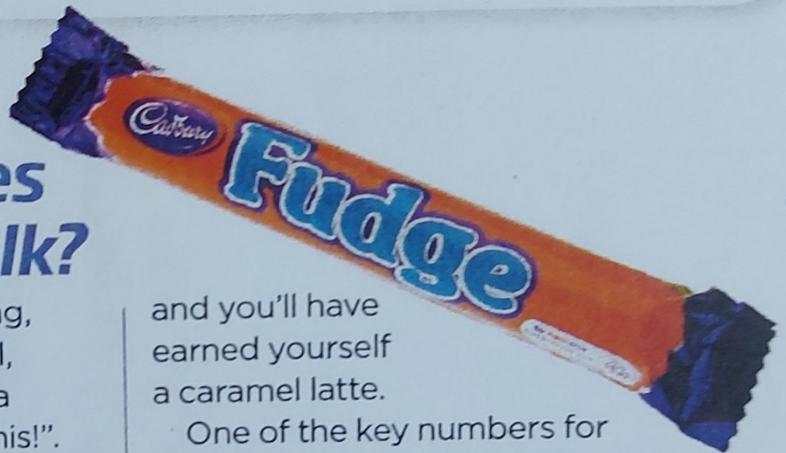
In practice, that means one mile equates to one Freddo Bar or most of one Fudge Bar - not bad for a 20-minute jaunt, eh? Add another mile

and you'll have earned yourself a caramel latte.

One of the key numbers for Thousand Milers - 2.74 (the average number of miles per day you need to walk to achieve legend-in-your-lunchtime status), will give you the right to tuck in to a slice of pizza, a cheeseburger or a Snickers.

A four-mile day will earn you a cream tea, while a ten-mile hike along the flat covers fish, chips and curry sauce; or a KFC 10-piece Bargain Bucket with a regular Pepsi.

And for those who make it to 1000 miles this year? That'll have earned you 105 fry-ups, 285 spaghetti bologneses, 80 masalas, 315 Kendal Mint Cakes, 500 pints of beer or 1250 white Americanos... oh, or over 13,000 sticks of celery, but perhaps you didn't need to know that!



*Very much looking forward to seeing you out walking again soon*

**Peter and all of your Committee (Cathy, Diane, Jayne, Kerry, Peter H, Peter W, Simon and Wendy)**